



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2020/2021
FIRST SEMESTER EXAMINATION FOR DEGREE MASTER OF ARTS IN
COUNSELLING PSYCHOLOGY

APS 810: INTRODUCTION TO PSYCHOPATHOLOGY

DATE: TUESDAY, 15TH JUNE, 2021

TIME: 5.30 P.M. - 8.30 P.M.

INSTRUCTIONS:

ANSWER QUESTION ONE AND ANY OTHER TWO QUESTIONS.

Question One

- a) As a psychologist discuss any six components you shall put into consideration while taking history of a client presenting with symptoms of anxiety disorder. [12 marks]
- b) Describe the diagnostic criteria of **Obsessive Compulsive Disorder (OCD)** according to DSM 5. [8 marks]

Question Two

Miriam and Liam have been married for 15 years. About 2 years ago, Liam quit his job and went to the village where he lives in his mother's house. Miriam reports that her husband has been very jealous and possessive over her. He suspects her of having an affair with any man she talks to including close relatives. She reports that Liam said that he was hearing voices and he strongly believes that there were people after his life. He is hyper vigilant and does not trust anyone. On several occasions, he has accused Miriam of trying to poison him. He has had occasional anger outburst even with no provocation. Miriam is concerned about her husband and visits your office to seek help

- a) Identify the disorder that Liam is suffering from and justify your answer.
- b) Discuss the etiology and treatment of the disorder in (a) above.

Question Three

Ojwang happen only this 'a' to be strong businessman in Nairobi in the last ten years. The coming of Covid 19 forced him to close business and now counts huge loses and debts. Lately, he has been complaining of emotional emptiness, hearing of voices of the debtors coming to auction the remaining property and experiences sleepless nights while contemplating how to terminate his suffering through committing suicide.

- a) Using the case above, identify and discuss the most probable mental illness and the diagnosis to be done using DSM 5 as a guiding tool. [8 marks]
- b) Describe two treatment plans for Ojwang's mental illness. [8 marks]
- c) Explain two preventive measures for such mental illness among Kenyans who may have experience the same fate in different parts of the country. [4 marks]

Question Four

Aaron, a 35 years old medical practitioner has worked in a non-governmental organization for over 3 years. Lately he has been complaining to his colleagues that he has been hearing voices and there are people watching him all the time. He is convinced that his lead doctors is 'after him. His performance has dropped drastically.

- a) Using Bio-psychosocial model, give a brief account of the etiology of the condition that Aaron could be suffering from. [8 marks]
- b) Formulate four psychological therapeutic interventions for treating Aaron's condition. [12 marks]

Question Five

You have been assigned the responsibility of providing psychological care among survivors of a tragedy that concurred in your county. Most clients you have seen are exhibiting symptoms of Post-traumatic Stress Disorder (PTSD).

- a) Analyze the four key symptoms that these clients are likely to exhibit according to the Diagnostic Statistical Manual (DSM 5). [12 marks]
- b) Discuss any four components of the Mental Status Examination (MSE) you shall apply when assessing the clients. [8 marks]

MARKING SCHEME APS 810

Question One

a. Components to consider while taking history of client presenting with symptoms of anxiety disorder

- General information, client's personal biodata, Referral
- Presenting problem
- Family history
- Educational history
- Work/occupational history
- History of mental illness in the family
- History of substance use
- Social acquaintances

Any 6x2 = 12mks

b. Diagnostic criteria of obsessive compulsive disorder according to DSM V

- Recurrent and persistent thoughts,
- urges or images that are experienced, at some time during the disturbance, as intrusive, unwanted, and that in most individuals cause marked anxiety or distress.
- The thoughts, impulses, or images are not simply excessive worries about real-life problem

Any 4x2 = 8mks

Question Two

a. Disorder that Liam is suffering from

- Schizophrenia
- delusions.
- hallucinations.
- disorganized speech.
- grossly disorganized or catatonic behavior.
- negative symptoms, such as diminished emotional expression

Any 4x2 = 8mks

b. Etiology and treatment

- Biological factors, hereditary
- Sociological and environmental factors
- Psychological factors

Treatment:

- Medication
- CBT
- Family therapy
- Gestalt
- Psychoanalysis

Any 6x2 = 12mks

Question Three

a. Most probable mental condition:

- Major Depressive disorder: depressed mood, suicidal tendencies, hallucinations, vegetative symptoms

Any 4x2 = 8mks

b. Treatment plan:

- Medication
- CBT
- Family therapy

Any 4x2 = 8mks

- c. **Prevention:** exercise, relaxation techniques, support groups, humor, sharing/talking with a friend Any
2x2 = 4mks

Question four

a. **Bio psychosocial approaches**

- Biological –physical cause
- Psychological due to emotion, cognitions and behavior
- Sociocultural – environmental conditions

Any 2x2 = 4mks

b. **Treatment**

- Medication,
- Psychotherapy: CBT, Gestalt, Person centered Therapy, Reality therapy
- Family therapy // Group therapy
- Support groups

Question five

- a. **PTSD symptoms:** Avoidance, recurrent thoughts, nightmares, reliving the experience, hypervigilance
- b. **Mental status examination:** appearance, thought processes, mood& affect, intellectual functioning, perceptions, sensations