

Seat No: \_\_\_\_\_

Enrollment No: \_\_\_\_\_

**PARUL UNIVERSITY**  
**FACULTY OF NURSING**  
**M.Sc. Nursing, February -2021 Examination**

**Year: 1**  
**Subject Code: 09202101**  
**Subject Name: Mental Health Nursing**

**Date: 04/02/2021**  
**Time: 10:00 am to 01:00 pm**  
**Total Marks: 75**

---

**Instructions:**

1. Attempt all questions from each section.
2. Figures to the right indicate full marks.
3. Draw diagrams wherever necessary.
4. Write section-A, section-B on separate answer sheets.

**SECTION - A (40 MARKS)**

- Q-1 Long Essays. (Any one out of two) (1 x 15) (15)**
1. Define mental health & mental illness. Discuss multidisciplinary model in detail and Elaborate the extended and expanded role of psychiatric nurse.
  2. Define Therapeutic Communication. Discuss barriers in communication with specific reference to psychopathology. Elaborate the techniques used in therapeutic communication.
- Q-2 Short Essay. (1 x 10) (10)**
1. Discuss Role of Nurse in Electro-Convulsive Therapy
- Q-3 Short Answers. (3 x 5) (15)**
1. Lithium Toxicity
  2. Manifestations of Low Self-Esteem
  3. Diet and Nutrition as Alternative System of Mental Health

**SECTION - B (35 MARKS)**

- Q-1 Long Essays. (Any one out of two) (1x 15) (15)**
1. Define Stress. Describe Psychological Adaptation to Stress. Explain Stress Management techniques in patient who is facing unemployment as a stressor in his life.
  2. Explain problems related to conception, pregnancy and puerperium and its management in detail
- Q-2 Short Essays. (1 x 10) (10)**
1. Occupational Therapy
- Q-3 Short Answers. (2 x 5) (10)**
1. Freud's Psychoanalytical Theory
  2. Neurotransmitters