

**POSTGRADUATE INSTITUTE OF MEDICINE**  
**UNIVERSITY OF COLOMBO**

**MD (PSYCHIATRY) PART II EXAMINATION**  
**SEPTEMBER , 1990**

Date: 10<sup>th</sup> September 1990

Time: 2.00 p.m. 5.00 p.m.

**PAPER I**

**Answer all five questions.**

1. Discuss critically the management of Heroin dependence as practiced at present in Sri Lanka. How would you improve the present approaches to management?
2. Discuss the need for further training of the Primary Health Care doctor in Sri Lanka in the assessment and management of Psychiatric disorders.  
Outline a plan to train the above doctors in your district.
3. Indicate giving reasons, your recommendations for the list of essential therapeutic drugs for use in ,
  - (a) psychiatric units of Provincial Hospitals
  - (b) Primary Health Care and
  - (c) Private Sector.
4. Discuss the role of stress in the aetiology of common psychiatric disorders.
5. Describe the principles of epidemiology and their relevance to psychiatric practice in Sri Lanka.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**SEPTEMBER , 1990**

Date: 11<sup>th</sup> September 1990

Time: 9.00a.m. - 12.00 noon

**PAPER II**

**Answer eight (08) questions.**

1. A patient arrives at the Out Patient Department of your hospital in a state of severe excitement and. agitation.
  - (a) List disorders that might cause such a state.
  - (b) Describe your approach to assessment and initial management of such a patient.
  
2. Write short notes on the following ,
  - (a) Neuroleptic malignant syndrome.
  - (b) HIV - related psychiatric disorders.
  - (c) Cognitive therapy.
  
3. A 16-year-old boy has attempted suicide and you find him to be depressed.
  - (a) Describe briefly the likely clinical picture.
  - (b) List 5 likely problems in the management of the patient.
  - (c) How would you manage this patient?
  
4. A 12-year-old boy with primary enuresis is referred to you by a pediatrician after repeated attempts at therapy.
  - (a) List the methods available for treating this patient.
  - (b) Discuss the place of family involvement in the management of this child.
  
5. Describe briefly the psychiatric disorders associated with the following.
  - (a) Parkinson's Disease
  - (b) Hypothyroidism
  - (c) Epilepsy

6. A 42-year old man after amputation of the lower leg complains of constant pain, demands hypnotic medication at night and is very uncooperative with mobilization.
  - (a) Indicate the possible diagnosis.
  - (b) What specific advice would you give to surgeons and other staff concerning the management of this patient?
  
7.
  - (a) List 5 psychiatric disorders that may be associated with the murder of spouse.
  - (b) What is the relevance of McNaughton's rules to such a murder?
  - (c) State the advantages and disadvantages of introducing diminished responsibility to the Sri Lankan law in the case of such a murder.
  
8.
  - (a). List two sexual disorders commonly found in Males and two sexual disorders found in females.
  - (b). Outline the principles of treatment of these disorders.
  - (c). What special problems are encountered in the treatment of sexual disorders in Sri Lanka?

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER, 1991**

Date: 7<sup>th</sup> October 1991

Time: 2.00 p.m. - 5.00p.m.

**PAPER I**

**Answer all five (5) questions.**

1. Consider critically what should be the goals for mental health education in Sri Lanka over the next ten years.
2. Discuss the possible effects of environment on mental health.
3. " The category of District Court admissions should be preserved in any amendment to the Mental Diseases ordinance in Sri Lanka". Discuss critically.
4. Discuss in detail the management of the elderly patient with dementia.
5. It has been shown during a two-year follow-up study that the abstinence rate at a special alcohol rehabilitation center was twice that of an ordinary psychiatric unit in Sri Lanka. Comment critically.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER - 1991**

Date: 8<sup>th</sup> October

Time: 9.00 a.m. - 12.00 noon

**PAPER II**

**Answer all eight (08) questions.**

1.
  - (a) List the abdominal symptoms commonly associated with psychiatric disorders.
  - (b) Indicate briefly how these symptoms arise in such disorders.
  
2.
  - (a) List the common epileptic disorders arising in childhood.
  - (b) Describe briefly the short and long term complications of childhood epilepsy.
  - (c) Indicate the essential steps in the prevention of such complications.
  
3. A 40 year old man with Down's syndrome is said to be functioning less well than usual in the last few months. What possible explanations and remedies are there?
  
4.
  - (a) List the different forms of violence in the family.
  - (b) Describe the psychiatrist's role in the prevention of these.
  
5.
  - (a) List the possible adverse consequences of post-partum depression.
  - (b) How may these be prevented and managed?

6. List the disorders of movement seen in psychiatric practice and indicate briefly the underlying conditions.
  
7.
  - (a) List the psychological disorders that may be seen in soldiers in battle.
  - (b) Briefly describe their management.
  
8. Write short notes on ,
  - (a) Adolescent crisis
  - (b) Maternal deprivation
  - (c) Family therapy

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER, 1992**

Date: 5<sup>th</sup> October 1992

Time: 2.00p.m. - 5.00p.m.

**PAPER I**

**Answer all Five (05) questions.**

1. Discuss the concept of individual freedom in relation to psychiatry.
2. Describe the historical development of the concepts of schizophrenia and manic - depressive psychosis.
3. How do you assess fitness to plead?  
  
Discuss the conditions commonly seen in Sri Lanka, which may interfere with fitness to plead.
4. Discuss the role of the psychiatrist in therapeutic abortion in Sri Lanka. What are the psychological effects of termination of pregnancy and refusal of termination?
5. Supportive psychotherapy is the only psychotherapy possible with patients in Sri Lanka. Discuss critically.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER, 1992**

Date: 6<sup>th</sup> October 1992

Time: 9.00a.m. – 12noon

**PAPER II**

**Answer all eight (08) questions.**

1.
  - (a) List 8 common side effects of lithium therapy.
  - (b) Discuss briefly how you would monitor lithium therapy.
  
2.
  - (a) List 6 mental defense mechanisms.
  - (b) Briefly illustrate two of them using clinical examples.
  
3.
  - (a) List the causes of insomnia in an adolescent.
  - (b) Outline the management of two of these.
  
