

# Archive Of psychology/ final [ Wateen 2020 ]

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Q1: Family therapy is generally used to:

- 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 above.

Answer : d



Q2: mother rescues two of her four children from a house fire. In the emergency department. she cries. "I should have gone back in to get them. I should have died. not them." What is the nurse's best response?

- a. "The smoke was too thick. You couldn't have gone back in."
- b. "You're feeling guilty because you weren't able to save your children."
- c. "Focus on the fact that you could have lost all four of your children."
- d. "It's best if you try not to think about what happened. Try to move on."

Answer : b



Q3: client slammed a door on the unit several times. The nurse responds. "You seem angry." The client states. "I'm not angry." What therapeutic communication technique has the nurse employed and what defense mechanism is the client unconsciously demonstrating?

- a. Making observations and the defense mechanism of suppression.
- b. Verbalizing the implied and the defense mechanism of denial .
- c. Reflection and the defense mechanism of projection.

d. Encouraging descriptions of perceptions and the defense mechanism of displacement .

Answer : b

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Q4: Which therapeutic communication technique should the nurse use when communicating with a client who is experiencing auditory hallucinations?

- a. "My sister has the same diagnosis as you and she also hear voices."
- b. "I understand that the voices seem real to you. but I do not hear any voices."
- c. "Why not turn up the radio so that the voices are muted."
- d. "I wouldn't worry about these voices. The medication will make them disappear."

Answer : b

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Q5: student nurse tells the instructor, "I'm concerned that when a client asks me for advice I won't have a good solution." Which should be the nursing instructor's best response?

- a. "It's scary to feel put on the spot by a client. Nurses don't always have the answer."
- b. "Remember, clients, not nurses, are responsible for their own choices and decisions."
- c. "Just keep the client's best interests in mind and do the best that you can."
- d. "Set a goal to continue to work on this aspect of your practice."

Answer : b



Q6: The nurse asks a newly admitted client. "What can we do to help you?" Find the purpose of this therapeutic communication technique.

- a. To reframe the client's thoughts about a mental health treatment.
- b. To make the client calm.
- c. To explore a subject, idea, experience, or relationship.
- d. To communicate that the nurse is listening to the conversation.
- e. All of the following.

Answer : c



Q7: In Bulimia nervosa, the nonpurging sub-type, a behavior which is used to compensate for bingeing is :

- a. Exercise.
- b. Controlling intake of certain food types.
- c. Withdrawing from social interaction.
- d. Controlling carbohydrate intake .

Answer : a



Q8: Which of the following is a diagnostic criterion for anorexia nervosa :

- a. A refusal to maintain a minimal body weight.
- b. A pathological fear of gaining weight.
- c. A distorted body image in which, even when clearly emaciated, sufferers continue

to insist they are overweight.

d. All of the above .

Answer : d

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Q9: Some of the defining features of Social phobia are described in DSM-IV-TR as:

a. Individuals with social phobia experience concerns about embarrassment and are afraid that

others will judge them to be anxious, weak, “crazy”, or stupid.

b. They may fear public speaking because of concern that others will notice their trembling hands or

voice.

c. They may experience extreme anxiety when conversing with others because of fear they will

appear inarticulate.

d. All of the above.

Answer : d

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Q10: Which of the following is not considered a diagnostic feature of Anorexia Nervosa

a. Depressive symptoms.

b. Significant Weight Loss.

c. Body Image Distortion.

d. Fear of becoming fat .

Answer : a

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Q11: In Restricted Type anorexia nervosa, self starvation is NOT associated with which of the following?

- a. Concurrent purging .
- b. Socializing .
- c. Body dysmorphic issues.
- d. Eating only certain food types .

Answer : a

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Q12: In Binge-Eating/Purging Type anorexia nervosa, self-starvation is associated with:

- a. Not eating to help control weight gain .
- b. Not being bothered about weight gain .
- c. Regularly engaging in purging activities to help control weight gain .
- d. Eating only certain food types .

Answer : c

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Q13: In the DSM-IV-TR diagnostic criteria for anorexia nervosa, which of the following is considered to be a risk factor?

- a. Disturbance in the way in which one's body weight or shape is experienced .
- b. Undue influence of body weight or shape on self-evaluation .
- c. Denial of the seriousness of the current low body weight .
- d. All of the above .

