



**THE ROYAL AUSTRALIAN AND NEW ZEALAND COLLEGE OF
PSYCHIATRISTS**

MOCK WRITTENS *EXAMINATION*

AUCKLAND / NEW ZEALAND

December 2007 / May 2008

PAPER II



**THE ROYAL AUSTRALIAN AND NEW ZEALAND COLLEGE OF
PSYCHIATRISTS**

**CRITICAL
ESSAY
QUESTION**

MOCK EXAMINATION
AUCKLAND / NEW ZEALAND

December 2007 / May 2008
PAPER II

DIRECTIONS:

Please write your answer to the Critical Essay question in this booklet

CANDIDATE'S NAME:

CANDIDATE'S SIGNATURE:

DATE:

Critical Essay Question: (40 marks)

DIRECTIONS:

- Use as many pages as needed to answer this Critical Essay Question
- Write only on the front, lined side of each page
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In essay form, critically discuss the following statement from different points of view and provide your conclusion.

"For most of the time that modern humans have existed, it has made good sense to be fearful, cautious, timid.....We make hard work of being happy because we are hard-wired to emphasise the negative - an important survival mechanism, for hundreds of thousands of years."

- Dr Jeff Brown, 2007

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



**THE ROYAL AUSTRALIAN AND NEW ZEALAND COLLEGE OF
PSYCHIATRISTS**

**CRITICAL
ANALYSIS
PROBLEMS**

MOCK EXAMINATION
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PAPER II

DIRECTIONS:

Please write your answers to the Critical Analysis problems in this booklet

CANDIDATE'S NAME:

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Critical Analysis Question 1 (20 marks)

You are caring for a patient with Alzheimer's disease and become curious about risk factors in the development of the condition. You locate the following abstract. Please read it then answer the questions based on your understanding and interpretation of the information provided.

Conscientiousness and the Incidence of Alzheimer Disease and Mild Cognitive Impairment

Robert S. Wilson, PhD; Julie A. Schneider, MD; Steven E. Arnold, MD; Julia L. Bienias, ScD; David A. Bennett, MD. *Arch Gen Psychiatry*. 2007;64:1204-1212.

Context:

The personality trait of conscientiousness has been related to morbidity and mortality in old age, but its association with the development of Alzheimer disease is not known.

Objective:

To test the hypothesis that a higher level of conscientiousness is associated with decreased risk of Alzheimer disease.

Participants:

A total of 997 older Catholic nuns, priests, and brothers without dementia at enrolment, recruited from more than 40 groups across the United States. At baseline, they completed a standard 12-item measure of conscientiousness. They were followed up annually for up to 12 years. Those who died underwent a uniform neuropathologic evaluation from which previously established measures of amyloid burden, tangle density, Lewy bodies, and chronic cerebral infarction were derived.

Main Outcome Measures:

Clinical diagnosis of Alzheimer disease and change in previously established measures of global cognition and specific cognitive functions.

Results:

Conscientiousness scores ranged from 11 to 47 (mean, 34.0; SD, 5.0). During follow-up, 176 people developed Alzheimer disease. In a proportional hazards regression model adjusted for age, sex, and education, a high conscientiousness score (90th percentile) was associated with an 89% reduction in risk of Alzheimer disease compared with a low score (10th percentile). Results were not substantially changed by controlling for other personality traits, activity patterns, vascular conditions, or other risk factors. Conscientiousness was also associated with decreased incidence of mild cognitive impairment and reduced cognitive decline. In those who died and underwent brain autopsy, conscientiousness was unrelated to neuropathologic measures, but it modified the association of neurofibrillary pathologic changes and cerebral infarction with cognition proximate to death.