4.
  - (a) Briefly describe the clinical features of post traumatic stress disorder.
  - (b) What are the principles of management of this disorder.
  
5. An 18 year old student who is preparing for the G.C.E. Advanced Level Examination complains of poor concentration and fear of the examination.
  - (a) Enumerate the measures you would take to improve his/her concentration.
  - (b) Briefly outline how you would reduce his/her fear about the examination.

6. Briefly outline the management and prevention of the following conditions.
  - (a) Malignant Neuroleptic syndrome
  - (b) Tardive dyskinesia
  - (c) Dystonic reaction
  
7. A 12years old boy is brought by his parents with a complaint of poor school performance.
  - (a) List 3 possible common causes.
  - (b) Briefly outline the management of one of these conditions.
  
8. A 50 years old man is referred to you having undergone surgery for a fractured femur three days previously. On the surgical ward he is reported to be violent and has had one epileptic fit.
  - (a) List the distinguishing features of 3 possible causes of his altered behavior.
  - (b) Briefly outline the management of one of these conditions.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER, 1993**

Date: 4<sup>th</sup> October 1993

Time: 2.00p.m. - 5.00p.m.

**PAPER I**

**Answer all five (5) questions.**

1. Electro convulsive therapy (ECT) should have no place in modern psychiatric practice. Discuss critically.
2. Discuss the medico-legal aspects of infanticide and matricide applicable to Sri Lanka. Suggest improvements to the existing law.
3. Discuss the issues that arise in a family where the mother is away working in a distant country. How might psychiatric insights be helpful in this situation.
4. Sri Lanka has one of the highest rates of suicide in the world. Discuss the reasons for such a high rate.
5. Asocial personality disorder (Psychopathy) is not amenable to psychiatric treatment. Discuss critically.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER, 1993**

Date: 5<sup>th</sup> October 1993

Time: 9.00a.m. – 12noon

**PAPER II**

**Answer all eight (08) questions.**

1.
  - (a) A 22 year old man presents to the psychiatric clinic with a desire to change his sex. Outline your management plan.
  
2.
  - (a) A 38 year old man comes reluctantly to the clinic with his wife. He is reported to be consuming a bottle of arrack a day. Briefly describe how you would motivate him to stop drinking alcohol.
  - (b) You are invited to speak by a parent teacher association of a secondary school. Your lecture is titled "How to spot drug taking in Young people". Give the main headings of your lecture.
  
3.
  - (a). List the chronic mental (psychiatric) sequel of head injury.
  - (b) List the relevant aetiological factors
  - (c) Describe the principles of management of chronic intellectual sequel of head injury.
  
4. An 8-year-old boy who witnessed the killing of his father by a group of armed men is now refusing to go to school.  
  
He is also reported to be irritable at home and hostile to his mother.
  - (a) What is your diagnostic formulation.
  - (b) Briefly outline your management.

4. A 30-year-old man presents to you with a history of pain in the throat. She has seen many medical practitioners over the last two years who have tried to reassure her. Her mother died of carcinoma of the oesophagus.

Briefly outline further management.

5. An 18-year-old boy becomes increasingly withdrawn and begins to do his work badly.

- (a) List three possible causes.
- (b) Outline the advice you would give to the parents if he were to manifest delusions and auditory hallucinations.

6. Cognitive therapy:

- (a) List three situations in which it might be useful
- (b) Outline the stages for the treatment of a patient with one of these conditions.

- 7.

- (a) List five common psychiatric conditions in the elderly.
- (b) Briefly outline the management of two of these.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER, 1994**

Date: 3<sup>rd</sup> October 1994

Time: 2 p.m.- 5.00p.m.

**PAPER I**

**Please answer all Five questions.**

1. Discuss the psychiatric manifestations of thyroid disease.
2. Discuss critically why there should be provision for compulsory admission and treatment of psychiatric patients.
3. Is Sri Lanka ready to manage psychiatric patients in the community? Discuss critically.
4. Sri Lanka is reported to have a high suicide rate (48 per 100,000 in 1986). What measures would you recommend to the country to reduce this rate.
5. Describe the Psychiatric problems, which may manifest in the puerperium and discuss their management.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER, 1994**

Date: 4<sup>th</sup> October 1994

Time: 9.00a.m. – 12noon

**PAPER II**

**Answer all eight (08) questions.**

1. A sixty- (60) year old retired public servant is brought to you by the police with a history of exhibiting himself in public.
  - (a) List the possible causes that may give rise to this behavior.
  - (b) Outline the management of one of the causes you list.
  
2. A four-year-old boy is brought to you by a mother concerned about his psychological development. How would you assess his mental development?
  
3. A 50-year-old man is referred to you for accusing his wife of infidelity.
  - (a) List four possible causes
  - (b) Discuss the underlying psychopathology and the management of the patient (limit your management to one of the causes listed).
  
4.
  - (a) List the psychiatric presentation of Acquired Immuno Deficiency syndrome (AIDS).
  - (b) Outline the principle of counseling a person who has been that he is HIV positive.
  
5.
  - (a) Briefly give the indications for the use of
    - i. Fluoxetine.
    - ii. Clozapine
  - (b) List the advantages and disadvantages of using these drugs in Sri Lanka.

6. A 10-year-old boy is referred to you for refusing to go to school.
  - a) Enumerate the possible causes
  - b) Outline the management of this boy.
  
7.
  - a) Give 5 clinical situations where depression will be seen in a medical/surgical ward.
  - b) Outline the management you would recommend to the physician/surgeon in two of these situations.
  
8. Write short notes on ,
  - a) Erectile impotence
  - b) Transsexuality
  - c) Transvestitism
  - d) Incest

**POSTGRADUATE INSTITUTE OF MEDICINE**  
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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER, 1995**

Date: 2<sup>nd</sup> October 1995

Time: 2.00 p.m. - 5.00 p.m.

