

Psychology med term (Wareed):

1. A person who is preoccupied with fears of having a serious disease suffers from:
 - a) obsession
 - b) somatization
 - c) **hypochondriasis**
 - d) conversion disorders (Somatoform disorder)
 - e) none of provided answers

2. It's so unfair! My mum doesn't care how much I cry and scream, she won't get me a car. She doesn't even care about me! She hates me!'. What defense mechanism does this demonstrate:
 - a) rationalization
 - b) reaction formation
 - c) **regression**
 - d) repression
 - e) denial

3. A 29-year-old client has been admitted to the psychiatric unit with diagnosis of paranoid schizophrenia because of strange behaviors that alarmed his neighbors. The doctor would expect him to exhibit which behavior:
 - a) psychomotor retardation and posturing
 - b) regressed, childlike behavior
 - c) euphoric mood and sexual acting out
 - d) **extreme suspiciousness, grandiose delusions, and hostile behaviour**
 - e) all of the provided answers

4. From a socio-cultural perspective, which accurately describes the etiology of schizophrenia:
 - a) relatives of individuals diagnosed with schizophrenia have a much higher probability of developing the disease
 - b) structural brain abnormalities, such as enlarged ventricles, cause schizophrenia
 - c) disordering of pyramidal cells in the hippocampus contributes to the cause of schizophrenia
 - d) **greater numbers of individuals from lower socioeconomic backgrounds are diagnosed with schizophrenia**
 - e) none of provided answers

5. _____ describes a partial or total loss of memory. There are two subtypes: _____ which refers to an inability to recall events prior to injury, and _____ which refers to an inability to _____
 - a) dysphasia; anterograde amnesia; partial amnesia; remember events subsequent to brain injury
 - b) **amnesia; retrograde amnesia; anterograde amnesia; remember events subsequent to brain injury**
 - c) partial amnesia; anterograde amnesia; retrograde amnesia; remember events subsequent to brain injury

- d) amnesia; retrograde amnesia; anterograde amnesia; remember personally meaningful events
 - e) partial amnesia; anterograde amnesia: partial amnesia; remember events subsequent to brain injury
6. Obsessive-compulsive disorder is:
- a) repeated occurrence of unwelcome thoughts followed by irresistible desire to do the act
 - b) occurrence of pleasant thoughts followed by irresistible acts
 - c) false unshakeable thoughts against sociocultural background
 - d) excessive irrational fear of ideas, objects, or situations
 - e) none of provided answers
7. Korsakoff syndrome is a serious condition which is caused by:
- a) vitamin B6 deficiency
 - b) vitamin B1 deficiency
 - c) vitamin B12 deficiency
 - d) vitamin B4 deficiency
 - e) vitamin B2 deficiency
8. An object or thing which directs or stimulates behavior: Select one:
- a) instinct
 - b) incentive
 - c) need
 - d) motive
 - e) drive
9. A desire to achieve success and to meet some inner standard of excellence is a good definition of the: Select one:
- a) achievement Need
 - b) fixed-action pattern
 - c) displacement behaviour
 - d) encephalization
 - e) none of provided answers
10. During the manic phase of the bipolar disorder, which behaviour is mainly exhibited by the client:
- a) bizarre thoughts
 - b) intense, labile mood
 - c) extreme suspiciousness
 - d) delusion
 - e) auditory hallucinations
11. Dysthymic disorder differs from major depressive disorder in the following ways:
- a) symptoms only affect women during the winter months
 - b) symptoms include hallucinations and delusional thinking
 - c) symptoms are less severe but last longer

- d) symptoms are more severe and last longer
- e) symptoms are more severe and last lesser

12. Schizophrenia is characterized by:

- a) emotional disturbances and high levels of anxiety
- b) the presence of two or more distinct personalities
- c) loss of memory or personal identity
- d) a fragmentation of thought processes**
- e) all of the provided answers

13. Maslow believed that healthy, or self-actualized, individuals possessed the following characteristics except:

- a) an appropriate perception of reality
- b) the ability to accept oneself, others, and human nature
- c) inability to achieve satisfactory interpersonal relationships**
- d) the ability to manifest spontaneity neutral behaviour
- e) all of the provided answers

14. Which of the following is not seen in mania:

- a) delusions of grandeur
- b) elation
- c) pressure of speech
- d) disorientation**
- e) hyperactivity

15. According to Maslow, the self-actualizing tendency is:

- a) instinct
- b) imprinting
- c) growth Motivation**
- d) deficiency motivation
- e) none of provided answers

16. Within mood disorders, two key symptoms of a major depressive episode are:

- a) very low mood and agoraphobia
- b) problems in concentration and compulsive behaviors
- c) lack of interest in usual activities and recurrent thoughts of death**
- d) diminished need for sleep and loss of energy
- e) none of provided answers

17. Somatic symptoms of depression include all, except:

- a) feelings of guilt
- b) reduced interest**
- c) insomnia
- d) weight change
- e) none of provided answers

18. The most common target group for depression is:
- a) middle-aged male
 - b) middle-aged females**
 - c) young girls
 - d) children
 - e) young male
19. Loss of memory on period of absence of consciousness is known as:
- a) congrade amnesia**
 - b) fragmentive amnesia
 - c) retarded amnesia
 - d) paramnesia
 - e) none of provided answers
20. The need for achievement:
- a) is greatest for behaviors leading to financial and material success
 - b) does not occur in primitive cultures
 - c) is defined as the desire to meet internalized standards of excellence**
 - d) is greater in women than in men
 - e) none of provided answers
21. Best prognosis is seen with which symptom of schizophrenia:
- a) apathy
 - b) anhedonia
 - c) auditory hallucination**
 - d) poverty of thought
 - e) lack of initiation
22. Motivation is the process of initiating, and directing _____ activities of the organism:
- a) supplying
 - b) sustaining**
 - c) surveying
 - d) suspending
 - e) activate
23. A person who witnesses a horrible incident may go blind for psychological reasons, although the person's eyes are still good. This is called:
- a) conversion**
 - b) repression
 - c) compensation
 - d) regression
 - e) undoing