Critical Analysis Question 1 (20 marks)

QUESTION 1.1

Is this a descriptive study, a case control study or a cohort study? (2 marks)

[illegible]

score:

QUESTION 1.2

Justify your answer to Question 1.1 (3 marks)

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score:

QUESTION 2.0

What are the ethical issues in doing this study? (2 marks)

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score:

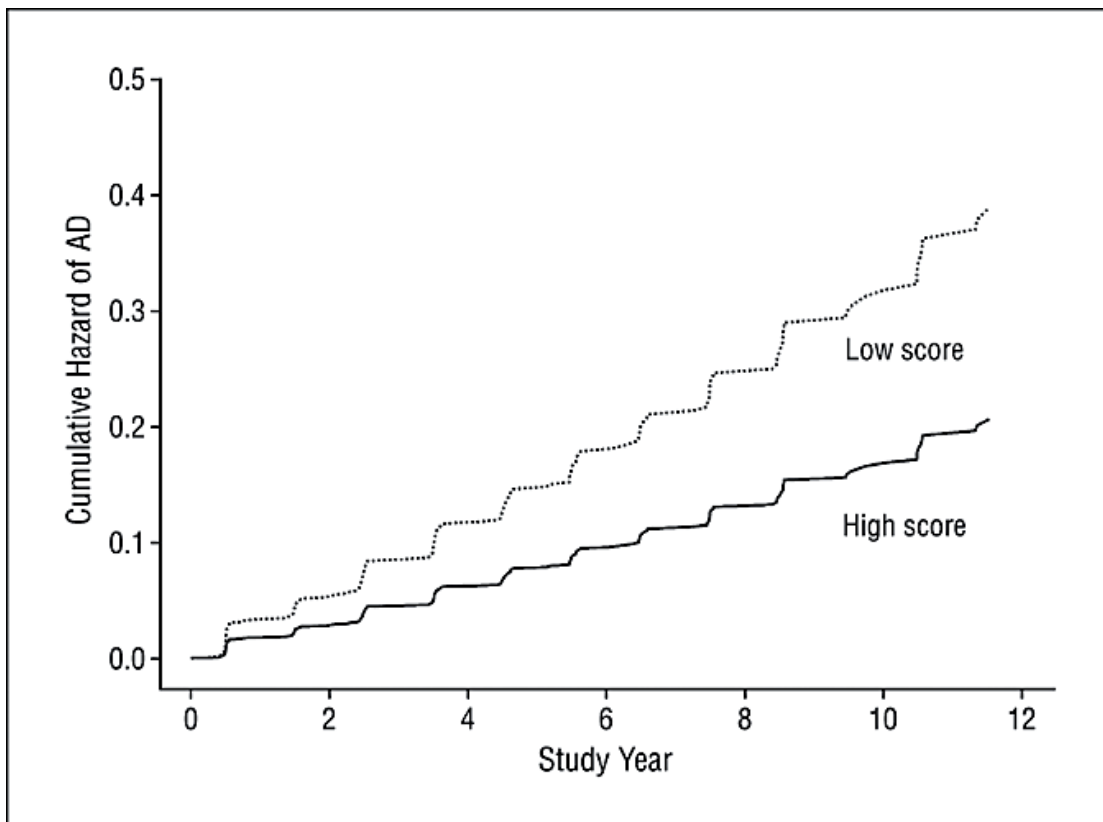
QUESTION 3.1

What are the authors trying to do by using a proportional hazards regression model? (2 marks)

[illegible]

QUESTION 3.2

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

QUESTION 4.1

What does the graph in Figure 1 above mean? (2 marks)

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QUESTION 4.2

What other tests of causation would you like to see? (3 marks)

[illegible]

[illegible]

score:

QUESTION 5.0

What can you conclude from this study? (2 marks)

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score:

Critical Analysis Question 2 (20 marks)

You are working in a community mental health service. You have been asked to help answer the question “is this service doing a good job?”

QUESTION 1.0

Describe in general terms how you would approach such a question. (4 marks)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

score:

QUESTION 2.0

You decide to obtain patients' views of their care. Describe the different views you could obtain and how you would obtain them. (4 marks)

[illegible]

score:

You find in the literature a rating scale which measures patient satisfaction with mental health care.

QUESTION 3.1

What psychometric properties would you want to know about the scale before you used it? (4 marks)

[illegible]

score:

QUESTION 3.2

What is the difference between criterion and construct validity? (2 marks)

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

score:

You decide to do a qualitative study of patients' views of the service by running several focus groups.