**PAPER I**

**Answer all give Five (5) questions.**

1. Discuss critically the need to establish specialist psychogeriatric services in Sri Lanka.
2. What do you understand by a multidisciplinary team in psychiatric practice? Discuss the role of non-medical members on the team.
3. "Schizophrenia is a neurodevelopmental disorder". Discuss the evidence for this statement.
4. Describe the disposal of mentally abnormal offenders in Sri Lanka. Outline any amendments you wish to recommend giving your reasons for them.
5. What psychological difficulties do patients' experience in trying to cope with cancer and its treatment?

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER 1995**

Date: 3<sup>rd</sup> October 1995

Time: 9.00 a.m. - 12.00 noon

**PAPER II**

**Answer all eight (8) questions.**

1. Now would you assess the report of a clinical trial of a drug, which claims to be effective in the acute treatment of depression?
2. A 25-year-old youth has attempted suicide by swallowing an insecticide. The only reason he gives for his behavior is that he is unemployed. The history reveals, however, that he had impulsively resigned from his last job three months ago. Describe how you would assess this patient.
3. Describe briefly the factors, which may impede the resolution of grief following the death of a spouse.
4. What are the features of a panic attack?  
Describe the known co-morbidity of panic disorder.
5. A 10-year-old girl presents with a history of repeated falls in the morning
  - (a) List the possible diagnoses.
  - (b) How would you investigate the condition? If you intend to order any special investigations describe the expected abnormalities.
6. A 68-year-old lady presents with a history of forgetfulness, irritability and wandering at night
  - (a) List the possible conditions which may give rise to this clinical picture, and
  - (b) Outline your management for one of these conditions.

7. You are asked to assess and provide a report to Courts on a 24-year-old employee who claims she has been sexually harassed by the boss. You understand that the boss has denied this allegation and has stated that she has been giving him nuisance telephone calls and sending him anonymous love letters. Indicate the important areas you will focus on during your psychiatric assessment.
  
8. A 25-year-old unemployed man presents with a history of persistent pain in the right side of his head and body of three years duration. He says that his symptoms followed torture by the police. He claims he was hanged by his feet and later dropped on his right side.
  - (a) Discuss briefly the differential diagnosis, and
  - (b) Outline the management of your provisional diagnosis.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER 1996**

Date: 14<sup>th</sup> October 1996

Time: 2.00p.m. - 5.00p.m.

**PAPER I**

**Answer all give Five (5) questions.**

1. What factors are Associated with violent behaviors by patients on a psychiatric ward? What methods should be adopted to minimize such behavior?
2. Describe the law relating to admissions and discharges of persons labeled as “of unsound mind”. Discuss the advantages and the disadvantages of the existing law.
3. Discuss critically the factors, which contribute to child abuse in Sri Lanka.
4. Suicide in young adults is increasing. What may be contributing to this, and what may be psychiatry's role?
5. Outline the causes of brain injury in infants and adults. Describe the long-term sequel.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER 1996**

Date: 15<sup>th</sup> October 1996

Time: 9.00 a.m.- 12.00 noon

**PAPER II**

**Answer all Eight questions.**

1. Describe the use of Lithium Carbonate in Psychiatry.
2. List the most likely psychiatric disorders that underlie the following presentations. Briefly outline the management of each of the clinical situations ,
  - (a) "Dizzy Spells" when going out
  - (b) A 22-Year-old man complains of inability to sign in front of other people
  - (c) A young mother of a one month old baby cannot sleep and worries about the baby's health
  - (d) A ten-year-old boy presents with neck movements and throaty sounds.
3. A patient with schizophrenia appears quite untroubled by his condition. How would you justify treatment that he is enforcing unwilling to accept?
4. How do you distinguish between ,
  - (a) Petit mal and Psychogenic fits
  - (b) Loss of memory due to dementia and that due to depression
  - (c) Depressive stupor and semicoma
5. A 15-year-old girl was brought to you by the parents with increasing tendency to avoid people. She would lock herself in the room when visitors come and would refuse to go to school in public transport. She however continued to attend school. On examination you found her to be somewhat obese and she refused to talk to you.
  - (a) What diagnoses would you consider?
  - (b) Give the most likely diagnosis, giving reasons.
  - (c) What advice would you give the parents?

6. “Paranoid disorders may result in behaviors which worsen them”. Describe what this means.
  
7. A mother is concerned about her eighteen-year-old son's gradual change in behavior. He spends increasing amounts of time-in the room and is very dismissive of the parents. She is worried that he is using heroin.
  - (a) How would you help her to confirm or reject her suspicions about the son?
  
  - (c) What other conditions may account for this behavior?
  
8. Describe the effects of an alcoholic father on his family.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER , 1997**

Date: 13<sup>th</sup> October 1997

Time: 2.00 p.m. - 5.00 p.m.

**ESSAY PAPER**

**(NEW SYLLABUS)**

**Answer all 5 questions.**

1. Discuss how a psychiatrist could assist the courts of law in dealing with mentally abnormal offenders.
2. Discuss the further clinical management of a patient with Major Depressive Disorder who has not responded to tricyclic antidepressant medication.
3. Define "Attention Deficit Hyperactivity Disorder". Discuss critically potential treatment strategies.
4. What do you understand by classical conditioning? Discuss the behavioral therapies used in the management of a patient presenting with agoraphobia.
5. "Hysteria is a myth, a snare, a trap". Discuss this statement critically.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER 1997**

Date: 13<sup>th</sup> October 1997

Time: 2.00 p.m. - 5.00 p.m.

**PAPER I**

**(OLD SYLLABUS)**

**Answer all Five questions.**

1. Discuss how a psychiatrist could assist the courts of law in dealing with mentally abnormal offenders.
2. Discuss the further clinical management of a patient with Major Depressive Disorder who has not responded to tricyclic antidepressant medication.
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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER 1997**

Date: 14<sup>th</sup> October 1997

Time: 9.00 am - 12.00 noon

**ESSAY PAPER II**

**Answer all Eight questions.**

1. A 65-year-old man presents to his primary care physician with disorientation in time place.
  - (a). List the possible differential diagnoses.
  - (b). Discuss the management of one of them.
  
2. A 55-year-old widowed housewife presented to the psychiatric out patients department with a history of insomnia. Outline the management.
  