24. What is the Id:
- a) part of the psyche that controls impulses
 - b) part of the psyche that reduces anxiety
 - c) **a description of innate instinctual needs**
 - d) part of the psyche that controls our morals
 - e) part of the Ego state designed to reduce barriers
25. Samira decides to go out and party the whole week before her midterm instead of study. She fails her midterm, and tells her parents that she failed it due to being sick and not getting enough sleep. This is an example of what defense mechanism:
- a) **rationalization**
 - b) denial
 - c) repression
 - d) reaction Formation
 - e) regression
26. The way she spoke to me was completely unacceptable, but she's going through a tough time at the moment. I'd react the same way if my mother had just died." What defense mechanism am I expressing:
- a) regression
 - b) repression
 - c) displacement
 - d) **identification**
 - e) reaction formation
27. Which primary unconscious defense mechanism keeps highly anxiety-producing situations out of conscious awareness:
- a) introjection
 - b) regression
 - c) **repression**
 - d) denial
 - e) reaction formation
28. DSM-IV-TR criteria for a major depressive episode include which of the following:
- a) symptoms cause clinically significant distress or impairment in social functioning
 - b) symptoms are not due to physiological effects of substance misuse
 - c) symptoms are not accounted for by bereavement
 - d) **all of the provided answers**
 - e) symptoms are not better accounted for by bereavement
29. Which of the following is an example of repression: Select one:
- a) stopping yourself from behaving the way you want to
 - b) **suppressing bad memories or current thoughts that cause anxiety**
 - c) C. suppressing your natural instincts
 - d) d. stopping others from behaving inappropriately
 - e) e. none of provided answers

30. The inability of major depression patient to experience pleasure is a serious manifestation of the illness because it is a distressing symptom that leads some patients to commit suicide. This symptom is best known as:
- a) phobia
 - b) anhedonia**
 - c) blunt affect
 - d) all of the provided answers
 - e) apathy
31. Which of the following is an assumption of arousal theory:
- a) zero level of arousal is the most desirable
 - b) high levels of arousal are the most desirable
 - c) optimal levels of arousal exist for each person
 - d) optimal levels of arousal exist for various activities**
 - e) none of provided answers
32. Bipolar disorder 1 differs from bipolar disorder 2 because:
- a) hypomanic symptoms are present and there are recurrent thoughts of death
 - b) manic symptoms are more severe and there may be the presence of psychosis**
 - c) manic symptoms are less severe and obsessional thoughts are common
 - d) manic symptoms are more severe and sexual dysfunction is present e. none of provided answers
33. True paranoids are rarely treated or admitted to hospitals because:
- a) they are potentially harmful and dangerous to others
 - b) they resist the attempts of others to offer help**
 - c) their severe hallucinations make reasoning with them impossible
 - d) psychiatric hospitals are primarily for psychotics
 - e) none of provided answers
34. Which Doctor charting entry is documentation of a behavioral symptom of mania:
- a) thoughts fragmented, flight of ideas noted
 - b) mood euphoric and expansive, rates mood a 10/10
 - c) pacing halls throughout the day. Exhibits poor impulse control
 - d) all of the provided answers**
 - e) easily distracted, unable to focus on goals
35. The doctor understands that evidence of the existence of unconscious memories is best demonstrated by:
- a) ease of recall
 - b) slips of the tongue and dreams**
 - c) requiring time to recall the event
 - d) free-floating anxiety
 - e) all of the provided answers

36. The prominent symptoms lasting for at least 1 month that are diagnostic for paranoid schizophrenia are:
- a) **delusions and hallucinations**
 - b) poverty of speech with apathy
 - c) bizarre behaviors associated with drug use
 - d) disturbed relationships and poor grooming
 - e) none of provided answers
37. Although symptoms of schizophrenia occur at various times in the life span, what client would be at highest risk for the diagnosis:
- a) a 10 year old girl
 - b) **a 20 year old man**
 - c) a 50 year old woman
 - d) a 55 years old man
 - e) a 65 year old man
38. Ali is a shop owner and a thief. He automatically accuses anyone who looks suspicious in his store of stealing. This is an example of what defense mechanism:
- a) repression
 - b) reaction Formation
 - c) denial
 - d) **projection**
 - e) rationalization
39. The three primary negative symptoms of schizophrenia include:
- a) alogia, hallucination and delusion
 - b) **Social withdrawal, lack of affect, and reduced motivation.**
 - c) hallucination, delusion and a volition
 - d) illusion, delusion and self-care deficit
 - e) none of provided answers
40. Which of the following is a behavioral symptom exhibited by individuals suffering unipolar depression: Select one:
- a) unpredictable and erratic behavior
 - b) compulsive checking
 - c) **stay in bed for long periods**
 - d) ritualized behavior
 - e) hallucination

اللَّهُمَّ أَنْفَعْنِي بِمَا عَلَّمْتَنِي، وَعَلِّمْنِي مَا يَنْفَعُنِي،
وَارْزُقْنِي عِلْمًا تَنْفَعُنِي بِهِ.

