

A patient with a diagnosis of major depression who has attempted suicide says to the doctor, "I should have died! I've always been a failure. Nothing ever goes right for me." Which response demonstrates therapeutic communication?

Select one:

- a. "You have everything to live for."
- b. "Why do you see yourself as a failure?"
- c. "Feeling like this is all part of being depressed."
- d. "You've been feeling like a failure for a while."
- e. None of provided answer

When reviewing the medical record of a patient diagnosed with Alzheimer disease (AD), the healthcare provider notes the patient is aphasic. Which behavior supports this finding?

Select one:

- a. Difficulty with motor function.
- b. Unable to speak.
- c. Unable to recognize objects.
- d. Difficulty swallowing.
- e. All of the provided answer

The anxiety disorder in which an individual experiences numerous emotional attacks characterized by overwhelming terror that occur suddenly and unexpectedly is known as:

Select one:

- a. a generalized anxiety disorder
- b. a phobic disorder
- c. obsessive-compulsive disorder
- d. panic disorder
- e. None of provided answer

Family therapy is generally used to:

Select one:

- a. Improve communications between members of the family.
- b. Resolve specific conflicts - for example between adolescents and their parents.
- c. Attempts to understand the family as a social system.
- d. All of the provided answer
- e. Used to help treat an individual's problem that is affecting the entire family, such as an addiction and depression

When Sara returned from combat in the Gulf War, she began experiencing high anxiety that has persisted without any improvement. This example illustrates which anxiety related disorder?

Select one:

- a. panic
- b. post-traumatic stress
- c. phobia
- d. obsessive-compulsive
- e. None of provided answer

Which statement describes an event that would occur during the working phase of the doctor-client relationship?

Select one:

- a. Creating an environment for the establishment of trust and rapport.
- b. Continuously evaluating progress toward goal attainment
- c. Some regression and mourning occur, although the client demonstrates satisfaction and competence.
- d. The client seeks connections among actions, thoughts, and feelings and engages in problem solving and testing of alternative behaviours.
- e. None of provided answer

In order to complete his degree studies, Jameel has to make a presentation to his fellow students. He is so afraid of public scrutiny that he would rather not graduate than give the presentation. Jameel could best be characterised as having

Select one:

- a. a social phobia.
- b. a goraphobia.
- c. a specific phobia.
- d. Generalised anxiety disorder.
- e. None of provided answer

Rami is saying to his friend Mohammed: "I will remember the title of last week's Psychiatric class lecture, just give me 10 minutes". Rami is operating on which one of the following mental operations?

Select one:

- a. His Ego
- b. His preconscious
- c. His Conscious
- d. His Unconscious
- e. His superego

Your patient is preoccupied with perfection and control, has difficulty relaxing, what type of psychiatric disorder does this behaviour reflect?

Select one:

- a. Antisocial personality.
- b. Obsessive-compulsive disorder.
- c. Manic behaviour.
- d. Anxiety disorder.
- e. Schizophrenia

Cognitive disorders were formerly referred to as:

Select one:

- a. thought disorders.
- b. organic brain disorders.
- c. amnestic disorders.
- d. None of provided answer
- e. multi-infarct disorders.

Which of the following is not considered a diagnostic feature of Anorexia Nervosa

Select one:

- a. Depressive symptoms
- b. Significant Weight Loss
- c. Body Image Distortion
- d. Fear of becoming fat
- e. Poor school performance

The occurrence of which of the following symptoms would allow differentiation between delirium and dementia?

Select one:

- a. An impaired judgment.
- b. A memory deficit.
- c. An impaired consciousness.
- d. An impaired process of thinking.
- e. None of provided answer

Of the following, which is the most accurate statement regarding eating disorders?

Select one:

- a. Bulimia nervosa is a more life-threatening condition than anorexia nervosa.
- b. Both bulimia nervosa and anorexia nervosa lead to death in 2-10% of patients.
- c. Anorexia nervosa is a more life-threatening condition than bulimia nervosa.
- d. None of provided answer
- e. While bulimia nervosa and anorexia nervosa are both serious conditions, neither is a life-threatening condition.

