

□ Puzzles for *Mental Health Nursing – II*

1) Word Search (Unit I & II)

Words to hide (12×12 grid or larger):

- SUBSTANCE
 - DEPENDENCE
 - TOLERANCE
 - WITHDRAWAL
 - DETOX
 - ANTABUSE
 - PERSONALITY
 - BORDERLINE
 - ANTISOCIAL
 - PARAPHILIA
 - ASSESSMENT
 - REHABILITATION
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2) Crossword (Unit III & IV)

Clues

Across

1. Developmental disorder marked by impaired social communication (6)
2. Progressive decline in memory and cognition (8)
3. Inability to form new memories after brain injury (9)

Down

2. Disorder marked by inattention and hyperactivity (4)
3. Sudden fluctuating disturbance of consciousness and cognition (7)
5. Eating disorder with bingeing and purging (7)

Answers

1. AUTISM
2. DEMENTIA
3. AMNESIA
4. ADHD
5. DELIRIUM

6. BULIMIA

3) Match the Following (Unit V – Psychiatric Emergencies)

Column A	Column B
Attempted suicide	Crisis intervention
Violence/aggression	De-escalation techniques
Stupor	Immediate physical assessment
Delirium tremens	Alcohol withdrawal emergency
Disaster	Stress adaptation model

4) Anagram Puzzle (Unit VI – Legal Issues)

Unscramble the terms:

1. NACRYCOT (___)
2. LUSYCNAA (___)
3. HSAMC 7102 (___)
4. ROSOCP (___)
5. FGROEINS (___)

Answers

1. NARCOTIC
 2. LUNACY
 3. MHCA 2017
 4. POSCO
 5. FORENSIC
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5) Case Vignette Puzzle (Unit VII – Community Psychiatry)

A 45-year-old man with schizophrenia is being discharged. The family is worried about relapse. The nurse explains available community resources.

- Q1. Which **national programme** will guide his follow-up care?
- Q2. Name one **preventive psychiatry model** stage.
- Q3. Mention one **voluntary agency** working in mental health.

Expected answers

1. National Mental Health Programme (NMHP)
 2. Primary / Secondary / Tertiary prevention
 3. e.g., SCARF India, Richmond Fellowship, WHO
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6) Odd-One-Out (mixed syllabus review)

1. Antabuse – Naloxone – Methadone – Risperidone
 2. ADHD – Autism – Dementia – Conduct Disorder
 3. MHCA 2017 – DSM-5 – Indian Lunacy Act – POSCO Act
 4. Suicide – Violence – Delirium tremens – Hypertension
 5. Institutionalization – Community-based care – Deinstitutionalization – Rehabilitation
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7) Quick MCQ Puzzle (revision)

1. **Disulfiram (Antabuse) is used in:**
A) Opioid dependence B) Alcohol dependence C) Cannabis dependence D) Nicotine dependence
2. **Borderline Personality Disorder is characterized by:**
A) Mood swings B) Rigidity C) Compulsions D) Euphoria
3. **IQ below 70 indicates:**
A) Normal intelligence B) Intellectual disability C) Autism D) Learning disorder
4. **Which is NOT a psychiatric emergency?**
A) Delirium tremens B) Catatonia C) Acute MI D) Suicide attempt
5. **The latest mental health law in India is:**
A) Indian Lunacy Act 1912 B) MHA 1987 C) MHCA 2017 D) DSM-5

Answers: 1–B, 2–A, 3–B, 4–C, 5–C