

**QUESTION BANK**  
**MENTAL HEALTH NURSING:**  
**QP CODE:1770**  
**3<sup>RD</sup> YEAR B.SC NURSING**

**LONG ESSAYS**

**UNIT IV & V- THERAPEUTIC COMMUNICATION & TREATMENT MODALITIES**

1. Define psychotherapy. Enlist the types of psychotherapy. Explain the techniques of behaviour therapy
2. Define therapeutic community. Describe the components of therapeutic community. Explain the role of nurse in therapeutic community
3. Define therapeutic nurse patient relationship. Explain the tasks & barriers during each phase of nurse patient relationship
4. Write down the classification of psychotropic drugs. Explain the Indications of anti-anxiety drugs and the role of nurse in administration of anti-anxiety drugs?
5. Classify psychotropic drugs and write the nurses' responsibility in caring for a patient receiving antipsychotic drugs.
6. Define mood stabilizers. Enlist the types of mood stabilizers with its doses. Explain lithium toxicity and its management
7. Define psychotherapy. Enlist the types of psychotherapy .Explain the techniques of behaviour therapy
8. Describe the components of therapeutic community and the nurses' role in therapeutic community.
9. Define ECT and explain the nurses' role in ECT
10. Define therapeutic nurse patient relationship and explain the phases of nurse patient relationship

**UNIT VI, VII & XII- SCHIZOPHRENIA, MOOD DISORDERS & ORGANIC BRAIN DISORDERS**

1. Describe the signs and symptoms of paranoid schizophrenia and explain the nursing management.
2. Define Mania. List the types of Mania. Explain the nurse's responsibility in caring for a patient with acute Mania
3. Define dementia. List down the causes of dementia. Explain the nursing management of a patient with dementia
4. Explain the causes of depression. Describe the nursing management of a patient with severe depression.

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5. Describe the etiology of schizophrenia. Explain the nursing management of a patient with Catatonic Schizophrenia.
6. Enlist the etiology of delirium (acute organic brain syndrome). Explain the nursing intervention for a patient with delirium
7. Define dementia .Explain the stages of dementia and the nursing management of a patient with dementia
8. Define Depression. Explain the clinical features of Depression.Develop a nursing care plan for a patient with Severe Depression
9. Define schizophrenia. Describe in detail catatonic schizophrenia and its nursing management.
10. Describe the clinical features of a patient suffering from mania. .Develop a nursing care plan for a patient suffering with mania by nursing process approach.

**SHORT ESSAY**

**Unit I& II**

1. Discuss Multidisciplinary team or Mental health team
2. Enlist the objectives of national mental health programme
3. Discuss the Nature & scope of mental health nursing
4. Explain the factors affecting the level of nursing practice
5. Discuss the concept of normal & abnormal behaviour
6. Explain the functions of mental health nurse in various settings
7. Explain Mental health act
8. Discuss the factors influencing abnormal behaviour
9. Explain the current trends in Mental health nursing
10. Explain the characteristics of Mentally healthy person
11. Explain the Factors affecting mental illness
12. Explain the Standards psychiatric nursing
13. Explain the Principles of Mental Health Nursing
14. Explain Behavioural Model
15. Explain Interpersonal Model
16. Explain the psychopathology of Mental Disorders
17. Classify Mental Disorders according to ICD -10
18. Explain Psycho-analytical model
19. Explain Existential model

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20. Define Defense mechanism. Enlist the various defense mechanisms with an example each.
21. Explain the etiology of Mental Disorders

**Unit IV& V**

1. Explain Johari Window
2. Explain Process Recording
3. Enlist the Signs and symptoms of Lithium toxicity and management of lithium toxicity
4. Discuss the Nurses responsibility for a patient receiving antipsychotics
5. Explain Behaviour therapy
6. Explain Relaxation therapy
7. Enumerate Advantages and disadvantages of therapeutic community
8. Define communication and explain the techniques of therapeutic communication
9. Explain about nurse patient contract
10. Explain about dynamics of therapeutic nurse patient relationship
11. Explain therapeutic impasses in nurse patient relationship
12. Explain group therapy
13. Explain the role of nurse in preparing for ECT
14. Describe occupational therapy
15. Describe recreational therapy
16. Describe play therapy

