



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

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**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)**