



TECHNICAL UNIVERSITY OF MOMBASA

FACULTY OF APPLIED AND HEALTH SCIENCES

DEPARTMENT OF ENVIRONMENT & HEALTH SCIENCES

UNIVERSITY EXAMINATION FOR:

BACHELOR OF SCIENCE IN COMMUNITY HEALTH

BSCH/14S/YEAR 4/ SEMESTER 1

APH 4402 MENTAL HEALTH

SPECIAL/ SUPPLEMENTARY EXAMINATIONS

SERIES: SEPTEMBER 2018

TIME: 2 HOURS

Instructions to Candidates

This paper consists of FIVE questions

Answer question ONE (COMPULSORY) and any other TWO questions.

This paper consists of two printed pages.

Mobile phones are NOT allowed in the examination room

Question 1

- a. **Distinguish** between the following mental abnormalities (5 marks)
 - i. Anterograde and retrograde amnesia.
 - ii. Hypnagogic and hypnopompic hallucinations
- b. Briefly **describe** FIVE causes of confusion and disordered mental functioning in an adult (5 marks)
- c. **Highlight** FIVE measures that can be taken to prevent suicide and suicide attempts (5 marks)
- d. **State** FIVE causes of drug abuse (5 marks)
- e. **Enumerate** FIVE characteristics of dependent personality disorder (5 marks)
- f. **Outline** FIVE clinical features of a psychotic disorder (5 marks)

Question 2

HIV is one of the greatest human rights challenges of our time. Those aware that they are HIV-infected are burdened not only with the disease but also stigma and discrimination. Stigma and discrimination are major barriers to preventing HIV transmission, access and provision of treatment, care and support. Moreover, stigma and discrimination are important determinants of mental disorders among the HIV infected population. The most

effective responses to the HIV epidemic are those that work to prevent stigma and discrimination and protect the human rights of people living with HIV and those at risk. Through such broad-based approaches, the burden of mental disorders due to HIV will also decrease.

Describe examples of stigma and discrimination in the:

- i. Media (2 marks)
- ii. Healthcare setting (5 marks)
- iii. Workplace (2 marks)
- iv. Religion (2 marks)
- v. Family and local community (9 marks)

Question 3

- a. **Discuss** the upstream factors associated with mental disorders in the community (10 marks)
- b. **Discuss** the socio-economic impact of mental disorders on individuals and communities (10 marks)

Question 4

Using relevant examples to support your answer, **DESCRIBE** ten intersectoral strategies that could be implemented to promote mental health at the community level (20 marks)

Question 5

DISCUSS the challenges facing provision of mental healthcare services at the primary level in developing countries like Kenya (20 marks)