QUESTION 4.1

Describe how you would select patients for these groups. (2 marks)

[illegible]

[illegible]

QUESTION 4.2

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

score:

Question 4.3
What ethical issues would you need to address for this study to obtain ethical approval?
(2 marks)

score:



**THE ROYAL AUSTRALIAN AND NEW ZEALAND COLLEGE OF
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**MODIFIED
ESSAY
QUESTIONS**

MOCK EXAMINATION
AUCKLAND / NEW ZEALAND

December 2007 / May 2008

PAPER II

DIRECTIONS:

Please write your answers to the Modified Essay Questions in this booklet

MODIFIED ESSAY QUESTION 1

CANDIDATE'S NAME:

CANDIDATE'S SIGNATURE:

DATE:

DIRECTIONS:

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Modified Essay Question 1 (25 marks)

You are the registrar on a Mental Health Service for Older People community team and provide liaison coverage to the Emergency Department. Mrs Vera Blair is an 83 year old woman who has been referred to you by the ED registrar. She was admitted following a fall in which she sustained a skin tear on her leg. Her son Tom lives in another city but has been visiting his mother. He brought her in for assessment as he is concerned by Mrs Blair's increasing frailty and declining weight. She lives alone in an old villa in need of repair. Tom wonders if it may now be time for her to move into residential care. Mrs Blair was driving her car until two years ago when she was advised to give up driving following admission to hospital for a Myocardial Infarction. Mrs Blair presents with a downcast expression and with slow movements. She states that she doesn't wish to cause any worry and that she feels she's wasting your time. She asks her son not to make a fuss as she is just old and tired.

Question 1 (13 marks)

Outline the most likely differential diagnoses you would want to consider, with brief details of the main symptoms or aspects of history you would look for in your assessment with Mrs Blair and Tom, so as to clarify the likely diagnosis.

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[illegible]

[illegible]

Modified Essay Question 1 contd

After your assessment, you decide that you need to treat Mrs Blair's significant depressive symptoms. She and her son ask for more information.

Question 2 (5 marks)

How would you respond to this request?

[illegible]

[illegible]

[illegible]

Modified Essay Question 1 contd

One morning two months later you are at the MHSOP community team and you take a call from Tom. He is ringing from the city where he lives, and he is still concerned about his mother. He is worried that nothing much seems to have changed and that she is deteriorating. Last night there was a documentary programme about ECT on television, and he has been wondering if you are considering this for his mother.

Question 3 (7 marks)

How would you respond to this call and what information would you give Tony about the use of ECT for his mother?

[illegible]

[illegible]

[illegible]

MODIFIED ESSAY QUESTION 2

CANDIDATE'S NAME:

CANDIDATE'S SIGNATURE:

DATE:

DIRECTIONS:

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Modified Essay Question 2: (25 marks)

You are working on an Early Intervention psychosis service. Abdul Mohammed is a 24 year old Chadian man who has been treated for a first episode of psychosis. He presented to mental health services for the first time three months ago after acting bizarrely at the local mosque. Abdul had been using Dimethyltryptamine (DMT) with his cousin. DMT is a recreational drug with hallucinogenic properties. His mother said that he had had no previous mental health problems but had a traumatic childhood while escaping the political turmoil of Chad. The Crisis Team assessed him and considered him to be psychotic. He was commenced on olanzapine 10mg daily which appeared to reduce his symptoms. He was then referred to your team for follow up. Before your first scheduled meeting you have been contacted urgently by the family. It is Ramadan and Abdul has been at the mosque again threatening other devotees, stating that they were not following the true path. He told the mullah that he was hearing Allah's voice directing him. Since commencing olanzapine he has been spending more time alone and more time in bed. His father says that he was heard muttering to himself in his room and he has been praying more. He insists upon keeping copies of the Koran close to his bedside.

Question 1 (12 marks)

Outline how you would go about assessing Abdul, what information you would seek at this assessment and why, including key points of the history, mental state and risk assessment

[illegible]

[illegible]

[illegible]

Modified Essay Question 2 contd

During the assessment you see Abdul Mohammed at his home with an interpreter and his father. Abdul states that you cannot understand, as this is a spiritual problem and there is no need for medication. His father afterwards tells you privately that he wants to put olanzapine medicine into Abdul's food to make sure that he takes it.