3. Write short notes on ,
  - (a). False Memory Syndrome.
  - (b). Dysmorphophobia.
  - (c). Automatism.
  
4. Outline briefly the management of
  - (a). School refusal.
  - (b). Nocturnal enuresis.
  - (c). Poor school performance.
  
5. Briefly outline the management of the following two conditions
  - (a) Pedophilia
  - (b) Exhibitionism

6. Describe briefly how

Self care  
Informal care  
Primary care  
Hospitals care

would facilitate the management of psychiatric disorders in a developing country.

7. Discuss briefly the following:

- (a). The use of Clozapine in the management of a patient with Schizophrenia in Sri Lanka, who has not responded to typical antipsychotic drugs.
- (b). Outline how you would improve compliance in a patient with chronic Schizophrenia, who is being treated with antipsychotic medication.

8. A 28-year-old mother of a 6-year-old child is referred to you by a physician following an attempt at suicide with insecticide. Her husband is unemployed and reported to be abusing cannabis and possibly heroin. She reports frequent marital conflicts.

- (a). How would you assess the current suicidal risk in this patient?
- (b). What advise would you give to the referring physician? Present your answer in the form of a letter, which should include an outline of your management plan.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER, 1998**

Date: 12<sup>th</sup> October 1998

Time: 2.00p.m. - 5.00p.m.

**PAPER I**

**Answer all five Questions.**

1. What do you understand by criminal responsibility?  
Discuss critically the need for change in the existing laws in Sri Lanka, with regard to criminal responsibility in mentally abnormal offenders.
  
2. There is no longer a need-for tricyclic antidepressants or conventional MAO1's in the treatment of depression, following the development of other antidepressant drugs. Critically discuss this statement.
  
3. "Cultural factors weigh heavily in the presentation, diagnosis and management of mental illness". Discuss critically.
  
4. Discuss the family and environmental factors that have contributed to an increased incidence of psychiatric disturbance among Sri Lankan children.
  
5. Describe briefly, the clinical management of a demented patient, who has the following problems.
  - a) Incontinence
  - b) Aggressiveness
  - c) Restlessness at night
  - d) Sexual disinhibition

Outline briefly, how would you explain the prognosis of dementia to an adult son/daughter whose father is demented.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER 1998**

Date: 13<sup>th</sup> October 1998

Time: 9.00a.m. - 12.00noon

**PAPER II**

**Answer all eight questions.**

1. How would you establish the diagnosis of autism in a female child, aged 4 years, presenting with delay in speech development?
2. Outline the psychiatric assessment and management of a 39-year-old male presenting with a history of chest pain, palpitation, pain in an arm and fear of death, a few days after the death of a close friend, following a heart attack.
3. Outline the agenda for a one day workshop for primary care medical practitioners, on alcohol related problems in Sri Lanka. Describe briefly the problems you would address in the assessment techniques, treatment and prevention.
4. Note with explanation, five sociological reasons, which may explain why men commit more crime than women.
5. Writes short notes on ,
  - a) LEWY BODY dementia
  - b) Normal pressure hydrocephalus
  - c) CREUTZFELD-JAKOB disease
6. Describe briefly, how would you obtain consent from a patient for Electro convulsive therapy. Describe briefly the exceptions to such requirements in clinical practice.
7. Discuss briefly the components of a community psychiatric service that is suitable for Sri Lanka. Outline briefly the job descriptions of various staff members of such a service.

8. According to Beck's cognitive therapy of depression, three elements of psychological functioning are involved in the maintenance of depression. Describe following:

- 1) Dysfunctional Assumptions(Schematic)
- 2) The cognitive Triad
- 3) Negative automatic thoughts

Name 2 types of negative automatic thoughts and briefly define them.

**POSTGRADUATE INSTITUTE OF MEDICINE**  
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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER, 1999**

Date: 11<sup>th</sup> October 1999

Time: 1.30 p.m. - 4.30 p.m.

**ESSAY PAPER**

**(NEW SYLLABUS)**

**Answer all five questions.**

1. Discuss the clinical profiles of the new antipsychotic drugs and make a cost / benefit analysis to the Health Minister to justify their prescription.
  
2. Describe the presentation and investigation of a patient with a first-onset episode of mania.  
Discuss the immediate and longer-term issues in treatment.
  
3. Discuss the process of remembering.  
What advice would you give to a student who presents with forgetfulness?
  
4. Discuss the factors, which may lead to a high rate of readmission to mental health care facilities in Sri Lanka and the steps you would recommend in order to remedy this situation.
  
5. With the reinforcement of capital punishment in Sri Lanka, the concept of diminished responsibility should be introduced to preserve the rights of the mentally ill. Discuss critically.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER, 1999**

Date: 12<sup>th</sup> October 1999

Time: 9.30 a.m. - 12.30 p.m.

**PAPER II**

**(OLD SYLLABUS)**

**Answer all eight questions.**

1. How would you differentiate
  - (a) Possessed state from multiple personality
  - (b) Night terrors from night mares
  - (c) Delusions from overvalued ideas
  
2. How would you establish the diagnosis of Alzheimer's disease in a 60-year-old female presenting to you with a history of forgetfulness?
  
3. Write short notes on ,
  - (a) Pathological grief reaction
  - (b) Dysmorphophobia
  - (c) Neuroleptic malignant syndrome
  
4. Describe briefly the clinical features and drug treatment of Gilles de la Tourette syndrome
  
5. Outline briefly the diagnosis and management of an elderly patient presenting with paranoid symptoms.
  
6. Describe the clinical features of posttraumatic stress disorder.
  
7. Outline briefly the investigation and management of a four-year-old child presenting with soiling.
  
8. List the clinical features of Wernicke's encephalopathy. Outline the management.

**POSTGRADUATE INSTITUTE OF MEDICINE**  
**UNIVERSITY OF COLOMBO**

**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER, 2000**

Date: 16<sup>th</sup> October 2000

Time: 2.00 p.m. - 5.00 p.m.

