



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

25<sup>th</sup> May 2018

(1.00 – 3.30pm) 2 ½ hours

Answer all 5 (Five) questions.

Write your answer in the space provided

1. A 30 year old teacher was brought to the psychiatry clinic by her mother. This is the 5<sup>th</sup> relapse during past 10 years. The patient said "the principal in our school with the help of a local politician and police is spying on me, they know what I think, talk about all my activities and control them. I want to kill myself or kill them all as I can't go on like this".

1.1. What is the most likely diagnosis? (10 Marks)

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1.2. Give **three (3)** reasons for the diagnosis given in 1.1. (15 Marks)

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1.3. State the management setting for this patient. (10 Marks)

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1.4. Give **two (2)** reasons for your answer given in 1.3. (10 Marks)

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1.5. Outline the immediate management of this patient. (40 Marks)

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1.6. List **three (3)** instructions you would give to this patient and her mother on discharge to prevent relapses. (15 Marks)

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1.1 Draw the cycle of change. (30 marks)

2. A 50 year old manual labourer had been given inpatient treatment for alcohol withdrawal symptoms three times during past two years. He has been drinking again for last one month. He came to the psychiatry clinic to seek help to stop his daily drinking.

2.1. What is the patient's current stage out of the stages mentioned in 2.1? (10 marks)

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2.2. Name one psychological intervention you would use in his long-term management. (10 marks)

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2.3. Outline the intervention mentioned in 2.2.2 (30 marks)

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2.4. He asks the doctor whether he could take a drink once a week and gradually stop drinking. What is your advice? (20 marks)

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3. A thirty-five year old recently married clerk, who is not on any medication, came to the psychiatry clinic with his wife requesting marital counseling. According to the wife her husband dusted, washed and cleaned all his belongings daily and would not let anyone else touch them both at work and at home. Some days he refused to have sex with her saying that she is not clean. These patterns of behavior and attitudes caused major marital conflicts between them.

3.1 List two differential diagnoses for his difficulties. (10 marks)

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3.2 Write two questions you would ask to differentiate the conditions given for 3.1. (20 marks)

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3.3 Would you recommend marital counseling for them? explain your answer (25 marks)

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3.5 Outline your management. (45 marks)

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4. A 30 year old single male patient with depressive disorder, who is on Fluoxetine 20 mg mane for the past four months, came to the clinic saying that he wants to sell his house and donate that money to upgrade the clinic to a high-tech luxury one. His father noticed that he had an exaggerated sense of well-being and self-confidence to work throughout the day without sleep for past few days.

4.1 What is the most likely diagnosis? (10 marks)

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4.2 Give two reasons for your diagnosis from the details given in the question 4. (20 marks)

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4.3 Write two more findings in the mental state examination you would expect to find in this patient. (20 marks)

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4.4 What is the most likely cause for his current presentation? (10 marks)

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4.5 Write the immediate management of this patient. (40 marks)

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5. A 5 years old girl who was recently seen by a child psychiatrist at Colombo was brought to you by her parents because you are the general practitioner to the family for a long period. The girl was diagnosed to have learning disability after detailed assessments according to the clinical notes. But parents had difficulty in understanding what was said by the psychiatrist about child's condition. Parents have sent the child to three pre-schools up to now and she was removed from them within a week each time due to the child not staying in one place and aggressive towards other children.

5.1 Mention two (2) medications you would consider in this child to help her to stay in the pre-school. (30 Marks)

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5.2 A pre-school teacher of this girl contacts you to obtain information about how to handle this child's difficult behaviours. Mention three (3) behavioural interventions you would tell the teacher which will help them to handle child's behavior problems. (30 Marks)

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5.3 Mention five specific skills you would aim to develop in this girl to make her an independent adult. (10 marks)

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5.4 Describe briefly how you instruct parents about skills mentioned in 5.3 (30 marks)

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