



DMH(SA)

## 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

8 February 2018

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 Write notes on the important differences between Schizophrenia and
  - a) Major Depression with psychotic features. (9)
  - b) Delirium. (7)
  - c) Alcohol withdrawal with perceptual disturbances. (9)[25]
  
- 2 Substance use disorders are common in South Africa and Motivational Interviewing and Brief interventions play a vital role in the therapeutic process of managing these conditions
  - a) Define motivational interviewing and discuss the key principles of the stages of change model. (15)
  - b) What is your understanding of the brief intervention model called FRAMES? (10)[25]
  
- 3
  - a) Describe the DSMV diagnostic criteria for General Personality Disorder i.e. the general definition which applies to each of the 10 specific personality disorders described in DSMV. (6)
  - b) Describe 6 diagnostic criteria features of Borderline Personality Disorder as described by DSMV. (6)
  - c) Write short notes on important principles which apply to the use of medication in the treatment of patients with Borderline Personality Disorder. (4)
  - d) Write short notes on the differences between Obsessive Compulsive Disorder and Obsessive Compulsive Personality Disorder. (4)
  - e) Write short notes on the differences between Borderline Personality Disorder and Bipolar Mood Disorder. (5)[25]
  
- 4 In the clinical management of Obsessive Compulsive Disorder
  - a) Discuss an approach to the pharmacological management of the condition. (10)
  - b) Cognitive behavioural therapy is an important part of the therapeutic management of the condition. Define what is meant by CBT and discuss its major components, and then how we would use it in the holistic therapeutic management of these patients. (15)[25]



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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)*

- 1 A 9-year-old boy has started wetting the bed after being continent since the age of 3 years. He stole R50 from the teacher's purse and has been bullying smaller children at his school. He uses foul language when confronted by his teachers and ran away from home and slept in the local park for one night. His school is threatening to expel him due to pressure from the parents of the children he has bullied
  - a) Discuss your approach to assessing and managing this patient and include a differential diagnosis. (15)
  - b) Discuss how you would manage Enuresis in a patient. (10)

[25]
  
- 2 You are a medical officer working in an acute setting. A 40-year-old woman has been admitted after her third suicide attempt, all of which have been by taking an overdose of tablets
  - a) How would you evaluate her to decide whether she is serious about her intention to kill herself? (15)
  - b) You decide that she does pose a major suicidal risk but she is adamant that she will not remain in hospital. How will you proceed to ensure her stay in hospital even though it will be against her will? (10)

[25]
  
- 3 You are working as a locum for a GP when a 33-year-old female client comes to see you. She has numerous physical complaints ranging from headaches, earache, pain on swallowing, sore throat, dysuria, chest pain radiating to the abdomen and insomnia for a month. She asks for 'the strongest pain killers and sleeping tablets'. She has a thick clinical file and the last 4 consultations have revealed no major physical illnesses. A full examination reveals that her vital signs are all within normal range and except for slight oropharyngeal inflammation, she appears otherwise physically healthy
  - a) What is the possible differential psychiatric diagnosis? (2)
  - b) What are common causes of insomnia? (5)
  - c) Discuss the non-pharmacological management of chronic insomnia. (10)
  - d) Discuss why you would or would not give analgesics to this patient. (8)

[25]
  
- 4
  - a) Specifiers for Major Depressive Disorder give a clear indication of severity and longitudinal aspects of the disease process. Name the specifiers of Major Depressive Disorder. (8)
  - b) Psycho-education involving patients and their families suffering from Major Depressive Disorder are important components of the treatment process. What are the issues that should be included in this process? (10)

- c) What are the things you need to exclude clinically, when you conclude that an antidepressant is ineffective in the treatment of a patient? (7)  
[25]