**ESSAY PAPER**

**Answer all six questions.**

1. Discuss the psychological management of Anxiety Disorders.
2. A psychiatrist is consulted as part of a national campaign to reduce suicide in Sri Lanka. Discuss the advice and strategies that might be recommended.
3. A young man suffering from schizophrenia, but with positive symptoms satisfactorily treated, is discharged from hospital to his family in a village. Discuss the arrangements that need to be made.
4. What is the relevance of psychiatry for the identification and management of child abuse in Sri Lanka?
5. A Provincial Director of Health requests you, as a consultant psychiatrist to develop mental health services for the elderly in the province. Describe the services you would recommend in order to achieve this objective.
6. What is "morbid" about morbid jealousy? Describe the psychopathology, treatment and prognosis including forensic aspects.

**POSTGRADUATE INSTITUTE OF MEDICINE**  
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**MD (PSYCHIA TRY) PART II EXAMINATION**  
**MAY, 2001**

Date: 14<sup>th</sup> May, 2001

Time: 2.00 p.m – 5.00 p.m.

**ESSAY PAPER**

**Answer all six questions**

1. The conventional antipsychotic drugs are now outmoded treatments for schizophrenia. Critically discuss this statement.
2. What are the psychiatric consequences of physical injury and how might mental health professionals become involved in treatment ?
3. Discuss the role of psychiatrists in the campaign against child abuse in Sri Lanka.
4. Discuss critically the different approaches used in the treatment of alcohol dependence.
5. Discuss, using case examples, issues relating to the ethical principle of autonomy in the management of mentally ill patients.
6. Community Mental Health Services are not a cost-effective option in a developing country like Sri Lanka. Comment critically.

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**MD (PSYCHIA TRY) PART II EXAMINATION**  
**SEPTEMBER, 2001**

Date: 17<sup>st</sup> September, 2001

Time: 1.30 p.m – 4.30 p.m.

**ESSAY PAPER**

**Answer all six questions.**

1. An unemployed twenty-five year old male is just about to marry. He has suffered from Obsessive-Compulsive Disorder since adolescence with severe checking compulsions. He presents to you for the first time for treatment. He has so far successfully concealed his disorder from his partner. Discuss your approach to his management.
  
2. A 20 year old male with mild intellectual disability (IQ60) lives at home with his 60 year old mother. He is described by his mother as having been placid and cooperative until three months ago. At that time his elder sister married and left the household. Since then he has exhibited aggressive outbursts both at home and in the street. Neighbours have requested that he no longer visit them, because of his aggression.  
  
Describe the principles involved in psychiatric intervention for aggressive behaviour in this patient.
  
3. Describe gender differences in presentation of psychiatric disorders. Discuss recommendations for development of a gender sensitive mental health service in Sri Lanka.
  
4. Outline trends in suicide in Sri Lanka. Discuss possible hypotheses to explain these trends.
  
5. Mental Health Legislation impinges on individual rights. Discuss critically.
  
6. Recently WHO reported that 2/5 of all disability is caused by psychiatric disorders.
  - a. Describe how psychiatric disorders contribute to disability.
  - b. Describe how psychiatric services could be organized to reduce such disability.

**POSTGRADUATE INSTITUTE OF MEDICINE**  
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**MD (PSYCHIATRY) PART II EXAMINATION**  
**JULY, 2002**

Date: 11<sup>th</sup> June, 2002

Time: 1.30 p.m – 4.30 p.m.

**ESSAY PAPER**

**Answer all six questions.**

**Answer each question in a separate book.**

1. "Non Governmental Organizations of the province could be utilized effectively to improve the psychiatric services to the community". Discuss this statement critically.
2. Outline the types of psychotherapies.  
Discuss the advantages and limitations of any two of the therapies that you have mentioned.
3. A recently widowed, 60 year old general practitioner, refers himself to you and complains of poor sleep and failing memory. He also suffers from poorly controlled NIDDM and essential hypertension. What are the main management and ethical issues presented by this patient ?
4. You are asked to examine a 60 year old man in a surgical ward. He has undergone abdominal surgery (cholecystectomy for gallstones) three days earlier. He is now reported to be sleeping poorly, is agitated, and is expressing suspicions about the staff. Discuss your assessment and management of this patient.
5. Discuss the main strategies in the psychosocial rehabilitation of persons with schizophrenia.
6. You are appointed as Psychiatrist to Moneragala district. Medical Officers in Mental Health inform you that they have observed a recent rise of the following problems among the young : Substance abuse, school dropouts, teenage pregnancies, and suicides. Discuss how you would develop a youth mental health programme to address these issues.

**POSTGRADUATE INSTITUTE OF MEDICINE**  
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**MD (PSYCHIA TRY) PART II EXAMINATION**  
**OCTOBER, 2002**

Date :- 15<sup>th</sup> October, 2002

Time:- 1.30 p.m. - 4.30 p.m.

**ESSAY PAPER**

**Answer all six questions.**

1. "Provision of psychiatric services by the government sector needs reform, within the next five years".  
Discuss this statement and describe the steps you would suggest to improve service delivery.
2. A 55 year old male who has been suffering from a schizophrenia, drowned His son in a waterhole in his paddy field. At first he denied but later admitted and said he did so in order to save his son from being tortured by his brother in law.  
  
Discuss the assessment of this patient with a view to submitting a report to the courts regarding his fitness to plead and criminal responsibility.
3. Your government is proposing the setting of a public health policy target to reduce the suicide rate in people with mental illness by at least 33% over the next 5 years. Write notes on the issues raised by this proposal.
4. How would you manage a child presenting with headache, referred to you by a Paediatrician ?
5. A 35 year old lady presents to your clinic, crying. She says her husband drinks regularly. She is being accused by her husband of having an affair with the next door neighbour. She requests a drug to be given to her in order to give to her husband, without his knowledge. Discuss the relevant issues in the assessment and management of this problem.
6. Discuss the range of psychological interventions with their underlying principles, which may be used in the following :-
  - 6.1. agoraphobia
  - 6.2. obsessive compulsive disorder
  - 6.3. eating disorders

**POSTGRADUATE INSTITUTE OF MEDICINE**  
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**MD (PSYCHIATRY) PART II EXAMINATION**  
**MAY, 2003**

Date: 20<sup>th</sup> May, 2003

Time: 1.30 p.m – 4.30 p.m.