**Unit VI, VII, X II**

No Short Essay

**Unit- VIII& IX**

1. Describe the Clinical features of Obsessive Compulsive Disorder.
2. List the signs and symptoms of Post traumatic stress disorder and Explain the nursing intervention

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3. Explain the types of Dissociative disorder.
4. Explain treatment modalities and Nursing management of a patient with generalized Anxiety disorder
5. Define Hypochondriasis. List down the signs and symptoms of Hypochondriasis
6. Describe phobia , its types and management
7. Explain the clinical features and management of OCD
8. Explain dissociative disorders in detail
9. Explain conversion disorders
10. Explain psychosomatic disorders.
11. Describe the etiological factors in substance use disorders.
12. Describe the etiological factors in Substance use disorders
13. List down the Psychiatric disorders due to Alcohol dependence syndrome. Explain withdrawal syndrome
14. Explain Alcohol deterrent therapy
15. Explain Alcohol induced Psychiatric disorders. Explain the Nursing management of a patient with Alcohol abuse.
16. Explain the nursing intervention for a patient with acute drug intoxication
17. Explain about narcotic and psychotropic substances and its abuse
18. Explain the management of Alcohol Dependence Syndrome
19. Explain the psychiatric complications of ADS
20. Explain the management of a patient with long term alcohol abuse

**Unit –XI**

1. Define Mental retardation. List down the Etiology of Mental retardation
2. Classify Mental retardation and explain the signs and symptoms
3. Explain the prevention of Mental retardation
4. Explain the care and rehabilitation of mentally retarded child
5. Describe the clinical features of childhood autism
6. Explain the clinical features of Attention deficit hyperactivity disorder
7. Explain the Nursing intervention for child with conduct disorder
8. Explain the management for a child with Enuresis.
9. .Explain the prevention of mental retardation

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10. Explain the role of nurse in managing a child with conduct disorder.
11. Explain in detail about Attention deficit hyperactivity disorder
12. Define autism and explain the various clinical features of childhood autism.
13. Describe specific developmental disorders in children
14. Explain conduct disorders in children
15. Describe Attention Deficit Hyperactivity disorder

**Unit - XIII**

1. Explain the nurse's responsibility caring for a person with attempted suicide
2. Management of person with suicidal tendency
3. Explain the stages of Grief according to Kubler Ross
4. Explain the different types of Crisis
5. Discuss in detail Crisis intervention
6. Discuss the principles and techniques of Crisis intervention
7. Explain the techniques of Crisis intervention
8. Explain the role of a nurse in Crisis intervention
9. Explain crisis intervention
10. Describe grief with its stages
11. Explain stress adaptation model
12. Describe grief process
13. Discuss about management of a patient with suicidal tendency
14. Explain about suicide prevention
15. Explain the management of a patient with aggressive behaviour

**Unit - XV**

1. Explain the role of a nurse in Primary prevention of psychiatric illness
2. Explain the objectives and approaches of National Mental Health Programme
3. Explain the role of a nurse in secondary prevention of psychiatric illness
4. Explain the role of a nurse in tertiary prevention of psychiatric illness
5. Explain the role of a nurse in Psychiatric rehabilitation

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6. List down the mental health services available for Psychiatric rehabilitation. Explain half way home
7. Define Community mental health nursing. Explain the goals of community mental health nursing
8. Explain the nursing management of a patient with HIV/AIDS.
9. Explain the levels of prevention
10. Describe rehabilitation

**SHORT ANSWERS**

**UNIT I & II- GENERAL CONCEPTS OF PSYCHIATRIC NURSING**

1. Enlist the members of Mental health team
2. Enlist the goals of National Mental Health Program
3. Define Mental Health Nursing
4. Define Confabulation
5. Differentiate Circumstantiality&Tangentiality
6. Describe Denial with example
7. Describe Projection with example
8. Differentiate Suppression&Repression with example
9. Define delusion and list down the types.
10. Describe types of auditory hallucination
11. Define amnesia and its types.
12. Differentiate hallucination and illusion
13. Differentiate echolalia and echopraxia

**UNIT IV & V- THERAPEUTIC COMMUNICATION & TREATMENT MODALITIES**

1. Differentiate Transference & counter transference
2. Explain the types of communication
3. Differentiate Empathy and sympathy
4. Define Process Recording and list down the purposes
5. Define Akathisia

