



FACULTY OF MEDICINE, UNIVERSITY OF RUHUNA  
FINAL EXAMINATION FOR MEDICAL DEGREES  
PSYCHIATRY PAPER 1

14<sup>th</sup> July 2023

(1.00 – 4.00pm) 3 hours

Answer all six (06) questions

Write your answers in the space given

1. A 58- year- old woman is brought to psychiatry clinic by her children as she has been hostile towards her husband over past one year which has now become worse. She used to be a loving and caring wife. Now she accuses her husband of having an extra marital affair with a woman in the neighbourhood. Her children report there is no evidence to prove that. The patient says her husband is lying and the alleged lover is seen visiting her husband’s shop very often. She has even threatened the alleged lover not to talk to her husband and scolded the children for taking father’s side. Children report that the mother is visiting the shop frequently and also staying awake in the night. Other than being on treatment for diabetes and hypertension she attends to her day today activities as usual.

1.1. What is the most probable diagnosis? (10 marks)

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1.2. Name **one (01)** other differential diagnosis you may consider giving reasons. (20 marks)

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1.3. Write **four (04)** questions you would ask from the patient’s husband to confirm the diagnosis you have mentioned in 1.1 (20 marks)

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Index number.....

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1.4.Name **one (01)** assessment or investigation you would perform that would help you to exclude the differential diagnosis mentioned in 1.2 (10 marks)

1.5.Name **one (01)** medication you would prescribe for this patient. (10 marks)

1.6.Name **two (02)** problems you would expect in the long term management of this patient and the interventions you suggest to overcome them. (30 marks)

1.Problem.....

1.Intervention.....

2.Problem.....

2.Intervention.....

2. A seven- year- old boy, in grade two was brought to the child psychiatry clinic by his mother. The class teacher of the child has told the mother to show him to a psychiatrist. The teacher has informed the mother that the boy does not stay in the class, often found wandering in other classes. When in the class he is noted to be very noisy, tries to dominate other students and does things to get the teacher's attention. His academic work is below normal for the same aged children.

2.1.Write **two (02)** most likely causes for the above presentation. (10 marks)

Index number.....

2.2. Write **five (05)** specific clinical features seen in each of the two conditions you have mentioned  
In 2.1. (20 marks)

Condition 1

Condition 2

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2.3. List **five (05)** questions you would ask the mother to determine the cause for the child's behaviour.  
State what feature you would try to elicit by asking each question. (30 marks)

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Index number.....

2.4. Write **two (02)** investigations/assessments you would request for this child. (10 marks)

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2.5. Name **two (02)** specific medications you may prescribe to this child giving reasons. (15 marks)

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2.6. Describe **two (02)** interventions you would use in this child and state what you would try to achieve with each measure. (15 marks)

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3. A 35- year- old female development officer attached to the AGA office comes to psychiatry clinic. She has been functioning well in her office- based work and recently got a promotion which requires field -based work and giving leadership to workers in the community. Patient finds it very difficult to talk in front of others. She becomes tremulous and sweaty when she has to address her subordinates and the public.

3.1. What is the most likely condition this patient is having? (10 marks)

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Index number.....

3.2. List **five (05)** other clinical features (other than what is given above) you would look for in this patient to support your diagnosis.

(25 marks)

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3.3. State **three (03)** co-morbidities which may be seen in this patient.

(15 marks)

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3.4. The patient is worried about her physical symptoms. Briefly describe how you would explain about those symptoms to the patient?

(20 marks)

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Index number.....

3.5. Name and outline the steps of non-pharmacological management you would use in this patient. (30 marks)

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4.A 20- year- old three wheeler driver was treated for self-inflicted chemical burns due to contact with petrol. He told the doctor that his girlfriend had blocked his number and he went near her school to meet her. He wanted to kill himself there as she refused to talk to him. He has poured a bottle of petrol over his head but his friends prevented him setting fire on himself and he was immediately admitted to the hospital.

4.1. List **three (03)** facts from the above scenario which you would use to assess intention of his self-harm. (15 marks)

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4.2.Mention **three(03)** questions you would ask to gather additional information (not given in the scenario) to assess intention of his self-harm. (30 marks)

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Index number.....

He divulged that he had previously inflicted self-cut injuries in two occasions following arguments with his parents.

4.3. Mention other information you would elicit to assess his suicidal risk. (15 marks)

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- 2.....
- 3.....

His father mentioned that the police complaint had already been made by the parents of his ex-girlfriend due to his previous threats to abduct the girl. He already has an ongoing court case for his involvement in a gang fight.

4.4. Mention **one (01)** possible diagnosis of this patient based on the available information (10marks)

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Patient tells the doctor that he immediately wants to take revenge when others hurt him.

4.5. Mention one psychological intervention you could use to help this patient (10 marks)

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4.6. Describe the intervention you mentioned in 4.5. (20 marks)

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Index number.....

5. A 75- year- old retired teacher was brought to the psychiatry clinic by his daughter. He is on treatment for diabetes and hypertension for 20 years. He had developed a stroke five years ago. He is blaming his wife for stealing his money since then. There is no significant physical disability now. He has difficulty in recognizing his children for past one year and has developed poor sleep and wandering behavior at night for last one month.

5.1.What is the most probable diagnosis? (10 marks)

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5.2.What is the most probable aetiology for the diagnosis mentioned in 5.1. (10 marks)  
Give evidence from the given history.

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5.3. List **five (05)** investigations you would request for this patient giving reasons. (10 marks)

Investigation

Reason

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5.4. Name **one (01)** medication you would use to treat poor sleep and wandering behavior of this patient giving reasons for your choice. (10 marks)

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Index number.....

5.5. Name **five (05)** other behavioral problems you would expect to find in this patient. (20 marks)

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5.6. Briefly outline the behavioural management you would use for the problems mentioned in 5.5 (40 marks)

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Index number.....

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6. An 18-year-old female A/L student was brought to the psychiatry clinic by her mother. The mother complained that the daughter is hard working but her marks are low. According to the student she has to read each question three times before answering them and is unable to finish answering question paper during the given time.

6.1. What is the most probable diagnosis? (05 marks)

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6.2. List **four (04)** questions you would ask during the history taking to confirm the diagnosis mentioned in 6.1 (20 marks)

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6.3. List **three (03)** different themes you would expect to find out under the "thoughts" in the mental state examination of this patient. (15 marks)

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Index number.....

6.4. Name **one (01)** medication and the dose you would use to treat this patient. (10 marks)

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6.5. List **five (05)** common side effects of the medication mentioned in 6.4 (10 marks)

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6.6. Name and outline the steps of a specific psychological management you would use to treat this patient. (20 marks)

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Index number.....

6.7. Briefly describe how you would educate the mother about her daughters' illness. (20 marks)

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