**ESSAY PAPER**

**Answer all six questions.**

1. Discuss the statement "Atypical antipsychotics should be used as a first line treatment for psychosis in Sri Lanka".
2. Discuss how physical health and social disadvantage relate to schizophrenia.
3. Critically analyse the statement "Detection of psychological problems in adolescents can reduce adult psychiatric morbidity".
4. A 24 year old female with learning disability is alleged to have been sexually abused by a close relative. Discuss the principles which would need to be addressed in preparing a psychiatric court report.
5. Discuss the current state of community services for the mentally ill in Sri Lanka. How should these be developed ?
6. You are invited to talk to general practitioners about brief psychological interventions for the treatment of alcohol problems. Outline the salient features.

**POSTGRADUATE INSTITUTE OF MEDICINE**  
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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER, 2003**

Date: 14<sup>th</sup> October, 2003

Time: 1.30 p.m – 4.30 p.m.

**ESSAY PAPER**

**Answer all 6 questions**

**Each question to be answered in a separate book.**

1. A 65 year old man with Parkinson's disease presents to you with hallucinations and forgetfulness. Discuss your assessment and management of this patient.
  
2. You are the psychiatrist of a provincial hospital. There is a devastating flood in your area. The Ministry of Health requests you to formulate a plan to help those who may suffer psychological distress due to the flood. Discuss how you would devise such a plan. Outline the main components of the plan.
  
3. Discuss the management of a 9-year-old child referred to you by the school medical officer for educational underachievement in school.
  
4. Discuss the role of psychotherapy (non-biological treatment) in the management of schizophrenia.
  
5. Discuss critically the significance of stress in the pathogenesis of depression.
  
6. You are the newly appointed consultant psychiatrist of a large general hospital. Your colleagues in the other clinical disciplines are not referring patients to you. They are critical of psychiatry in general and doubtful of the services you can offer. Discuss the strategies you could use to change this situation.

**POSTGRADUATE INSTITUTE OF MEDICINE**  
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**MD (PSYCHIATRY) PART II EXAMINATION**  
**AUGUST, 2004**

Date: 3<sup>rd</sup> August, 2004

Time: 1.30 p.m – 4.30 p.m.

**ESSAY PAPER**

**Answer all 6 questions.**

**Each question to be answered in a separate book.**

1. Describe in detail the procedure for starting and maintaining on clozapine a patient with resistant schizophrenia. Describe the side effects that may arise and the steps you would take to minimize these effects.
2. Discuss the factors that you will consider when you are assessing a psychiatric patient for risk of harm to self and others.
3. Discuss the association between parenting and mental health of children.
4. You are the psychiatrist of Polonnaruwa district and have plans to set up an adolescent mental health service. What issues would you need to consider in setting up such a service ?
5. Discuss the role of the psychiatrist in minimizing the neuropsychiatric disability following head injury.
6. Discuss the role of electro-convulsive therapy (ECT) in modern psychiatric practice.

**POSTGRADUATE INSTITUTE OF MEDICINE**  
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**MD (PSYCHIATRY) PART II EXAMINATION**  
**JANUARY, 2005**

Date: 4<sup>th</sup> January, 2005

Time: 1.30 p.m – 4.30 p.m.

**ESSAY PAPER**

**Answer all six questions.**

**Each question to be answered in a separate book.**

1. Discuss how the suicide rate in Sri Lanka could be reduced.
2. Discuss the assessment and treatment of a 45 year old woman with treatment resistant depression.
3. Discuss the role of exercise in mental illness.
4. Describe the role that alcohol treatment centres can play in Sri Lanka.
5. Discuss the role that psychiatry can play in reducing crime in society.
6. You have been asked as a Psychiatrist to produce a national plan to respond to the mental health aspects of the recent Tsunami. Outline your response.

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER 2007**

Date : 1<sup>st</sup> October 2007

Time : 1.00 p.m. - 4.00 p.m.

**ESSAY PAPER**

**Answer all six questions.**

**Each question to be answered in a separate book.**

1. Discuss the importance of treatment adherence (compliance) to the outcome in psychiatric illness. Describe measures that may be taken to improve adherence.
  
2. A 45 year old clerk who is dependant on alcohol is admitted to a medical ward seeking help to give up alcohol. He is referred to the psychiatry unit. He consumes half a bottle of arrack daily. During his stay in the medical unit he had been treated with chlordiazepoxide and thiamine and he is now free of withdrawal symptoms. The assessment carried out by the medical unit including investigations reveals no medical complications.  
  
Discuss the strategies you could use to help him to give up alcohol use.
  
3. Discuss the psychological consequences of rape on the victim.
  
4. You are appointed as the psychiatrist to Hambanthota district. Regional Director of Health Services requests you to draw up a project proposal to reduce suicide rate in the district.  
  
Describe the process of developing a project proposal outlining the main components of the plan.
  
5. A 16 year old girl diagnosed with anorexia nervosa has presented to your clinic.  
  
Describe how you would assess and manage this patient.
  
6. Describe the assessment and outline principles of management of a 26 year old male with emotionally unstable personality disorder (borderline type).

**POSTGRADUATE INSTITUTE OF MEDICINE**  
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**MD (PSYCHIATRY) PART II (ADDITIONAL) EXAMINATION**  
**APRIL 2008**

Date : 28<sup>th</sup> April 2008

Time : 1.00 p.m.- 4.00 p.m.