Question 2 (8 marks)

What medium to long term management issues will it be important to discuss with the family?

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[illegible]

[illegible]

Modified Essay Question 2 contd

A few days later, the mullah at the mosque calls and wants to meet with you to find out what's going on with Abdul Mohammed.

Question 3 (5 marks)

Describe how you would proceed.

[illegible]

[illegible]

[illegible]

MODIFIED ESSAY QUESTION 3

CANDIDATE'S NAME:

CANDIDATE'S SIGNATURE:

DATE:

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Modified Essay Question 3: (25 marks)

Mary is a 33 year old married woman who lives in a small rural community. She was referred by her General Practitioner for assessment of “post-natal depression”. She has been tearful most days since the birth of her baby Joe, 3 months ago. Mary has disturbed sleep, poor energy, appetite loss and weight loss of 3 kilograms in the past 3 months.

Mary is a secondary school teacher in a rural school and is married to Nick who is senior partner in a busy accountancy firm in the city. Joe was their first child and the pregnancy was planned. She is planning to take maternity leave until Joe is a year old. Nick is very critical of Mary because of her tearfulness, and her self esteem is low.

You are the registrar in a community mental health team serving the rural area. You assess Mary with her husband Nick and agree that she has a major depression.

Question 1 (14 marks)

Outline the key aspects of history and mental state examination you would need to cover at this point, so as to carry out a risk assessment for Mary.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

[illegible]

Modified Essay Question 3 contd

Your assessment confirms that Mary has a major depression of moderate severity, without psychotic features. She requests psychological treatment for her depression because of her concerns with antidepressant medications and breast feeding.

Question 2 (6 marks)

Outline how you would assess Mary's suitability for psychological treatment, with reference to the evidence base for psychological treatment in depression.

[illegible]

[illegible]

[illegible]

Modified Essay Question 3 contd

Under the supervision of a clinical psychologist, you are providing cognitive behavioural therapy as the main form of treatment for Mary's depression. During the 5th session, Mary discloses to you in confidence that she is hearing voices commanding her to harm the baby. She is finding it difficult to control these voices but does not want anyone (including her husband) to find out. You are very concerned about the safety of the baby.

Question 3 (5 marks)

Outline the key issues in managing this clinical situation, with particular reference to the ethical and medico-legal issues which arise in this therapeutic setting.

[illegible]

[illegible]

[illegible]

MODIFIED ESSAY QUESTION 4

CANDIDATE'S NAME:

CANDIDATE'S SIGNATURE:

DATE:

DIRECTIONS:

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Modified Essay Question 4: (25 marks)

James, age 7, is referred to the local Community Child Mental Health service because of behaviour problems. James is a refugee from a country at war and came here at age 2 with his mother and two older sisters. His father disappeared when James was 1 year old and is presumed dead.

The referral information describes James as aggressive to other children and uncooperative with ordinary routines. His verbal language is limited and he ignores other people much of the time. He likes to play by himself, usually with a set of toy cars.

James is well and has never had any serious illness. His birth was normal. His mother was malnourished during pregnancy. He is on no medications. He has not been seen by mental health services before although the school has received extra staffing to help him settle into the classroom. His mother speaks good English and does not need an interpreter.

Question 1 (12 marks)

Outline the most important information you will gather in your first assessment appointment with James and his mother, to clarify James' diagnosis. Be specific about what you will need to find out.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

[illegible]

Modified Essay Question 4 contd

James's mother asks you what she should do when he hits other family members.

Question 2 (8 marks)

Describe your advice to James's mother.

[illegible]

[illegible]

[illegible]

Modified Essay Question 4 contd

James's teacher makes contact and asks you to come to the school to discuss refugee families' mental health needs. You do some quick research and agree to talk to a small group of teachers at the school.

Question 3 (5 marks)

Outline the main points you would make at such a talk.

[illegible]

[illegible]

[illegible]