

Puzzles for Mental Health Nursing – I

(ready-to-use for class or assignment)

I created a set of engaging, syllabus-aligned puzzles you can print or use in class — across units (history/scope, terminology, MSE, therapeutic communication, therapies, and common disorders). These are based on the course outline you uploaded.

Mental_Health_Nursing-I

1) Word-Search (find 18 terms)

Grid size suggestion: 14×14 (you can paste into any word-search generator).
Words (hidden horizontally, vertically, diagonally, forwards/backwards):

1. PSYCHOPHARMACOLOGY
 2. ECT
 3. MENTALSTATUS
 4. THERAPEUTIC
 5. JOHARI
 6. REHABILITATION
 7. DSM5
 8. ICD11
 9. PREVENTIVE
 10. PSYCHOTHERAPY
 11. BEHAVIOURAL
 12. FAMILYTHERAPY
 13. RELAXATION
 14. OCCUPATIONAL
 15. MSE
 16. ANXIETY
 17. SCHIZOPHRENIA
 18. LIFESKILLS
-

2) Crossword-style clues (answers short — good for small printed crossword)

Across

2. Tool used for quick cognitive screening (abbr.). (3)
4. One major international diagnostic manual referenced in syllabus. (4)

6. Communication model that uses “open/hidden” panes — useful in interpersonal relationships. (6)
7. A therapy involving ECT’s counterpart: talk-based treatments. (12)

Down

1. Nursing standard body mentioned for practice standards (abbr.). (3)
2. Model that focuses on learned behaviours and conditioning. (10)
3. The procedure assessing appearance, speech, thought, mood — short form. (3)

Answers (will appear in key).

3) Match-the-Columns (6 pairs) — print, cut and match or use as quick quiz

Column A

- A1. Psychoeducation for families
- A2. Mini Mental Status Exam
- A3. Therapeutic impasse
- A4. Occupational therapy
- A5. Preventive psychiatry
- A6. Limbic system

Column B

- B1. Community awareness, early detection and promotion
 - B2. Break in therapeutic process needing intervention
 - B3. Cognitive screening tool for orientation, memory
 - B4. Involves meaningful activities, vocational rehab
 - B5. Brain region central to emotion and memory
 - B6. Group or family teaching to support recovery
-

4) Anagram scramble (students unscramble to form syllabus terms) — 8 items

1. HCARAPPOHYSMCO (hint: medication for mental illness)
2. TRAHEITEP (hint: helpful communication)
3. ICM11D (hint: classification)
4. ACBEHIVORUL (hint: model about actions)
5. MSTENATLATSU (hint: assessment phrase)
6. YBIPOSOCLAA (hint: etiology model: bio-psycho-___)

7. RTEHTAPUICY (hint: adjective relating to therapy)
 8. CET (hint: electrical therapy)
-

5) Case-Vignette Puzzle (clinical reasoning) — small group activity

Vignette (short): A 28-year-old male comes to OPD with 3 months of hearing voices commenting on his actions, reduced sleep, withdrawn social behaviour, and odd beliefs that neighbors are plotting. On mental status exam he shows disorganized speech and blunted affect.

Tasks (students solve / discuss):

- A. Give the most likely primary diagnosis (one phrase).
- B. List 3 immediate nursing priorities for first 24 hours.
- C. Name two treatment modalities appropriate for this condition.
- D. Mention one rehabilitation/community intervention for follow-up.

(Expected answers provided in key.)

6) “Find the Odd One Out” (quick critical thinking) — 6 rows

1. CBT — ECT — Behaviour therapy — Family therapy
2. Obsessive thoughts — Disorganized speech — Compulsions — Checking rituals
3. CT scan — EEG — Serum electrolytes — MMSE
4. Johari window — Therapeutic contract — Therapeutic impasse — ECT consent form
5. Geriatric considerations — Child guidance clinic — Occupational therapy — Deaddiction centre
6. ICD11 — DSM5 — Glasgow Coma Scale — Geropsychiatry manual

(Students circle the odd one and justify.)