**ESSAY PAPER**

**Answer all six questions.**

**Each question to be answered in a separate book.**

1. A 7 -year-old school boy was brought by his mother after being reported by his class teacher for being fidgety, not attentive in the class and poor academic performance.
  - 1.1. List five clinical conditions which are compatible with this presentation. (25 marks)
  - 1.2. Discuss the management of this child. (75 marks)
  
2. A 55-year-old retired accounts clerk is brought by his relatives with three months history of repeated episodes of violence against his *wife* and daughter. The individual states that he only does it to seek a "confessional statement" from them about their sexual involvement with a neighbour. He also plans to relT,love his daughter's name from his will, as he thinks that her "features resembles that of the nighbour". Further inquiry reveals that the accusations made by the individual cannot be substantiated. On psychiatric interview patient denies having any illness. He believes that his neighbour is ruining his family life and he intends to sort him out. He appears tense and worried and accepts that he has not slept properly for the last ten days.
  - 2.1. List four conditions in the differential diagnosis. (20 marks)
  - 2.2. Identify the management steps that you will put in place in the short and long term. (30 marks)
  - 2.3. What are the forensic implications in this scenario ? (20 marks)
  - 2.4. What social and legal recommendations would you propose ? (30 marks)

- 3
- 3.1 Discuss the relevance of the metabolic syndrome in psychiatric Practice. (20 marks)
  - 3.2 List three main features of the metabolic syndrome. (20 marks)
  - 3.3 Briefly describe the management of a person with the metabolic syndrome. (60 marks)
4. A 60-year-old male presents with failing memory for the last three months.
- 4.1. What are the most likely causes of such a presentation ? (25 marks)
  - 4.2 How would you clinically rule out pseudo dementia ? (25 marks)
  - 4.3 List five investigations you would undertake to rule out treatable causes of dementia. (25 marks)
  - 4.4 If the diagnosis of Alzheimer's disease is made what drug treatment would you suggest ? (25 marks)
5. Discuss the impact of stigma and discrimination of mental illnesses. Draw a national plan to reduce this problem. (100 marks)
- 6.
- 6.1. What is informed consent ? (10 marks)
  - 6.2. Discuss the issues of informed consent in psychiatric settings where exceptions can be made as regards consent by the patient. (30 marks)
  - 6.3. Discuss briefly the principles involved, in the following clinical situations.
    - 6.3.1. Consent of an 18 year old female with learning disability for admission to a long stay facility. (30 marks)
    - 6.3.2. Consent of a 62 year old depressed man with high suicidal risk for electro convulsive therapy (ECT). (30 marks)

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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER 2009**

Date : 5<sup>th</sup> October 2009

Time : 1.00 p.m. - 4.00 p.m.

**ESSAY PAPER**

Answer **all six** questions.

Each question to be answered **in a separate book.**

1. Discuss the following with regard to Alzheimer's dementia.
  - 1.1. The role of clinical scales and inventories in the diagnosis and evaluation. (30 marks)
  - 1.2. The value of neuroimaging in its diagnosis. (30 marks)
  - 1.3. The basic principles for use of antidementia medication. (40 marks)
  
2. Long term use of antipsychotics in patients result in many adverse effects. In such patients discuss,
  - 2.1. the place of monitoring. (50 marks)
  - 2.2. the management of sexual dysfunction. (50 marks)
  
3.
  - 3.1. Critically discuss the admission criteria of the current Mental Health Act in Sri Lanka (50 marks)
  - 3.2. Propose amendments to the Act to rectify the shortcomings you have discussed above. (50 marks)

4.
  - 4.1. Outline the different components of a behavioural assessment. (25 marks)
  - 4.2. Describe how you would carry out the following behaviour therapies.
    - 4.2.1. Habit reversal in a 20 year old with tics in the form of shoulder shrugging. (25 marks)
    - 4.2.2. Activity scheduling for a 35 year old depressed housewife who spends most of her time now in bed. (25 marks)
    - 4.2.3. Exposure therapy for a 40 year old accountant diagnosed with agoraphobia. She is unable to travel by bus alone and drive her car on her own. (25 marks)
  
5. “A purely biological model is more useful than a biopsychosocial one in the diagnosis and treatment of psychiatric disorders.” Critically discuss the above statement. (100 marks)
  
6. A 16 year old boy is referred by the primary care physician because of a decline in school performance in the past year. He reports boredom, poor self-esteem, feelings of hopelessness and suicidal ideas without definite plans. These symptoms have worsened over the last two weeks.
  - 6.1. What is the most likely diagnosis ? (10 marks)
  - 6.2. What further information do you require to clarify the diagnosis and plan management ? (40 marks)
  - 6.3. Discuss the management of this patient (50 marks)

**POSTGRADUATE INSTITUTE OF MEDICINE**  
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**MD (PSYCHIATRY) PART II EXAMINATION**  
**OCTOBER 2010**

Date : 4<sup>th</sup> October 2010

Time : 1.00 p.m. – 4.00 p.m.

**ESSAY PAPER**

**Answer all six questions.**

**Each question to be answered in a separate book.**

1. You are requested to assess a 50 year old woman who has just been diagnosed as having a recurrence of breast cancer. She has a metastatic deposit in her lung. She had a mastectomy to remove her primary cancer followed by radiotherapy and hormone therapy 10 years ago. She has not yet been told of the bad news.
  - 1.1 The referring doctor requests your help in breaking the news to the patient. Outline the steps of breaking bad news to this patient. (30 marks)
  - 1.2 Three weeks after breaking the news to her, you are again called to see this patient. She is eating little, is withdrawn, not speaking to her family and crying intermittently. Describe how you would distinguish a grief reaction from a depressive disorder in this patient. (40 marks)
  - 1.3 Briefly describe the steps in psychotherapy in managing a grief reaction in this patient. (30 marks)
2. Children are resilient to adverse life events. Discuss the factors affecting resilience and vulnerabilities in children. (100 marks)
3. A 26 year old male diagnosed with schizophrenia for the past five years has been treated with clozapine 400mg/day for the past two years. He lives with his parents. Despite good compliance with treatment he remains socially isolated. He has been unemployed since the onset of the illness. He has poor self care and his parents report that he does not engage in household activities. There are no psychotic symptoms on mental state examination.

Outline a plan of rehabilitation for this patient. (100 marks)

4. "It is too early to revise the existing classification systems" critically analyse this statement. (100 marks)
- 5.
- 5.1 Explain the term testamentary capacity (20 marks)
  - 5.2 Describe how you would assess testamentary capacity (50 marks)
  - 5.3 State circumstances where testamentary capacity can be challenged in a court of law (30 marks)
- 6 "A psychiatrist should assess all patients admitted after deliberate self harm to hospital". Critically discuss this statement. (100 marks)

**POSTGRADUATE INSTITUTE OF MEDICINE**  
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**MD (PSYCHIATRY) EXAMINATION (OLD SYLLABUS)**  
**OCTOBER 2011**

Date :3<sup>rd</sup> October 2010

Time : 1.30 p.m. – 4.30 p.m.