Answer : d





Q14: In the 2000 film "Memento" the lead character, Leonard is unable to form new memories as a result of an earlier head injury caused by an assailant. This is known as:

- a. Retrograde memory dysfunction .
- b. Postevent memory dysfunction .
- c. Anterograde memory dysfunction.
- d. Antenatal memory dysfunction.

Answer : c



Q15: When interviewing a client, which nonverbal behavior should a nurse employ?

- a. Maintaining indirect eye contact with the client.
- b. Providing space by leaning back away from the client.
- c. Sitting squarely, facing the client.
- d. Maintaining open posture with arms and legs crossed .

Answer : c



Q16: Mental health is :

- a. absence of mental illness .
- b. Results in the difficulty in acting in rational thinking, communication skills, and learning.
- c. Results in the inability to engage in productive activities.

d. Defined as a successful performance of mental functions & very well.

Answer : d



Q17: A 35-year-old female has intense fear of riding an elevator. She claims “As if I will die inside.” The client is suffering from:

- a. Agoraphobia.
- b. Social phobia.
- c. Claustrophobia .
- d. Xenophobia .

Answer : c



Q18: A 67-year-old man presents to general medical clinic with a chief complaint of fatigue. He also reports poor concentration and a general sense of hopelessness. He denies any other symptoms. He feels as if these symptoms will never go away as they have been present for the past three years. His vital signs are within normal limits and a physical exam is unremarkable. A laboratory workup reveals that he is euthyroid. What is the most likely diagnosis?

- a. Cyclothymia .
- b. Major Depressive Disorder .
- c. Double Depression .
- d. Dysthymia .
- e. Bipolar Disorder.

Answer : d



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Q19: The symptoms of post-traumatic stress disorder (PTSD) include:

- a. Increased arousal
- b. Avoidance and numbing of emotions
- c. Re-experiencing
- d. All of the above

  
**Answer: D**

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Q20: Which of these examples of a therapeutic communication technique is gonna be effective in the planning phase of the nursing process?

- a. "We've discussed past coping skills. Let's see if these coping skills can be effective now."
- b. "Please tell me what brought you to the hospital."
- c. "This new approach was good for you. Keep it up."
- d. "I notice you hear noises that I do not hear."

Answer : a

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Q21: A client speaks to the nurse. "I feel bad because my mother wants me not to return home after leaving the hospital." Which nursing response is therapeutic?

- a. "It's quite common for clients to feel that way after a lengthy hospitalization."
- b. "Why don't you talk to your mother? You may find out she doesn't feel that way."
- c. "Your mother is like an understanding person. I'll help you."

d. "You feel that your mother does not want you to come back home.

Answer :d



Q22: A client on an in-patient psychiatric unit tells the nurse, "I should have died because I am totally worthless." In order to encourage the client to continue talking about feelings, which should be the nurse's initial response?

- a. "How would your family feel if you died?"
- b. "You feel worthless now, but that can change with time."
- c. "You've been feeling sad and alone for some time now?"
- d. "It is great that you have come in for help."

Answer : c



Q23: A client states, "You won't believe what my husband said to me during visiting hours. He has no right treating me that way." Which nursing response would best assess the situation that occurred?

- a. "Does your husband treat you like this very often?"
- b. "What do you think is your role in this relationship?"
- c. "Why do you think he behaved like that?"
- d. "Describe what happened during your time with your husband."

Answer : d



Q24: A clients younger daughter is ignoring curfew. The client states, I'm afraid she will get pregnant. The nurse responds, Hang in

there. Don't you think she has a lot to learn about life? This is an example of which communication block?

( making stereotyped comments )



Q25: During a nurse-client interaction, which nursing statement may belittle the clients feelings and concerns?

(Don't worry. Everything will be alright.)



Q26: A client on an inpatient psychiatric unit tells the nurse, I should have died, because I am totally worthless. In order to encourage the client to continue talking about feelings, which should be the nursing initial response?

(You've been feeling like a failure for a while?")



Q27: Which therapeutic communication technique should the nurse use

when communicating with a client  
who is experiencing auditory  
hallucinations?

(I understand that the voices seem real to you, but I do not hear any  
voices.)



Q28: Which nursing statement is a good example of the therapeutic  
communication technique of  
giving recognition?