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6. Define Token economy
7. Describe Aversion therapy
8. Enlist the symptoms of Dystonia
9. Explain Psychodrama
10. Define tardive dyskinesia
11. Define EPS and list down the symptoms of EPS
12. Explain the Components of therapeutic relationship
13. Enumerate the Types of relationship
14. List down the various techniques of therapeutic communication
15. Explain lithium toxicity
16. Enlist the steps of Systematic desensitization
17. Explain assertive skill training
18. Explain time out
19. Explain the types of family therapy
20. Differentiate restitution and response cost
21. Define therapeutic community
22. List down the indications of ECT
23. List down the contraindications of ECT
24. Explain the types of ECT
25. List down the side effects of ECT

**UNIT VI, VII & XII- SCHIZOPHRENIA, MOOD DISORDERS & ORGANIC BRAIN DISORDERS**

1. Explain the characteristic features of catatonic stupor
2. List down the negative symptoms of schizophrenia
3. List down the symptoms of paranoid schizophrenia
4. Explain the characteristic features of catatonic excitement
5. Enlist 4 A's of Bleuler
6. Explain the characteristic features of hebephrenic schizophrenia
7. Explain the four stages of elevated mood
8. Differentiate cyclothymia and dysthymia

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9. List down the classification of BPAD
10. Classify depression
11. Explain depressive cognitions
12. List down the symptoms of hypomania
13. Classify antidepressants with examples
14. List the psychological therapies for depression
15. Enlist the somatic symptoms of depression
16. Differentiate delirium and dementia
17. Define Alzheimer's disease
18. Explain the stages of dementia
19. Define vascular dementia

**UNIT VIII & IX - NEUROTIC AND SUBSTANCE USE -DISORDERS**

1. Define panic attacks with its characteristic features.
2. Define hypochondriasis
3. What are the types of somatoform disorders
4. List down the types of anxiety disorders.
5. Differentiate panic anxiety disorder and generalized anxiety disorders.
6. Enlist the Symptoms of Opioid Use Disorders
7. Explain the procedure of Disulfiram Therapy
8. Define Aversion therapy
9. Mention withdrawal symptoms in alcoholic patients.
10. Explain the types of phobia
11. Describe agoraphobia
12. Define Obsessive Compulsive Disorder
13. Explain exposure and response prevention technique in Obsessive Compulsive Disorder
14. Explain thought stoppage in Obsessive Compulsive Disorder
15. Enlist the symptoms of post-traumatic stress disorder
16. Enlist the types of dissociative disorder
17. Explain dissociative fugue



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18. Define conversion disorder and enlist the types.
19. Explain dissociative identity disorder
20. Enlist the symptoms of Korsakoff's syndrome
21. What are the types of somatoform disorders.
22. Enlist the characteristics of Wernicke's syndrome
23. List down the commonly used psychotropic substances.
24. Define obsessional thoughts .List the common types of obsessional thoughts content.
25. Define Alcoholic Anonymous group
26. Define simple phobia with examples.

**UNIT X - NURSING MANAGEMENT OF PATIENTS WITH PERSONALITY, SEXUAL AND EATING DISORDERS**

1. Define narcissistic personality disorder
2. List down the features of sociopathic personality
3. Define gender identity disorder and its types
4. List down the characteristics of bulimia nervosa
5. Define pedophilia
6. Differentiate sexual sadism and masochism
7. Differentiate transexualism and transvestism
8. Enlist the complications of anorexia nervosa
9. Define voyeurism

**UNIT XIV- LEGAL ISSUES IN MENTAL HEALTH NURSING**

1. Define parole
2. Explain about leave of absence
3. Enlist the legal responsibilities of a mental health nurse.
4. Enlist the types of admission in a psychiatric hospital
5. Enlist the types of discharge in a psychiatric hospital
6. List down the objectives of Mental health act
7. Explain nursing malpractice
8. Describe informed consent

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9. Describe admission on reception order
10. Describe admission not on reception order
11. Explain McNaughten's rule
12. Explain testamentary capacity
13. Enlist basic rights of mentally ill
14. Describe Durham's rule
15. Describe product rule
16. Enlist the civil responsibilities of a mentally ill person