Gorging on food and then vomiting or taking laxatives to avoid gaining weight is called:

Select one:

- a. behavioural dieting.
- b. fad dieting.
- c. purging.
- d. bulimia nervosa.
- e. anorexia nervosa

A medical student is learning about the appropriate use of touch when communicating with clients diagnosed with psychiatric disorders. Which statement by the instructor best provides information about this aspect of therapeutic communication?

Select one:

- a. "Touch carries a different meaning for different individuals."
- b. "Touch is often used when deescalating volatile client situations."
- c. "Touch is used to convey interest and warmth."
- d. "Touch is best combined with empathy when dealing with anxious clients."
- e. None of provided answer

A person who has been recently diagnosed with the depression was encouraged by her doctor to seek support from others. However, he or she does not have much money to seek certain types of therapy. Which therapy could be suitable for this person's needs:

Select one:

- a. individual
- b. Group
- c. Family
- d. acupuncture
- e. All of the provided answer

Which statement is a good example of the therapeutic communication technique of focusing?

Select one:

- a. "Describe one of the best things that happened to you this week."
- b. "I'm having a difficult time understanding what you mean."
- c. "Your counseling session is in 30 minutes. I'll stay with you until then."
- d. "You mentioned your relationship with your father. Let's discuss that further."
- e. All of the provided answer

Jim is in a constant state of anxiety and also has brief, sudden periods of panic. He also believes these periods of panic will occur when he's in a public location; therefore, Jim is afraid to leave his house. Jim's diagnosis is:

Select one:

- a. agoraphobia.
- b. panic disorder.
- c. panic disorder with agoraphobia.
- d. panic disorder without agoraphobia.
- e. None of provided answer

The doctor is preparing a patient for the termination phase of the doctor-patient relationship. The doctor prepares to implement which task that is MOST APPROPRIATE for this phase?

Select one:

- a. Planning short-term goals.
- b. Making appropriate referrals.
- c. Developing realistic solutions.
- d. Identifying expected outcomes.
- e. None of provided answer

The doctor is caring for a 35-year-old woman with agoraphobia. Which of the following behaviours would the doctor expect to observe in the client?

Select one:

- a. The client is afraid of talking to other people.
- b. The client is afraid to leave her home.
- c. None of provided answer
- d. The client is afraid of pain.
- e. The client is afraid of fire.

In most anxiety disorders, the person's distress is:

Select one:

- a. focused on a specific situation.
- b. related to ordinary life stresses.
- c. None of provided answer
- d. greatly out of proportion to the situation.
- e. based on a physical cause.

Alison had a huge fight with her friend, but she doesn't want it to interfere with her work as a doctor; she tells herself: "I'll think about it later." This is called:

Select one:

- a. Regression
- b. Suppression
- c. Conversion
- d. Repression
- e. Isolation

Which doctor's response is an example of the nontherapeutic communication block of requesting an explanation?

Select one:

- a. "Can you tell me why you said that?"
- b. "Keep your chin up. I'll explain the procedure to you."
- c. "There is always an explanation for both good and bad behaviors."
- d. "Are you not understanding the explanation I provided."
- e. All of the provided answer

Dementia unlike delirium is characterized by:

Select one:

- a. Slurred speech
- b. Gradual onset
- c. Clouding of consciousness
- d. Sensory perceptual change
- e. None of provided answer

The doctor is obtaining a history from a 16-year-old girl. Which of the following might indicate that the client has symptoms of bulimia?

Select one:

- a. Binge eating and self-induced vomiting
- b. Severe weight loss due to metabolic dysfunction
- c. Hypertension and hyperglycaemia
- d. Diaphoresis and vasodilatation
- e. None of provided answer

Intrinsic motivation occurs when:

Select one:

- a. obligations or approval are factors.
- b. there is no obvious external reward for one's behavior.
- c. there are obvious external factors controlling behaviour.
- d. extrinsic motivation is also high
- e. None of provided answer

Maha tells doctor Asma she wants to learn more adaptive ways to handle her anger. Together, they set some goals. This situation describes which of the following phase in patient- doctor relationship?