7) Puzzle-style Multiple Choice (thinking / elimination) — 6 questions

1. Which is *not* a component of a Mental Status Examination?
A) Thought form B) Eye color C) Insight D) Mood

2. In practice standards for psychiatric nursing, who sets the national INC standards?
A) Indian Nursing Council B) WHO C) DSM Committee D) ANA
3. Which therapy is primarily biological in nature?
A) Psychodynamic therapy B) ECT C) Group therapy D) Family therapy
4. “Defense mechanisms” are primarily discussed under which model?
A) Behavioural B) Existential C) Psychoanalytic D) Interpersonal
5. Best immediate nursing response to a therapeutic impasse is to:
A) Ignore it B) Address and explore the cause C) Terminate relationship D) Give medication only
6. Which disorder is characterized mainly by persistent low mood and anhedonia?
A) Mania B) Schizophrenia C) Depression D) OCD

(Answers in key.)

8) Teacher’s “Escape-Room” mini set (fast 10–15 minute activity)

Create 3 locked envelopes students must open sequentially.

Envelope 1 (riddle): “I screen orientation, recall, attention; 30 points maximum — what am I?”
→ students write MMSE.

Envelope 2 (puzzle): A short matching (3 items) linking therapies to example activities (Art therapy → music/dance; CBT → thought record; ECT → seizure induction).

Envelope 3 (code): Use initials to spell a phrase: S C H I Z O → students list 6 classic symptoms (Speech disorganization, Catatonia/Content of thought changes... etc.)

This encourages speed, team discussion, and syllabus review.

Answer Key (teacher copy)

Word-search words — as listed earlier.

Crossword answers

Across: 2. MMSE 4. DSM5 6. JOHARI 7. PSYCHOTHERAPY

Down: 1. INC 3. BEHAVIOURAL 5. MSE

Match-the-Columns mapping

A1–B6, A2–B3, A3–B2, A4–B4, A5–B1, A6–B5

Anagrams solutions

1. PSYCHOPHARMACOLOGY
2. THERAPEUTIC
3. ICD11
4. BEHAVIOURAL
5. MENTALSTATUS
6. BIOPSYCHOSOCIAL
7. THERAPEUTIC (alt. RETHAPUICY is THERAPEUTIC — same as #2)
8. ECT

Case vignette

- A. Most likely diagnosis: Schizophrenia (brief psychotic symptoms > criteria suggest schizophrenia).
- B. Nursing priorities: safety (self/others), prompt assessment & establish rapport, medication/liaison with psychiatrist for antipsychotic initiation.
- C. Treatments: Psychopharmacology (antipsychotics), Psychotherapy/CBT, ECT only if indicated.
- D. Rehabilitation: Community follow-up, family psychoeducation, occupational therapy, supported employment.

Odd One Out explanations (brief)

1. ECT (biological vs psychological therapies) — odd.
2. Disorganized speech (not a repetitive ritual) — odd.
3. MMSE (assessment tool — others are investigations) — odd.
4. ECT consent form (procedure paperwork) — odd.
5. Occupational therapy (service; others are settings) — odd depends on teaching emphasis — accept reasoned answer.
6. Glasgow Coma Scale (neurological scoring; others are psychiatric classification manuals) — odd.

MCQ answers

1. B 2. A 3. B 4. C 5. B 6. C

How to use these in class

- Short session (15–20 min): Word-search + 5 MCQs as warm-up.
- Assessment/Revision: Use crossword + case vignette for small groups; grade reasoning.
- OSCE prep: Use Match/Anagram and the Escape-Room for rapid recall and teamwork.

If you want, I can:

- Convert any of these into a printable PDF worksheet (formatted with grid and boxes).

- Produce a ready-to-print 10×10 crossword grid or a Word-Search grid for your class.
- Create slide-ready versions (PowerPoint) with interactive answers and timers.

Pick one and I'll generate it right away (PDF/PPT/printable).

Sources

Is this conversation helpful so far?

