

Practice exam Child & Adolescent Public Health

Question 1. (6 points)

a. What are the three main aspects of Participating Action Research (PAR)? **(3 points)**

b. For what two kind of groups does PAR work best and why? **(3 points)**

Question 2 (6 points)

What are the acute and chronic consequences of alcohol intoxication in adolescents? Name 3 acute **(3 points)** and 3 chronic **(3 points)** consequences.

Question 3 (8 points)

Case

Baby James is five weeks old when his mother presents him at the paediatric department, after referral by her GP. He is the third child of this mother and the first of his father.

Mother tells the paediatrician that James is crying a lot and is not gaining weight. Since one week he is also vomiting after each feed (bottle) according to mother and sometimes he even vomits against the wall / side of his cot.

Question 3 a (2 points)

You are the paediatrician, what is the differential diagnosis of this patient? (Give three possible diagnoses)

You propose to admit the child and observe him on the ward. Mother is rooming in and takes care of all the feeding moments. James doesn't gain weight after one week and therefore he is analysed further (blood tests, ultrasound). No abnormal results are found. No vomiting is observed.

Question 3 b (2 points)

What should be included in the differential diagnosis at this moment?

Question 3 c (4 points)

What is your next best step as paediatrician? Give the motivation for this step, and what will be the advice given? **(1 point for the next step, 1 point for the motivation, 2 point for advice)**

Question 4 (8 points)

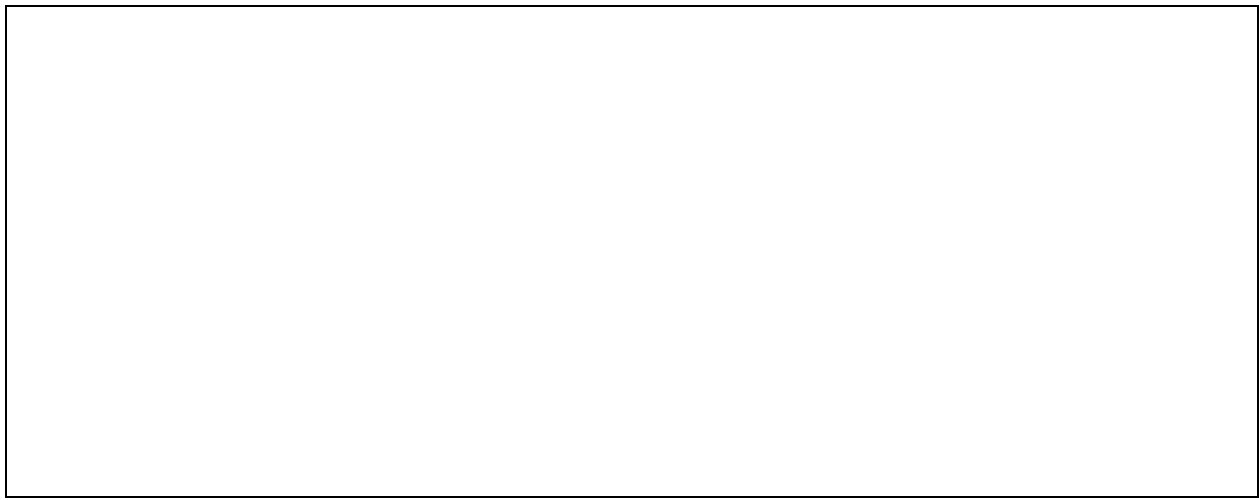
Answer the following questions based on the abstract section below.

Objective: Family processes are a risk factor for suicide but few studies target this domain. We evaluated the effectiveness of a family intervention, the Resourceful Adolescent Parent Program (RAP-P) in reducing adolescent suicidal behaviour and associated psychiatric symptoms. Method: A preliminary randomized controlled trial compared RAP-P plus Routine Care (RC) to RC only, in an outpatient psychiatric clinic for N = 48 suicidal adolescents and their parents. Key outcome measures of adolescent suicidality, psychiatric disability, and family functioning were completed at pre-treatment, 3-month, and 6-month follow-up. Results: RAP-P was associated with high recruitment and retention, greater improvement in family functioning, and greater reductions in adolescents' suicidal behaviour and psychiatric disability, compared to RC alone. Benefits were maintained at follow-up with a strong overall effect size. Changes in adolescent's suicidality were largely mediated by changes in family functioning. Conclusion: The study provides preliminary evidence for the use of family-focused treatments for adolescent suicidal behaviour in outpatient settings.

Reference: Family Intervention for Adolescents With Suicidal Behaviour: A Randomized Controlled Trial and Mediation Analysis. Pineda J and Dadds M. J. Am. Acad. Child Adolesc. Psychiatry, 2013;52(8):851–862.

Question 4 a (4 points)

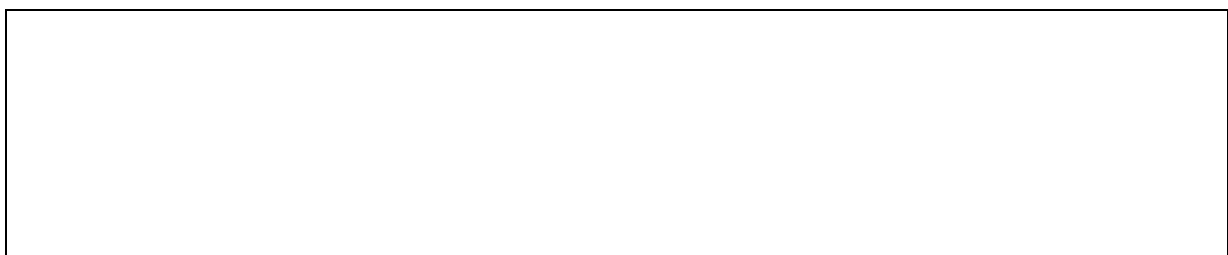
Draw a figure containing the a, b and c'-path of the described mediation analysis and specify the corresponding statistical analysis/regression models to calculate the a, b and c'-path.



Question 4 b (2 points)

b.1. Consider the case that there is a significant mediating effect. Describe the practical consequences of the outcome of the mediation analysis on the intervention.

b.2 Now describe the practical consequences if there is no significant mediating effect.



Question 5. (6 points)

5.a. Name 6 social determinants of health.

(3 points, 0,5 point per good answer)

5.b. Cite a specific example of a social determinant of Health and its impact on child/adolescent health. **(3 points)**

Question 6 (6 points)

Name four risk factors **(4 points)** and two protective factors **(2 points)** for child abuse

Question 7 (6 points)

Exposure to childhood maltreatment / adversity account for 45% of the population attributable risk for childhood onset psychiatric disorders. Survivors of childhood maltreatment show higher adult rates of psychopathology, and physical problems like ischemic heart disease, cancer, and shortened telomeres associated with reduced life expectancy.

Name three evidence based interventions to reduce the symptoms of Posttraumatic stress disorder in children.

Question 8

A researcher in a clinic for girls with eating disorders asks you to investigate the following research question: "What is the relationship between having an eating disorder and sexual abuse during childhood?".

Which study design would you choose to answer this research question? Substantiate your answer.