**ESSAY PAPER**

**Answer all six questions.**

**Each question to be answered in a separate book.**

1. A mother is concerned that her three (03) year old son is not responding to his name. He only plays with a train set and does not interact with other children at play school. Investigations show that the hearing is normal. There is delayed speech development but motor milestones are normal.
  - 1.1. What are the most likely diagnosis ? (10 marks)
  - 1.2. Describe the psychiatric assessment. (40 marks)
  - 1.3. Outline the principles of management. (50 marks)
  
2. Discuss the place of medication in the management of dementia. (100marks)
  
3. A 40 year old male treated in a medical unit is referred to you by the physician because he suspects neuroleptic malignant syndrome. Patient has developed fever 3 days prior to admission. He is confused and neurological examination reveals rigidity.
  - 3.1. List three (03) other differential diagnoses you would consider in this patient. (10 marks)
  - 3.2. Describe the clinical features that will help to differentiate between the conditions you mentioned in 3.1. (30 marks)
  - 3.3. List the investigations you will carry out. (10 marks)
  - 3.4. If the diagnosis of neuroleptic malignant syndrome is confirmed, describe the management of this patient. (50 marks)

4.
  - 4.1. Briefly describe how psychiatric illness may cause adult criminal behaviour. (50 marks)
  - 4.2. Describe the components of a psychiatric opinion of a mentally disordered patient appearing before courts. (50 marks)
  
5.
  - 5.1. Outline the important developments in mental health services that have taken place in Sri Lanka over the past 10 years. (50 marks)
  - 5.2. Propose 3 important developments that can improve the mental health services in Sri Lanka further. (50 marks)
  
6.
  - 6.1. Describe the features that would help differentiate harmful use of alcohol from alcohol dependence. (30 marks)
  - 6.2. Draw an algorithm that could be used by a primary care physician to identify and manage patients with harmful use of alcohol and alcohol dependence. (30 marks)
  - 6.3. Describe the essential elements of brief intervention for harmful use of alcohol. (40 marks)

**POSTGRADUATE INSTITUTE OF MEDICINE**  
**UNIVERSITY OF COLOMBO**

**MD (PSYCHIATRY) EXAMINATION (NEW SYLLABUS)**  
**OCTOBER 2011**

Date :3<sup>rd</sup> October 2011

Time : 11.30 a.m. – 12.30 a.m.

**ESSAY PAPER**

Answer **only one out of the three** questions.

1. Discuss the extent to which intra-uterine development determines the risk of psychiatric illness in children and adults. (100 marks)
  
2. There have been significant advances in the diagnosis and management of bipolar disorder. Discuss how these developments have changed clinical practice and helped improve the management of patients with this disorder. (100 marks)
  
3. In current psychiatric practice there is a move from hospital based care to community based psychiatry. Different models of community psychiatry have been tried in different countries. Discuss the core principles of community psychiatry and how these may be modified to establish and develop community psychiatry services in Sri Lanka. (100 marks)

**POSTGRADUATE INSTITUTE OF MEDICINE**  
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**MD (PSYCHIATRY) EXAMINATION (NEW SYLLABUS)**  
**OCTOBER 2011**

Date :3<sup>rd</sup> October 2011

Time : 1.30 p.m. – 4.30 p.m.

**STRUCTURED ESSAY PAPER**

**Answer all six questions.**

**Each question to be answered in a separate book.**

1. A mother brings her two daughters aged 4 years and 6 years to the psychiatry clinic for assessment alleging sexual abuse by their father. The mother requests secure placement for the children.
  - 1.1. Describe how you would assess these children ? (50 marks)
  - 1.2. Outline the important aspects in the management of these children (50 marks)
  
2. A 40 year old male treated in a medical unit is referred to you by the physician because he suspects neuroleptic malignant syndrome. Patient has developed fever 3 days prior to admission. He is confused and neurological examination reveals rigidity.
  - 2.1. List three (03) other differential diagnoses you would consider in this patient. (10 marks)
  - 2.2. Describe the clinical features that will help you differentiate between the conditions you mentioned in 2.1. (30 marks)
  - 2.3. List the investigations you will carry out. (10 marks)
  - 2.4. If the diagnosis of neuroleptic malignant syndrome is confirmed, describe the management of this patient. (50 marks)

3.
  - 3.1. Briefly describe how psychiatric illness cause adult criminal behaviour. (50 marks)
  - 3.2. Describe the components of a psychiatric opinion of a mentally disordered patient appearing before courts. (50 marks)
  
4. A 25 year old lady is brought to the clinic by her husband. She has been married for two years. For the past one year she is unable to go for work because of her fear of traveling alone. Her husband often does night duty. On these occasions the patient would ask her unmarried sister to come and sleep the night with her. One night when the husband was unexpectedly called out at night she had an attack of acute chest pain with shortness of breath. Though taken to hospital no abnormality was found. On questioning the problem started when she suddenly fainted in the bus when coming home from work. For a while she went for work accompanied by a neighbour who worked near her office. When the neighbour was transferred to another office she stopped going for work altogether.
  - 4.1. What is the most probable diagnosis ? (10 marks)
  - 4.2. Write a working psychological hypothesis for the origin and maintenance of her symptoms. (30 marks)
  - 4.3. Describe the use of cognitive behaviour therapy to treat this patient. (60 marks)
  
5.
  - 5.1. Describe the features that would help differentiate harmful use of alcohol from alcohol dependence. (30 marks)
  - 5.2. Draw an algorithm that could be used by a primary care physician to identify and manage patients with harmful use of alcohol and alcohol dependence. (30 marks)
  - 5.3. Describe the essential elements of brief intervention for harmful use of alcohol. (40 marks)
  
6.
  - 6.1. Outline the important developments in mental health services that have taken place in Sri Lanka over the past 10 years. (50 marks)
  - 6.2. Propose 3 important developments that can improve the mental health services in Sri Lanka further. (50 marks)