



UNIVERSITY OF JAFFNA, SRI LANKA

**FINAL EXAMINATION FOR MEDICAL DEGREES - JANUARY 2024**

Academic Year 2016/2017

**PSYCHIATRY - Paper II**

Date: 22.01.2024

Time: 1.30 pm - 4.30 pm

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ANSWER ALL SIX QUESTIONS

ANSWER EACH QUESTION IN SEPARATE ANSWER BOOK

1. A 27-year-old single woman, an accountant, presents with complaints of difficulty concentrating, not being interested in her daily routines, a persistent sense of fear, restlessness, poor quality sleep, and nightmares for the past two weeks after regularly watching the disturbing images of Gaza destruction and the sufferings of people. They reminded her of the difficult past she had and brought up the memories of her father's death at the hands of unidentified gunmen.
  - 1.1 State three differential diagnoses for this presentation. (15 marks)
  - 1.2 Mention five important pieces of information you would obtain in history to confirm or rule out each of the conditions you mentioned in 1.1. (15 marks)
  - 1.3 What is your working diagnosis? Give reasons. (10 marks)
  - 1.4 Briefly discuss your management plan for the condition mentioned in 1.3. (40 marks)
  - 1.5 Discuss the principles of psychological first aid. (20 marks)
  
2. A 45-year-old married woman with three children was brought to the mental health unit by her husband, as she has been repeatedly complaining that their neighbours were planning to defame her for the past three months. As a result, she had frequent quarrels with the neighbours, suspecting they were illegally monitoring her and leaking her personal matters via social media. At home, she appeared to be restless and kept on locking the doors, ensuring her safety. Over time, her sleep and appetite were disturbed, and she became very irritable. On direct questioning, she added that she heard their voices talking about her in a bad manner and blaming her for having an extramarital affair. There was no significant past history or family history of psychiatric illnesses.
  - 2.1 Mention three differential diagnoses for this clinical presentation. (10 marks)
  - 2.2 Discuss your working diagnosis. (20 marks)
  - 2.3 Outline your overall management plan. (20 marks)
  - 2.4 Describe the pharmacological management of this patient. (30 marks)
  - 2.5 How do you describe the prognosis of this patient? (20 marks)

3. A 16-year-old boy is brought to the child psychiatry clinic by his mother. Over the past month, he has been experiencing sleep problems, loss of appetite, feelings of sadness, lack of concentration, and increased irritability, all of which coincide with the stress of an upcoming national exam. He reports that he cannot study anymore, and the only comfort he has is spending time on the internet. As the youngest in an academically successful family, he feels a heavy burden to match up to the achievements of his parents and siblings. He expresses the belief that sitting for the exam is impossible, yet he also struggles with guilt regarding his decision not to sit for the exam this time.

- 3.1 State the most probable diagnosis with reasons. (10 marks)
- 3.2 List two other differential diagnoses you will consider. (10 marks)
- 3.3 State the important areas in the history and the mental state you would specifically focus on to confirm the diagnosis. (20 marks)
- 3.4 Briefly discuss your management plan. (40 marks)
- 3.5 State the measures you would suggest to the boy to reduce his time on the internet. (20 marks)

4. A 73-year-old female has been brought to the OPD by her husband and daughter. They said that over the past two months, she has seen various people coming into the house, especially in the evenings. She would often ask the family to speak to people seated on chairs whom they could not see. The husband also mentioned that over the past couple of years, she was also restless in her sleep and shouted out sometimes. When she woke up, she mentioned she was having a vivid dream.

She had no significant medical history and was not on any medication. Her general and systemic examination was unremarkable, except for a slight resting tremor on her right side. Her mental state examination showed a neatly dressed female with normal appearance and behaviour. Her speech was spontaneous, and her mood was reactive. There were no thought abnormalities, such as delusions. There were no hallucinations at the time of the interview. Her attention and concentration were impaired. Her registration was normal, but her short-term recall was 1/3. Her long-term memory was normal. She had partial insight in that she accepted that the people she saw could not be seen by others. She did not, however, think there was anything wrong with her.

- 4.1 List three differential diagnoses for the above presentation. (15 marks)
- 4.2 Mention the most likely diagnoses, giving reasons. (15 marks)
- 4.3 Briefly mention how you will investigate this person both physically and psychologically to confirm your diagnosis. (20 marks)
- 4.4 Discuss the pharmacological treatment options. (25 marks)
- 4.5 Mention five important issues you will discuss with the family. (25 marks)

5. A 24-year-old married male, a manual worker and the father of a two-year-old son, was admitted to the medical ward following pesticide poisoning. After the initial management, he is referred to the psychiatric clinic for further assessment. As a medical officer working in the psychiatric clinic, you undertake the assessment. While interviewing, you observe that he wears an earring on his left ear and has a tattoo on his right neck. In addition, there are multiple superficial scars and needle prick marks on his left hand and a number of bruises and scars of different ages in many parts of his body.

5.1 What are the possible psychiatric conditions you would consider from the history and physical examination findings available in this case scenario? (20 marks)

5.2 Briefly describe how you would assess the risks related to this patient. (30 marks)

5.3 Write down your management plan. (30 marks)

5.4 Briefly describe the primary prevention of one of the conditions you mentioned in 5.1. (20 marks)

6. Write short notes on the following:

6.1 Psychotropic medications during pregnancy (40 marks)

6.2 Effects of domestic violence on children (30 marks)

6.3 Informed consent in psychiatry (30 marks)