



NATIONAL OPEN UNIVERSITY OF NIGERIA
PLOT 91, CADASTRAL ZONE, NNAMDI AZIKWE EXPRESS WAY, JABI, ABUJA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF NURSING SCIENCES
2025_2 EXAMINATIONS

PROGRAMME: BACHELOR OF NURSING SCIENCE
COURSE CODE: NSC503
COURSE TITLE: MENTAL HEALTH AND PSYCHIATRIC NURSING III
COURSE CREDIT UNITS: 4 UNITS
TIME ALLOWED: 2 HOURS
TOTAL SCORE: 70 MARKS
INSTRUCTION: ANSWER ALL THE QUESTIONS

Question 1

- 1(a). What is Grief? (2 marks)
- (b). Explain five (5) stages of Grieving (10 marks)
- (c). Highlight any four factors influencing the Grief process (4 marks)
- (d). Briefly explain Maladaptive Grief Responses (4 marks)

Question 2

- 1(a). What is psychotherapy? (2 marks)
- (b) Discuss the following psychological therapies:
 - i. Psychoanalytic therapy
 - ii. Behavioural therapy
 - iii. Cognitive therapy (4 marks each)
- (c). Describe the Roles of the Nurse in Psychological therapies. (6 marks)

Question 3

- 3(a). Enumerate four (4) classes with examples of antidepressant. (4 marks)
- (b). List four (4) indications of lithium administration (2 marks)
- (c). List eight (8) Signs and symptoms of lithium toxicity (4 marks)
- (d). Explain your nursing responsibilities on the following:
 - i. A patient with Lithium Toxicity
 - ii. A Patient receiving Antidepressants (5 marks each)

Question 4

- 4. Prevention is better than cure. Explain levels of prevention in the community (10 marks)