



THE COLLEGES OF MEDICINE OF SOUTH AFRICA

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Examination for the Subspecialty Certificate in Child and Adolescent Psychiatry of the
College of Psychiatrists of South Africa

8 April 2016

1 Paper only

(3 hours)

All questions to be answered. Each question to be answered in a separate book (or books if more than one is required for the one answer)

- 1 a) Give definitions for the following terms
- i) Gender identity. (1)
 - ii) Gender behavior. (1)
 - iii) Gender discordance in. (3)
 - o Transgender.
 - o Transsexuals.
- b) Children and adolescents who are growing up gay, lesbian, bisexual, gender nonconforming, or gender discordant commonly encounter or experience unique developmental circumstances or challenges due to their sexual and gender minority status. These experiences and challenges increase their risk for certain mental health problems and should be explored by clinicians caring for them. Elaborate on the above statement by commenting on the following points
- i) The unique developmental circumstances or challenges commonly encountered by youth with sexual and gender minority status. (5)
 - ii) Mental health problems (psychiatric risk) that need to be explored. (8)
 - iii) Possible interventions to mitigate the risk. (7)
- [25]
- 2 a) Paediatric traumatic brain injury (TBI) is a major public health problem. Briefly discuss this statement including prevention strategies which may be employed. (7)
- b) Name the common psychiatric disorders/symptom clusters linked to TBI. (10)
- c) Discuss treatment strategies. (8)
- [25]
- 3 The connection between early life experiences and lifelong health has been well established in the scientific literature. Infant development is a product of continuous, dynamic transactions between the biological and experiential organisation of the developing brain
- a) Define the concept of Infant Mental Health. (2)
 - b) Discuss the statement "Early Experiences Matter" with reference to the neurophysiological development of the infant brain. (15)
 - c) Discuss briefly the constructs of Attachment and Attunement and the influence on Infant Mental Health. (8)
- [25]

- 4 Discuss irritability in children and adolescents with reference to the following
- a) What are the types of irritability described in the literature? Describe the characteristics of each type. (6)
 - b) Which common conditions in childhood may present with irritability? (3)
 - c) What is the importance of a dimensional approach in assessing irritability? (3)
 - d) What is the importance of early identification of abnormal irritability in young children? (3)
 - e) Discuss intervention strategies when dealing with a child with chronic irritability and how this may impact on long term outcomes (10)
- [25]