



**FACULTY OF MEDICINE,
UNIVERSITY OF RUHUNA
FINAL EXAMINATION FOR MEDICAL DEGREES
30th NOVEMBER 2015
PSYCHIATRY PAPER 1**

**Answer all 5 questions.
Answer each part in a separate answer book.**

Time: (1.00 – 3.30pm) 2 1/2 hours

1. A- 23- year old female presented with overtalkativeness, overspending and poor sleep for last two weeks. Symptoms developed one month following her marriage. She claims that she is the leading actress in a popular tele drama and insists her husband to accompany her to meet the film director. Patient's mother informed that her daughter had an episode of sadness and lethargy six months back and she has continued treatment up to now.

- 1.1. What is the diagnosis? (10 marks)
- 1.2. Give reasons for your answer. (15 marks)
- 1.3. Name two (2) possible causes for her current illness. (10 marks)
- 1.4. Outline the immediate management. (25 marks)
- 1.5. Outline the long term management. (25 marks)
- 1.6. Patient's mother requests you not to reveal the past psychiatric history to the patient's husband. Describe briefly how you would respond to the mother's request. (15 marks)

2. A married couple visited the Psychiatry Clinic. The wife said that husband suspects her of having an extramarital affair with a neighbor. The husband said "I heard a voice saying my wife is in love with my neighbor"

- 2.1. Write two (2) possible diagnoses. (20 marks)
- 2.2. Write two (2) clinical features each from the history and the mental state examination (other than what is given in the scenario) you would elicit to differentiate the two diagnoses given in 2.1 using the grid given below.

	History	Mental state examination	
Diagnosis 1	1.....	1.....	(10 marks)
	2.....	2.....	(10 marks)
Diagnosis 2	1.....	1.....	(10 marks)
	2.....	2.....	(10 marks)

- 2.3. If the 1st diagnosis mentioned in 2.1 is confirmed,
 - 2.3.1. Outline the steps in this patient's immediate management. (25 marks)
 - 2.3.2. Outline the relapse prevention plan for this patient. (15 marks)

3. A- 23- year old undergraduate who shifted to the hostel recently, consulted the University Medical Officer as he had a difficulty in getting to sleep and could not sleep for more than 3-4 hours for the past one month. He has daytime sleepiness which affects his studies. He requested a "tablet" to solve this problem soon.
- 3.1. Write **four (4)** possible causes for his presentation. (20 marks)
- 3.2. Write **five (5)** questions you would ask from this student to get additional information, which will help you to arrive at a diagnosis. (30 marks)
- 3.3. Write **one (1)** investigation you would request for this student. (5 marks)
- 3.4. What advice you would give him to improve his sleep. Write **three (3)**. (30 marks)
- 3.5.1. Would you prescribe a medication as requested by the student? (5marks)
- 3.5.2. Give reasons for your answer. (10 marks)
4. Mr. A, a -26- year old field officer of the Agriculture Department came to Psychiatry Clinic to seek help for his difficulty. He complains that he develops tremors, weakness of his body and forgets words when he talks in front of others. Therefore he distributes information leaflets among farmers instead of giving talks in meetings. He has been avoiding monthly meetings of his department for last one year. He is worried that he will lose his job.
- 4.1. What is the likely diagnosis? (10 marks)
- 4.2. Mr. A told the doctor "At the only monthly meeting I attended, I was laughed at, as I could not correctly answer the questions. Was it because of my low intelligence that I failed to give correct answers to those simple questions?"
- 4.2.1. What is your answer to Mr. A? (10 marks)
- 4.2.2. Explain reasons for your answer to the above question. (20 marks)
- 4.3. Name **one (1)** psychological therapy that can be used to treat the condition mentioned in your answer to the question (4.1) (10 marks)
- 4.4. Outline the steps of the above mentioned therapy. (30 marks)
- 4.5. Write **two (2)** helpful measures Mr. A could adopt to improve his condition. (20 marks)
5. A three year old boy was brought to a child psychiatry clinic by his parents for the delayed speech development. Parents reported that child spoke 4-5 single words around 1 ½ years of age and now he does not use any words. He is physically well developed and active.
- 5.1. Name the first investigation you would request. (10 marks)
- 5.2. If the result of the test mentioned in 5.1 is reported normal, describe **three (3)** clinical features you would look for to arrive at a diagnosis. (45 marks)
- 5.3. What is the likely diagnosis? (10 marks)
- 5.4. Write **one (1)** other condition commonly associated with the diagnosis mentioned in 5.3. (15 marks)
- 5.5. Name **four (4)** other health professionals and mention how each one of them would contribute to the management of this child. (20 marks)