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FINAL EXAMINATION FOR MEDICAL DEGREES

PSYCHIATRY PAPER 1

4th September 2026

(1.00 – 4.00pm) 3 hours

Answer all six (06) questions

Write your answers in the given space

01. You are the MOH at Bope-Poddala MOH area. Your Public Health Midwife (PHM) informs you that she has noticed a 28- year old mother of one month old baby becoming tearful when asked about the baby. On further enquiry mother has revealed that she is finding it difficult to care for the baby and she feels guilty about it.

PHM has done the routine assessment and referred her to you for further evaluation.

1.1. Name two (02) possible differential diagnoses. (10 marks)

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.....

1.2 List five (05) questions you would ask from the patient related to her current postpartum period to arrive at a most probable diagnosis. (20 marks)

i.....
ii.....
iii.....
iv.....
v.....



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

1.4. Name the assessment tool that PHM has used. (10 marks)

1.5. List **four (04)** risk factors for the condition mentioned in 1.3 (20 marks)

i.....

iii.....

iv.....

1.6. Write a prescription for the patient for two weeks until she meets the psychiatrist.

(10 marks)





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1.7. Briefly outline important information you would provide the patient and her husband regarding the illness and its management. (20 marks)

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2. A 25-year-old tourist guide was admitted to ETU with severe body aches and pains. He told that he was using heroin for 5 years and stopped one day back as he wanted to quit. From ETU he was referred to the psychiatry clinic.

2.1. List **four (04)** other symptoms you would expect to find and a medication for each.

(20 marks)

Symptom

Medication

- | | |
|----------|----------|
| i..... | i..... |
| ii..... | ii..... |
| iii..... | iii..... |
| iv..... | iv..... |

2.2. Name **two (02)** medical complications and **two (02)** psychosocial sequelae of heroin use.

(20 marks)

Medical complications

- | |
|---------|
| i..... |
| ii..... |

Psychosocial sequelae

- | |
|---------|
| i..... |
| ii..... |

2.3. List **four (04)** questions you would ask to find out whether he is dependent on heroin.

(20 marks)

- | |
|----------|
| i..... |
| ii..... |
| iii..... |
| iv..... |

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2.4. Briefly describe the long-term management plan for him.

(20 marks)

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2.5. After few months he came back to the clinic saying that it is difficult for him to maintain abstinence from heroin at home and requested information about residential rehabilitation facilities.

2.5.1. Name **one (01)** such center situated in Galle.

(10 marks)

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2.5.2. What are the admission pathways to the center mentioned in 2.5.1?

(10 marks)

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3. A 70-year-old retired teacher was brought to the psychiatry clinic by her neighbours. She was living alone after the death of her husband and her only son is married and living in Colombo.

She had tried to assault neighbours saying that they are talking about her and trying to poison her. She said that she was taking treatment from a psychiatric clinic for about 50 years but had stopped few months ago as she has no psychiatric illness. She had destroyed all past records but had continued her medications for diabetes.

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

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3.2. Name **two (02)** psychopathologies seen in this patient (10 marks)

.....

.....

3.3. State the management setting of her. (10 marks)

.....

3.4. List **three (03)** reasons for selecting the setting mentioned in 3.3 (15 marks)

i.....

ii.....

iii.....

3.5. List **three (03)** investigations you would perform giving reasons. (15 marks)

i.....

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ii.....

.....

iii.....

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3.6. Name **one (01)** medication and the dose giving reasons for your choice. (10 marks)

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3.7. Identify **three (03)** problems in her long-term management and briefly describe your management plan for each. (30 marks)

i.....

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ii.....

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iii.....

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4. A 5-year-old boy is brought to the child psychiatry clinic by his parents as the preschool teacher has raised concerns about his behaviour. Teacher has noticed that he does not respond when his name is being called and does not play with other children, but spends long periods lining up toy cars.