(I notice you are wearing a new dress and you have washed your hair.)



Q29: Which example of a therapeutic communication technique would  
be effective in the planning  
phase of the nursing process?

(We've discussed past coping skills. Lets see if these coping skills can be  
effective now.)



Q30: A newly admitted client diagnosed with obsessive-compulsive disorder (OCD) washes hands continually. This behavior prevents unit activity attendance. Which nursing statement best addresses this situation?

(Lets figure out a way for you to attend unit activities and still wash your hands.)



Q31: A client diagnosed with dependent personality disorder states, Do you think I should move from my parents house and get a job? Which nursing response is most appropriate?

(Lets discuss and explore all of your options.)



Q32: What is the purpose of a nurse providing appropriate feedback?

(To give the client critical information )



Q33: Specific phobias are defined as:

(An excessive, unreasonable, persistent fear triggered by a specific object or situation.)



Q34: Fatima said, "Give me 10 minutes to remember the name of the doctor who failed the students in his subject :

(Preconscious )



Q35: impairment to execute motor functions despite intact motor abilities (i.e. Unable to transfer to sitting position:

(apraxia )



Q36: deterioration of language function (i.e. Difficulty with verbal expression.). Usually begins with the inability to name familiar objects or people and the progresses to speech that becomes vague or empty.

(aphasia)



Q37: When the individual is be unable to recognise everyday objects and name them correctly, this is known as :

(agnosia)



Q38: A disturbance of consciousness caused by a medical condition that develops over a very short period of time and is characterized by a change in cognition (such as a memory deficit or disorientation) and a reduction in the ability to focus, shift, or sustain attention, is known as

(delirium)



Q39: Which of the following would not be considered to reflect a deficit in executive functioning?

(failing to recognize objects or people)



Q40: Which episode is occur when there is more than 1 week of elevated, expansive, or irritable mood

(Manic episode)





Q41: 77-year-old woman presents to general medical clinic with a chief complaint of a depressed mood. She reports that she has been unable to sleep regularly for ten days. During this time, she has no interest in knitting or reading, two of her favorite hobbies. She feels guilty that she has not been able to improve her mood. She denies any suicidal ideations. Which of the following is true regarding the diagnosis of major depressive disorder in this patient?

(Insufficient duration and number of symptoms)



Q42: What is the mainstay treatment of schizophrenia?

(hospitalization)



Q43: A 17-year-old patient with a past medical history of recent marijuana use presents to her primary care physician for a routine check-up. Although the patient has been well-groomed on past visits, the patient is noticeably disheveled, with a strong odor and dirty clothes. When asked why she has come to the office, she responds, "I just returned from the moon." During follow-up questions, she seems distracted, often stopping in the middle of a sentence. Which of the following is most likely to denote a poor prognosis in this patient?

( Early age of onset)



Q44: When a son adopts the mannerisms of his father.

(That the fears of anxiety symptoms that are based on beliefs that such symptoms

have harmful consequences)



Q45: Generalized Anxiety Disorder (GAD) is a pervasive condition in which the sufferer experiences:

(Continual apprehension and anxiety about future events )



Q46: In Obsessive Compulsive Disorder (OCD) compulsions are:

(Repetitive or ritualized behavior patterns that the individual feels driven to perform

in order to prevent some negative outcome happening )



Q47: Counselling is a profession that aims to:

(A promote personal growth and productivity)



Q48: Consciously forcing painful or anxiety-

producing thoughts from memory is called

(suppression)



Q49: It is correct to state that for the treatment of Bulimia Nervosa:

(Fluoxetine is considered of benefit)



Q50: The nurse is preparing a patient for the termination phase of the nurse-patient relationship. The nurse prepares to implement which nursing task that is most appropriate for this phase?

( Making appropriate referrals )



Q51: Which of the following is a prominent characteristic of individuals with eating disorders?

(Low self esteem)



Q52: One of the most common features of neurological disorders are Language deficits and are collectively known as :

(Aphasias)

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Q53: A Neurological disorder that is characterized by impairments in motor performance and coordination are

known as :

(Apraxia )

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Q54:Mr Ali can't speak English so the doctor shows him pictures

( channel medium )

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Q55: Why we use a newer drug Risperdal or risperidone :

(doesn't have anticholinergic effects )

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