



UNIVERSITY OF JAFFNA, SRI LANKA

FINAL EXAMINATION FOR MEDICAL DEGREES - FEBRUARY 2026

Academic Year 2018/2019

PSYCHIATRY - Paper II

Date: 13.02.2026

Time: 1.30 pm - 4.30 pm

1. A 28-year-old bus driver was brought by his family members, as he had been sleeping poorly and appeared to have become aggressive on minor provocation over the past two weeks. His bus conductor had claimed that he was driving faster than usual during this period, claiming that he was the fastest driver in the world. When confronted by one of his passengers, he became irritable and hit the windscreen with his fist and sustained minor injuries a week back. He had also boasted that he was going to be appointed as the 'world bus association leader', and he could hear the American president talking to him and praising him. There was a similar episode two years back that settled following inpatient treatment, but he defaulted on treatment after discharge.
 - 1.1 State the most likely diagnosis with reasons. (15 marks)
 - 1.2 Name the psychotic symptoms mentioned in the history. (10 marks)
 - 1.3 State the most important differential diagnosis. (10 marks)
 - 1.4 State an investigation that will be useful to exclude the condition mentioned in 1.3. (10 marks)
 - 1.5 Mention three possible risks this patient has. (15 marks)
 - 1.6 State the medications, with reasons, you would choose to treat this patient. (40 marks)

2. A 27-year-old single woman is referred by the obstetrician with a history of crying spells, refusal of food and expressing suicidal ideations in the context of an unplanned pregnancy with a POA of 20 weeks.
 - 2.1 Briefly outline how you would assess this woman. (20 marks)
 - 2.2 Name two (02) psychometric scales that are useful in the assessment. (10 marks)
 - 2.3 Discuss your management plan in detail. (40 marks)
 - 2.4 Write down your reflections on unplanned pregnancy. (30 marks)

3. A 55-year-old woman was admitted to the inpatient unit after she attempted suicide by ingesting 30 tablets of metformin. She lost her husband a month ago and is living alone with her neighbours' support. Her one and only daughter is abroad and trying to get her there on medical grounds.
 - 3.1 Name two (02) most likely diagnoses. (20 marks)
 - 3.2 Describe how you would differentiate between those two conditions. (20 marks)
 - 3.3 Briefly outline your management plan. (40 marks)
 - 3.4 Discuss the ethical issues of issuing a medical certificate for visa purposes stating that she should be with her daughter to overcome her psychological ailment. (20 marks)

4. A 22-year-old woman was admitted by her relatives after she had assaulted her mother, accusing her of poisoning her meals. At the time of admission, she was very aggressive and abusive, and the nursing staff placed her in the seclusion room that didn't have an attached washroom. When the medical officer entered into the ward, she was shouting at the doctor using obscene language, demanding that she be released from the seclusion room immediately and let her go home soon. When the doctor approached her and tried to talk, she attempted to spit on the doctor's face.

If you were the doctor on duty,

- 4.1 What steps would you adopt to calm her down? (30 marks)
- 4.2 What are the clinical conditions you consider as differential diagnoses? (20 marks)
- 4.3 List ten (10) relevant information you would obtain from a collateral history. (20 marks)
- 4.4 List five (05) important investigations you would perform on this patient. (10 marks)
- 4.5 How would you handle your emotions triggered by this patient's behaviour? (20 marks)
5. An 18-year-old G.C.E. (A/L) student presents to the psychiatry clinic saying that she is unable to focus on her studies. She says that when she is studying, she gets disturbed by thoughts that something bad will happen to her family members. When these thoughts become unbearable, she looks for them or calls them to make sure they are safe. She does this repeatedly during the day.
- 5.1 What is the most probable diagnosis. (10 marks)
- 5.2 Describe the clinical features that will help you confirm the diagnosis. (30 marks)
- 5.3 State two medications from different classes that could be used to treat this condition. (10 marks)
- 5.4 Mention the important side effects of those medications mentioned in 5.3. (20 marks)
- 5.5 Briefly explain the psychological management of this condition. (30 marks)
6. A 7-year-old boy is brought to the child psychiatry clinic by his mother on the instructions of his class teacher. The teacher told his mother that he is negligent with his classwork, struggles to sustain attention, frequently fails to understand instructions, and is often avoided by his peers. At home, the mother noticed that the child had frequent falls and minor injuries, requiring constant supervision by family members to ensure his safety. The mother attributes the onset of symptoms to his father's transfer away from home and his elder brother's leaving for university. His developmental milestones were normal. There were no medical issues.
- 6.1 State the most likely ICD-10 diagnosis. (10 marks)
- 6.2 List two (02) differential diagnoses you will consider (20 marks)
- 6.3 State the key features of the condition you mentioned in 6.1 (20 marks)
- 6.4 List two (02) psychological scales you will use to support the diagnosis. (20 marks)
- 6.5 Name two (02) medications that will be effective in this child. (20 marks)
- 6.6 State a psychological intervention that will be useful for this child. (10 marks)