Select one:

- a. Termination
- b. Pre-interaction
- c. Working
- d. Orientation
- e. None of provided answer

Maha is so terrified of fire that she cannot light a match or even enjoy dinner by candlelight. Maha is most likely suffering from:

Select one:

- a. generalized anxiety disorder
- b. panic disorder
- c. obsessive-compulsive disorder
- d. phobic disorder
- e. None of provided answer

An old woman was brought to the hospital for evaluation due to increasing forgetfulness and limitations in daily function. The daughter revealed that the client used her toothbrush to comb her hair. She is manifesting:

Select one:

- a. Apraxia
- b. Agnosia
- c. Aphasia
- d. Amnesia
- e. None of provided answer

Illusions are:

Select one:

- a. distortions of existing stimuli.
- b. the same as hallucinations.
- c. the result of innate mechanisms.
- d. not based on external reality
- e. None of provided answer

A Patient seeing a design on the wall paper, and he perceives it as an animal this psychiatric disturbance defined as:

Select one:

- a. Phobia
- b. Echolalia
- c. Euphoria
- d. Illusion
- e. hallucination

Which of the following examples best illustrates a delusion of reference?

Select one:

- a. The FBI is plotting to steal my invention
- b. The night shift nurse doesn't like me
- c. The news announcer on TV is talking about me
- d. I can't walk because I don't have feet.
- e. None of provided answer

Doctor Sally is aware that the symptoms that distinguish post traumatic stress disorder from other anxiety disorder would be:

Select one:

- a. Avoidance of situation & certain activities that resemble the stress
- b. Depression and a blunted affect when discussing the traumatic situation
- c. Lack of interest in family & others
- d. Re-experiencing the trauma in dreams or flashback
- e. None of provided answer

A patient experiencing disturbed thought processes believes that his food is being poisoned. Which communication technique should the use to encourage the patient to eat?

Select one:

- a. Using open-ended questions and silence.
- b. Sharing personal preference regarding food choices.
- c. Documenting reasons why the patient does not want to eat.
- d. Offering opinions about the necessity of adequate nutrition.
- e. All of the provided answer

When damage to the brain is irreversible and increasing we refer to the disorder as:

Select one:

- a. Dementia.
- b. Delirium.
- c. Amnesia.
- d. All of the provided answer .
- e. Bipolar disorder

A generalized anxiety disorder may be associated with all the following symptoms except:

Select one:

- a. Dizziness
- b. Diarrhoea
- c. Delusions
- d. Trembling
- e. All of the provided answer

Patient who refuses to eat his meal stating that the food is poisoned is an example of:

Select one:

- a. Delusion
- b. Hallucination
- c. Preservation
- d. Negativism
- e. None of provided answer

During a doctor-client interaction, which doctor's statement may belittle the client's feelings and concerns?

Select one:

- a. "Don't worry. Everything will be alright."
- b. "You appear uptight."
- c. "I notice you have bitten your nails to the quick."
- d. "You are jumping to conclusions."
- e. All of the provided answer

A patient presents with impaired consciousness, fragmentary delusions, visual hallucinations, and hyperactivity. The diagnosis is:

Select one:

- a. Dementia.
- b. Delirium.
- c. Amnesia.
- d. Mania.
- e. None of provided answer

"I can only imagine how hard it has been" this statement displays an example of :

Select one:

- a. Sympathy.
- b. Genuineness.
- c. Empathy.
- d. None of provided answer
- e. rapport

Mutism, stupor, and a marked decrease in responsiveness to the environment are often seen in:

Select one:

- a. catatonic episodes.
- b. paranoid schizophrenia.
- c. manic episodes.
- d. None of provided answer
- e. borderline schizophrenia.

Group therapy can be advantageous when an individual:

Select one:

- a. May need comfort and support from others.
- b. May acquire therapeutic benefit from observing and watching others.
- c. May need to work out their problems in the presence of others (e.g. in the case of emotional problems relating to relationships, feelings of isolation, loneliness and rejection).
- d. All of the provided answer
- e. May has financial issues

Doctor Alia reads Mona previous medical records. She explores her feelings about working with a woman who has abused her child. This statement describes which of the following phase in patient- doctor relationship?

Select one:

- a. Termination
- b. Pre-interaction
- c. Working
- d. Orientation
- e. None of provided answer

The doctor demonstrates active listening by:

Select one:

- a. Agreeing with client.
- b. Repeating everything said by the client.
- c. Assuming a relaxed posture and leaning toward the client.
- d. Smiling and nodding continuously throughout the interview.
- e. All of the provided answer

In an initial interview with a 24-year-old man with a diagnosis of generalized anxiety disorder, the doctor could expect to observe which of the following behaviours?

