



## THE COLLEGES OF MEDICINE OF SOUTH AFRICA

Incorporated Association not for gain  
Reg No 1955/000003/08

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

3 March 2017

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) Describe the clinical developmental course of Attention Deficit Hyperactivity Disorder from very early childhood through to late adolescence. (15)  
b) Discuss the risks associated with the use of methylphenidate (including its use as a cognitive enhancer). (10)  
[25]
- 2 Adolescents with severe mental disorders are especially vulnerable to poor adherence with psychotropic medication, even more so than younger children and adults. Medication adherence among adolescents with Bipolar Disorder (BD) poses a clinical challenge that child and adolescent psychiatrists have to manage  
a) Discuss factors that may influence medication adherence in adolescents with Bipolar Disorder. (10)  
b) With the above factors in mind, describe intervention strategies that may be beneficial in addressing poor medication adherence in adolescents with Bipolar Disorder. (10)  
c) What are the clinical implications of poor medication adherence in adolescents with Bipolar Disorder? (5)  
[25]
- 3 a) You are asked to design and develop a service to provide effective interventions to prevent child and adolescent mental health problems in low and middle income countries. In broad terms, what are the essential factors to consider? (15)  
b) Both genes and environment are of critical importance when it comes to developmental processes, and subtle differences in either of these may be responsible for altering developmental trajectories that confer vulnerability or resilience  
i) Define the term "epigenetics". (2)  
ii) Give examples of environmental factors that impact on the developing brain pre- and postnatally which may confer an increased risk for later psychiatric disorders. (4)  
iii) Discuss the potential epigenetic contributors to first episode psychosis in adolescents. (4)  
[25]

- 4 Studies have reported growing rates of young children being diagnosed with the DSM 5 category of gender dysphoria. The diagnosis and management of this condition in children has generated considerable debate amongst health practitioners, legal practitioners and human rights campaigners
- a) Differentiate between the concepts of
    - i) Sex and gender. (4)
    - ii) Gender role and gender identity. (4)
  - b) Describe how the condition presents in children. (6)
  - c) Critically discuss the controversies that have arisen in the context of this disorder. (15)
- [25]