

Mood Disorders

- 1- **Within mood disorders, two key symptoms of a major depressive episode are:**
 - a. Diminished need for sleep and loss of energy.
 - b. Very low mood and agoraphobia.
 - c. **Lack of interest in usual activities and recurrent thoughts of death.**
 - d. Problems in concentration and compulsive behaviours.

- 2- **Within mood disorders, two key symptoms of a manic episode are:**
 - a. Hallucinations and flight of ideas.
 - b. **Extremely elevated mood and grandiose ideas.**
 - c. Delusional thinking and intense fear of weight gain.
 - d. Distractibility and social phobia.

- 3- **Dysthymic disorder differs from major depressive disorder in the following ways:**
 - a. Symptoms include hallucinations and delusional thinking.
 - b. Symptoms only affect women during the winter months.
 - c. Symptoms are more severe and last longer.
 - d. **Symptoms are less severe but last longer.**

- 4- **Bipolar disorder used to be known as:**
 - a. Messiah complex.
 - b. Munchausen syndrome.
 - c. **Manic-depression.**
 - d. Antisocial personality disorder.

- 5- **Bipolar disorder 1 differs from bipolar disorder 2 because:**
 - a. Manic symptoms are more severe and sexual dysfunction is present.
 - b. **Manic symptoms are more severe and there may be the presence of psychosis.**
 - c. Hypomanic symptoms are present and there are recurrent thoughts of death.
 - d. Manic symptoms are less severe and obsessional thoughts are common.

- 6- **Which of the following is not an explanation of the causes of depression:**
 - a. Faulty cognition.
 - b. Genetic abnormalities.
 - c. Insufficient availability of the neurotransmitters serotonin and norepinephrine.
 - d. **Being born into a large family.**

7- Behavioural explanations for mania suggest that:

- a. Classical conditioning is the primary cause of mania.
- b. Individuals with mania feel less embarrassment than those without mania.
- c. Individuals with mania get more pleasure from a positive event than those without mania
- d. Individuals with mania copy the behaviour of their parents.

8- The main mood-stabilising medication used in bipolar disorder is:

- a. Fluoxetine.
- b. Risperidone.
- c. Lithium..
- d. Lorazepam

Or, One of the major drug therapies for Bipolar disorder is:

- a. Chlorpromazine.
- b. Lithium carbonate.
- c. Clozapine.
- d. Benzodiazepine.

9- Which of the following is not seen in mania?

- a. Delusion of grandeur
- b. Elation
- c. Pressure of speech
- d. Disorientation

10- Mania involves:

- a. Boundless, frenzied energy.
- b. Feelings of euphoria.
- c. Ideas coming too fast and too many.
- d. All of the above.

11- Depressed individuals exhibit which of the following symptoms?

- a. Behavioural symptoms.
- b. Physical symptoms.
- c. Cognitive symptoms.
- d. All of the above.

12- Which of the following is a behavioural symptom exhibited by individuals suffering unipolar depression?

- a. Unpredictable and erratic behaviour.
- b. Compulsive checking.
- c. Stay in bed for long periods.
- d. Ritualised behaviour.

13- DSM-IV-TR criteria for a major depressive episode includes 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 above.

14- Which of the following is a chronic mood disturbance that can cause depressive symptoms, but does not disrupt normal functioning?

- a. Cyclothymic Disorder.
- b. Dysthymic Disorder.
- c. Dissociative disorder.
- d. Personality disorder.

15- The experience of two years of hypomania symptoms that do not meet the criteria for a manic episode is known as:

- a. Dysthymic Disorder.
- b. Dissociative disorder.
- c. Cyclothymic Disorder.
- d. Personality disorder.

16- In DSM-IV-TR Bipolar I disorder includes which of the following symptoms?

- a. Currently (or most recently) in a Manic Episode.
- b. The previous occurrence of at least one Major Depressive Episode, Manic Episode or Mixed Episode.
- c. Mood episodes are not better accounted for by psychotic disorders.
- d. All of the above.

17- In Bipolar II Disorder, major depressive episodes alternate with periods of:

- a. Hyperventilation.
- b. Hypomania.
- c. Hypothermia.
- d. Hypoxia.
- e.

18- A person initially presenting with an episode of mania is classified as:

- a. Unipolar
- b. Bipolar
- c. Affective disorder
- d. Personality disorder

19- Another term that has been previously used for bipolar disorder is

- A- Schizophrenia
- B- Paranoid schizophrenia
- C- Manic depression
- D- Multiple personality disorder