Select one:

- a. Irritability, difficulty concentrating on the interview
- b. Future orientation
- c. Increased assertiveness
- d. Grandiose ideation
- e. All of the provided answer

A patient's unresolved feelings related to loss would be MOST LIKELY observed during which phase of the therapeutic doctor-patient relationship?

Select one:

- a. Pre-interaction.
- b. Working.
- c. Orientation.
- d. Termination.
- e. None of provided answer

Which of the following is a characteristic of bulimia nervosa?

Select one:

- a. Vomiting, laxatives, or diuretics are used to lose weight.
- b. There are repeated attempts to lose weight by severe dieting.
- c. It occurs equally in males and females.
- d. It is an adolescent growth phase that a few women go through and later disappears.
- e. None of provided answer

Samia has been diagnosed with bulimia nervosa. Based on the physical symptoms listed in your lecture, you should expect that Samia will show evidence of :

Select one:

- a. amenorrhea and low blood pressure
- b. erosion of dental enamel and heart problems
- c. cardiac arrhythmias and osteoporosis
- d. dental problems and elevated blood pressure
- e. All of the provided answer

For the past two months, Dania has been feeling very sad. She has lost interest in activities she once found enjoyable, has been sleeping a lot and has lost weight. Dania is probably experiencing

Select one:

- a. generalised anxiety disorder.
- b. a somatoform disorder.
- c. major depression.
- d. posttraumatic stress disorder.
- e. None of provided answer

The "fear of becoming fat" observed in patients with Anorexia Nervosa is best understood as

Select one:

- a. Paranoid delusion
- b. Somatic delusion
- c. Overvalued idea
- d. Obsessive idea
- e. Delusion of persecution

A 14-year-old girl is being evaluated for anorexia nervosa. Which of the following would indicate to the doctor that the teenager displays symptoms of anorexia nervosa?

Select one:

- a. She has episodes of overeating and excessive weight gain.
- b. She expresses a positive body image.
- c. She has had severe weight loss due to self-imposed dieting.
- d. She refuses to discuss food
- e. None of provided answer

A parent tells the psychiatrist, "I've never told anyone this information about my son." This is an example of:

Select one:

- a. Identifying problems and goals
- b. Building trust
- c. Clarifying roles
- d. Revealing
- e. Genuineness

It is correct to state that for the treatment of Bulimia Nervosa:

Select one:

- a. Fluoxetine is considered of benefit
- b. The first approach is to discuss body image
- c. It is not useful to discuss weight with patients
- d. Treatments should target exclusively on purging practices
- e. None of provided answer

A state in which the body is consciously relaxed and the mind becomes calm and focused is:

Select one: **answer: d**

- a. Yoga
- b. Hypnosis
- c. Massage
- d. Meditation
- e. All of the provided answer

The actual cause of dementia is:

Select one:

- a. Diabetes
- b. Infection
- c. Unknown
- d. Drug intoxication
- e. None of provided answer

"I feel so sorry for you, you have had such a hard year", this statement displays an example of:

Select one:

- a. Sympathy.
- b. rapport.
- c. Empathy.
- d. None of provided answer
- e. paraphrasing

All of the following are true about dementia, except:

Select one:

- a. Memory impairment.
- b. Altered sensorium.
- c. Depressed mood.
- d. Loss of neurons in brain matter.
- e. None of provided answer

A client newly admitted to an in-patient psychiatric unit is diagnosed with obsessive compulsive disorder. Which behavioral symptom would the doctor expect to assess?

Select one:

- a. The client uses excessive hand washing to relieve anxiety.
- b. The client rates anxiety at 8/10.
- c. The client uses breathing techniques to decrease anxiety.
- d. The client exhibits diaphoresis and tachycardia.
- e. None of provided answer

Which of the following will the doctor use when communicating with a client who has a cognitive impairment?

Select one:

- a. Complete explanations with multiple details.
- b. Picture or gestures instead of words.
- c. Stimulating words and phrases to capture the client's attention
- d. Short words and simple sentences
- e. None of provided answer