



NATIONAL OPEN UNIVERSITY OF NIGERIA
UNIVERSITY VILLAGE, NNAMDI AZIKIWE EXPRESS WAY, JABI, ABUJA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF NURSING SCIENCES
2025_2 EXAMINATIONS

PROGRAMME: BACHELOR OF NURSING SCIENCE (BNSc.)

COURSE CODE: NSC314

COURSE TITLE – MENTAL HEALTH AND PSYCHIATRIC NURSING I

CREDIT UNITS: 4

TIME ALLOWED: 2 HOURS 30 MINUTES

TOTAL MARKS: 70%

INSTRUCTION: ANSWER ALL THE QUESTIONS

Question 1

Everyone encounters stressful state when dealing with challenging situations or events. Stress is an important factor in mental illness because it can worsen symptoms and lead to relapse.

- a.(i) Define stress **(1mk)**
- (ii) Discuss the 3 (3) Traditional Stress Therapies that you know **(15mks)**
- b(i) Describe Social Support Network and its functions in stress management **(8mks)**
- (ii) Identify the Phases of Stress Response **(6mks)**

Question 2

- a. In a tabular form, differentiate between the two major classifications in psychiatry **(10mks)**
- b. Explain the five (5) models which explain the causes of mental ill health **(10mks)**

Question 3

Mental health is a condition of personal and social functioning with a maximum of effectiveness and satisfaction.

- a. Explain four (4) factors responsible for mental ill health **(8mks)**
- b. Describe six (6) adjustment mechanisms to protect ego and promote mental health **(12mks)**