



## THE COLLEGES OF MEDICINE OF SOUTH AFRICA

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

Examination for the Diploma in Mental Health of the  
College of Psychiatrists of South Africa

6 July 2017

Paper 1

(3 hours)

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

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- 1 You are responsible for the treatment of a male patient aged 20-years with a first presentation of Schizophrenia on an outpatient basis
- a) Name and compare the side effect profiles and indications for use of the typical (first generation) versus the atypical (second generation) antipsychotic medications. (12)
  - b) After 4-6 weeks of antipsychotic medication, the patient remains floridly psychotic. Discuss the possible reasons. (13)
- [25]
- 2 A 33-year-old housewife presents with excessive worry about her finances, household and the welfare of her three young children (aged 7 years, 4 years and 3-months-old). She often thinks and worries whether she will live long enough to see them grow and be able to provide for them since her husband died 7 months ago. She admits to drinking wine to help her cope. She further reports poor sleep because her mind does not "switch off" at night and wakes up tired; eats a lot of food but is unable to finish all her house chores as before; and struggles to get her children ready for school in time
- a) Discuss the differential diagnoses in this patient. (8)
  - b) After thorough examination and investigations you make a diagnosis of generalised anxiety disorder (GAD). Discuss the core diagnostic features of generalised anxiety disorder. (7)
  - c) Discuss the non-pharmacological management of GAD. (10)
- [25]
- 3
- a) Discuss the clinical features of Borderline Personality Disorder. (12)
  - b) In clinical practice, it may be difficult to differentiate between Borderline Personality Disorder and Bipolar Disorder, Type 2. Discuss some of the characteristics of these two disorders that would assist clinicians in differentiating between them. (7)
  - c) Discuss the role of psychotropic medications in the management of Borderline Personality Disorder. (6)
- [25]

- 4 A 22-year-old actuarial student presents to you with a history of poor attention and forgetfulness. He did very well for the first three years of his studies, but he has failed several modules during the last six months and one of his lecturers advised him to see a doctor. He has been getting increasingly forgetful during the last year but he attributes these symptoms to “stress”. He says that he is HIV positive and on antiretroviral treatment (ART) which he receives from the local clinic
- a) Discuss your approach in order to make a diagnosis in this patient. (13)
  - b) Briefly discuss the clinical presentation (including diagnostic criteria) of the HIV-associated neurocognitive disorders (HAND). (5)
  - c) The patient admits to you that he has not been taking his ART as prescribed because he often forgets to take his treatment. His CD4 is 205 and his viral load is high. Discuss the further management of this patient. (7)
- [25]



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### Examination for the Diploma in Mental Health of the College of Psychiatrists of South Africa

7 July 2017

Paper 2

(3 hours)

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

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- 1 In our daily practice of psychiatry we are faced with an alarming rate of patients who are non-compliant on medications
- a) Briefly discuss the factors that influence compliance under the following headings
    - i) Patient related.
    - ii) Environmental related.
    - iii) Physician related.
    - iv) Treatment related. (10)
  - b) Briefly discuss how you would evaluate /measure compliance in your patients. (5)
  - c) Discuss your approach to improving compliance. (5)
- [25]
- 2 A 28-year-old woman consults you because she is concerned about her 8-year-old son. The woman has been diagnosed with depression and she has heard that depression can run in families. Her son has been tearful and withdrawn at home and he is refusing to finish his meals. Write short notes on the following
- a) List the possible differential diagnoses in the child for the symptoms described by this mother. (6)
  - b) Risk factors associated with the development of depression in childhood. (6)
  - c) The management of childhood depression. (13)
- [25]
- 3 A 45-year-old man presents to you with a 3 month history of a low mood, headache, anhedonia and suicidal ideation. He reports that he has recently increased his alcohol consumption to cope with the stress of his impending divorce
- a) Discuss your differential diagnoses for this patient. (5)
  - b) Discuss what investigations you would conduct in this patient. (5)
  - c) Discuss the patient's suicide risk. (5)
  - d) Briefly discuss your approach to the further management of this patient. (10)
- [25]

- 4 You provide a service as a medical officer to a PHC clinic in a peri-urban township. The primary care nurses ask you to assist them in managing agitated and violent patients, particularly adolescents and young adults. You have agreed to conduct a workshop on the overall management of aggression and to draw up a guideline for emergency management by the nursing staff. With your audience in mind, briefly discuss the following
- a) Causes of aggression (other than criminal behaviour). (8)
  - b) Recognition of imminent violence and verbal de-escalation. (8)
  - c) The requirements, in terms of the Mental Health Care Act, for the South African Police Services (SAPS), clinic staff and the Mental Health Review Boards with regards to aggressive behaviour. (9)
- [25]