



UNIVERSITY OF JAFFNA, SRI LANKA

**FINAL EXAMINATION FOR MEDICAL DEGREES - MARCH 2025**

Academic Year 2017/2018

**PSYCHIATRY - Paper II**

Date: 21.03.2025

Time: 1.30 pm - 4.30 pm

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1. A 32-year-old single man with schizophrenia has been repeatedly admitted to the inpatient unit with relapses and exacerbation of symptoms as a result of non-compliance with medication.

- 1.1 Name five (05) common causes for non-compliance with medication in psychiatry. (20 marks)  
1.2 Suggest two (02) practical remedies for each of the causes you mentioned above. (30 marks)  
1.3 Briefly discuss how you would educate this patient. (20 marks)  
1.4 Discuss the ethical issues of administering medications to patients without their knowledge. (30 marks)

2. A 75-year-old female has been diagnosed with dementia. Her mini mental state examination (MMSE) is found to be 21/30.

- 2.1 What is the most likely stage of her dementia? (10 marks)  
2.2 State six (06) investigations you will conduct giving reasons as to how it will help to identify underlying aetiology. (30 marks)  
2.3 Discuss the pharmacological treatment you may consider. (20 marks)  
2.4 Briefly explain the important issues you will discuss with the family. (40 marks)

3. A 22-year-old female is brought to the emergency department following an overdose of paracetamol. Her medical records revealed that she was diagnosed with bipolar affective disorder three years ago and had three inpatient admissions, in which she was prescribed electroconvulsive therapy twice. However, her medication adherence and follow-ups were erratic.

She had multiple suicide attempts and self-injurious behaviours in the past, mostly in relation to interpersonal conflict.

During the past week, she experienced significant distress following a relationship breakup and spent many hours on social media arguing that suicide was the only rational choice at times.

- 3.1 List five (05) factors that may have contributed to her suicidal behaviour (10 marks)  
3.2 Briefly discuss how you would assess the suicidal risk of this patient. (30 marks)  
3.3 Outline the management principles of this patient. (40 marks)  
3.4 Briefly discuss the influence of social media on suicidal behaviour. (20 marks)

4. A 26-year-old single woman is referred by the Medical Officer of Health (MOH) with a history of crying spells, refusal of food, and suicidal ideations in the context of an unplanned pregnancy. She was married six months ago, and her marriage was a problematic one due to a number of sociocultural and economic factors. Last month, her husband left Sri Lanka in search of a better future. She does not want to continue her pregnancy and is seeking help from doctors.
- 4.1 Briefly outline how you would assess this woman. (20 marks)
- 4.2 Mention two (02) psychometric scales that are useful in the assessment. (10 marks)
- 4.3 Discuss your management plan in detail. (50 marks)
- 4.4 Write down the psychological consequences of unplanned pregnancy. (20 marks)
5. A 12-year-old girl is brought to the child psychiatric clinic by her mother with a history of multiple episodes of rapid breathing, chest tightness, dizziness, and an intense fear of dying over the last three months. The first attack occurred immediately after she watched a CCTV recording of an accident on WhatsApp, in which one of her close friends and her mother were hit by a speeding car at a pedestrian crossing and later succumbed to their injuries. Since then, she has episodically experienced the above symptoms and frequently anticipates their occurrence with fear. She becomes withdrawn, avoids outdoor activities, refuses to attend school, and experiences nightmares about the accident. Although she studies at home, she insists on having a family member around her.
- 5.1 What is the most likely diagnosis? State your reasons. (15 marks)
- 5.2 List three (03) psychological mechanisms contributing to the child's fearfulness. (15 marks)
- 5.3 List three (03) potential adverse consequences if the condition remains untreated. (15 marks)
- 5.4 Name three (03) medications that may be effective for this child. (15 marks)
- 5.5 Briefly outline the non-pharmacological management of this child. (40 marks)
6. A 25-year-old final-year undergraduate student was referred by a physician as he could not find any demonstrable pathology for the student's symptoms. The student said that she had been embarrassed by the urge to have frequent micturition for the past several weeks, which coincided with the announcement of her final year examination. In addition to her urinary symptoms, she developed severe palpitations and a feeling of tightening of the chest and breathing difficulties. She was unable to sleep, relax, or study. She claimed that she was a person who always wanted to achieve high tasks and keep regular routines. She denied a history of substance use or a history of similar symptoms in the past.
- 6.1 Name the most likely diagnosis with reasons. (20 marks)
- 6.2 How will you explain the condition to the student? (20 marks)
- 6.3 Briefly describe two non-pharmacological approaches that are useful in the management. (40 marks)
- 6.4 If the student requests medication, name a medication of your choice and justify the reasons for selecting the medication. (20 marks)