Parents said he has delayed speech when compared to his older sibling. He becomes extremely distressed when his daily routine is changed

4.1. Mention **two (02)** differential diagnoses. (10 marks)

i.....

ii.....

4.2. What is the most likely diagnosis? Give reasons to support your diagnosis. (25 marks)

Diagnosis.....

Reasons

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.....

4.3. Mention **three (03)** other features you would expect to see in the diagnosis mentioned in 4.2 (15 marks)

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4.4. Name **two (02)** assessments you would request for this child. (10 marks)

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4.5. Mention information you would include in psychoeducation of his parents. (20 marks)

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4.6. Name **two (02)** treatment strategies used in the management of the diagnosis mentioned in 4.2. (10 marks)

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4.7. Mother asks what she could do to prevent the child becoming distressed when his routine is changed.

Mention **two (02)** behavioural interventions you would explain to the mother. (10 marks)

i.....

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ii.....

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5. A 30-year-old housewife, was admitted to the emergency treatment unit (ETU) due to extreme chest pain, difficulty in breathing, and numbness in her arms.

5.1 Name **one (01)** medical diagnosis and **one (01)** psychiatric diagnosis for her presentation.

(10 marks)

Medical

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Psychiatric

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5.2. List **two (02)** important areas you focus in the physical examination and expected findings to differentiate the conditions in 5.1?

(10 marks)

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5.3. Name **two (02)** investigations that would help to differentiate the conditions you mentioned in 5.1.

(10 marks)

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5.4. If her investigations are normal, outline **one (01)** useful measure that would help her.

(20 marks)

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She states the following to you when you asked further information.

"I had two similar events before this. Once when I was inside a crowded bus and the other was while walking through paddy fields, in our village. I started sweating. I couldn't understand why, but felt like I can't escape, then I started having trouble breathing and really got scared. There after I avoid going in buses and always ask someone to accompany me when going to the village."

5.5. What is the most likely diagnosis? (5 marks)

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5.6. Mention **one (01)** physiological, psychological and behavioural symptom each to support your diagnosis from the above history. (15 marks)

Physiological

.....

Psychological

.....

Behavioural

.....

5.7. Name **two (02)** psychotherapies that are useful for the diagnosis mentioned in 5.5. (10 marks)

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5.8. State **one (01)** medication that is effective to treat the diagnosis mentioned in 5.5.

Mention information you would provide to the patient regarding the medication. (20 marks)

Medication:

Information:

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06. A 15-year-old girl presented to the child psychiatry clinic with her father following a referral from Judicial Medical Officer (JMO). She had been found by the police on the street previous day. In the JMO report it is indicated that she had been sexually abused. Her father informs the doctor that his daughter was missing after she had gone to school 2 days ago. Further he mentions that she has been talking to boys over the phone despite his repeated warning and she sets a bad example for her younger siblings.

The girl is very quiet and is tearful.

6.1. Name **one (01)** possible diagnosis of this girl and give your reasons based on the given scenario. (10 marks)

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6.2. Write **three (03)** measures which would help the doctor to build rapport with the patient. (15 marks)

i.....

ii.....

iii.....

6.3. Write **three (03)** possible immediate risks you would consider in this patient. (15 marks)

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6.4. She is having multiple scars and healing cut injuries in her non-dominant wrist. When inquired she mentioned that she attends all the work at home but her father who is a manual labourer comes home drunk and often shouts at her saying that she is following her mother's footsteps and tells her younger sisters not to talk to her. She cuts her wrist when she can't control her anger.

Her mother had eloped with a man 2 years ago.

6.4.1 Write **four (04)** different types of risks you would expect to see in this patient considering the information given in 6.4 and give your reasons. (20 marks)

i.....

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ii.....

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iii.....

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iv.....

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6.5. Briefly explain how you would help her to manage her anger. (20 marks)

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6.6. Mention the information you would include in the psychoeducation of her father.

(10 marks)

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6.7. Briefly outline her psychosocial management mentioning the services you would involve.

(10 marks)

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