

# PSYCHOLOGY ARCHIVE

”FINAL” رَاقِبَة



**1. 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**

**2. 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**

**3. 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**

**4. 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**

**5. 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**



**6. 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

**7. : 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 )

**8. Which episode is occur when there is more than 1 week of elevated, expansive, or irritable mood?**

- a. Hypomanic episode
- b. Manic episode
- c. Depressive episode
- d. Psychotic episode

Answer: b

**9. It is correct to state that for the treatment of Bulimia Nervosa: Fluoxetine is considered of benefit**

**10. 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: a

**11. Why we use a newer drug Risperdal or risperidone :**

- a. doesn't have anticholinergic effects
- b. Has less extrapyramidal side effects
- c. Has less adrenergic effect

Answer: a

**12. In Obsessive Compulsive Disorder (OCD) compulsions are generally thought to be which of the following:**

- a. Repetitive or ritualized behaviour patterns that the individual feels driven to perform in order to prevent some negative outcome happening.**
- b. Repetitive thoughts about harming or distressing others.**
- c. Overwhelming desires to behave in an inappropriate fashion.**
- d. Ritualised worrying about negative outcome of events**

**Answer : A**

**13. impairment to execute motor functions despite intact motor abilities (i.e. Unable to transfer to sitting position.)**

- \*a. apraxia**
- b. Aphasia**
- c. Agnosia**
- d. disturbance in executive functioning**



**Answer: A**

**14. 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**

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

- a. reframe the client's thoughts about a mental health treatment**
- B. To make the client calm medications. They will really help."**
- c. To explore a subject, idea, experience, or relationship.**
- D. To communicate that the nurse is listening to the conversation**

**Answer : C**

**16. A 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**

**17. 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**

**18. Which of the following is a prominent characteristic of individuals with eating disorders:**

- a) High self esteem
- b) Low self esteem
- c) High levels of responsibility
- d) Narcissism

**Answer: A**

**19. 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**

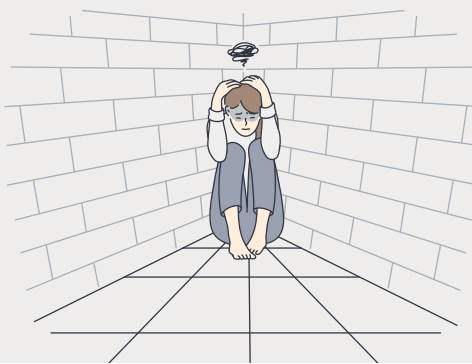
**20. Situation: An old woman was brought for evaluation due to the hospital for evaluation due to increasing forgetfulness and limitations in daily function The daughter revealed that the client used her toothbrush to comb her hair. She is manifesting:**

- A. apraxia
- B. aphasia
- C. agnosia
- D. amnesia

**Answer: C**

**Explanation:**

**This is the inability to recognize objects. A. Apraxia is the inability to execute motor activities despite intact comprehension. B. Aphasia is the loss of ability to use or understand words. D. Amnesia is loss of memory.**



**21. 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?**

- 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**

**22. 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**

**23. During a nurse-client interaction, which nursing statement may belittle the client's feelings and concerns?**

- 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."**

**Answer: A**

**Explanation :** This nursing statement is an example of the nontherapeutic communication block of belittling feelings. Belittling feelings occurs when the nurse misjudges the degree of the client's discomfort, suggesting a lack of empathy and understanding.

**24. 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.**

**Answer: C**



**25. 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.**

**Answer: B**

**26. 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.**

**Answer : D**

**27. 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.**

**Answer: B**

**28. A client is unable to get out of bed and get dressed unless a nurse prompts every step. This is an example of which**

**behavior?**

- a) echolalia**
- b) Avolition**
- c) alogia**
- d) Tangential**
- e. Echopraxia**

**Answer: B**

**Explanation, there is no motivation for the patient to get up unless he is encouraged by nurses.**

**29. a patient has major depressive disorder attempts twice to suicide. The doctor concludes that these suicidal attempts are results from:**

- A. Hallucinations**
- B. Patient is pushed to suicide by others**
- C. Feeling of worthlessness and helplessness**

**Answer: C**



30. A student's father is working as a teacher, he was very strict with students so they don't make noise at all. When this student becomes a teacher also, he thinks that he is strict like his father but actually he is not. The defense mechanism that is applied here is:

- A. Identification
- B. Deinal
- C. Isolation
- D. Suppression
- E. Projection

Answer: A

31. Janat has an air travel phobia , and she is treating in psychiatric care hospital , which statement describes if the treatment is successful?

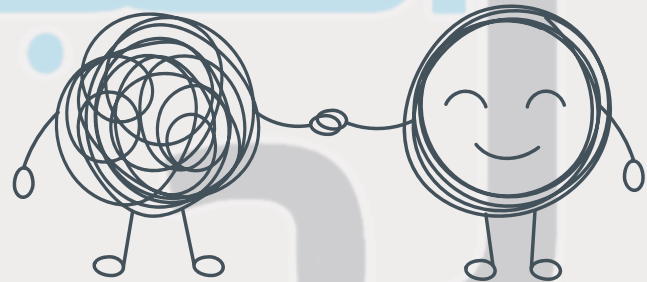
- A) she plans to air travel
- B) try short air trip above the city
- C)recognise unrealistic nature of her fear
- D) verbalise decreased fear

Answer:\*\*\*

32. Patient is treating by ( drug name ) as an anti anxiety, what should caregiver keep track in patient?

- A. medication blood level weekly
- B. sedation levels
- C. malignant hyperthermia
- D. Increased heart rate
- E. All of the above

Answer:\*\*\*



33. Hanady is about to cry when coming blood from her father , she thinks that is not real , what is the defense mechanism?

- A. Identification
- B. Deinal
- C. Isolation
- D. Suppression
- E. Projection

Answer: B

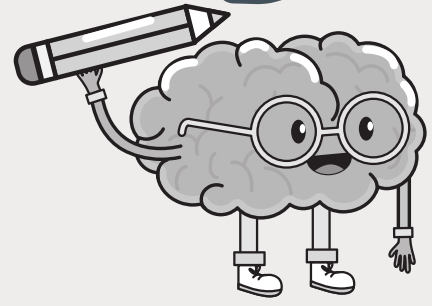
34. Patient with catatonic schizophrenia, best behaviour to deal with him

- A. give him his physical needs
- B. allow him to express his behaviours
- C. treatment with lithium
- D. keep him lonely in a wide room
- E. all of the above

Answer: A

Explanation: الدكتور هيك جاوب السؤال وبرضو ما بنفع آخر خيار لأنه الليثيوم مش دواء مناسب





35. One of the major drug therapies for Bipolar disorder is:

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

Answer: B

36. Which of the following is a chronic mood disturbance that can cause depressive symptoms, but does not disrupt normal function?

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

Answer: B

37. 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.

Answer: C

38. 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.

Answer: D

39. In Bipolar II Disorder, major depressive episodes alternate with periods of:

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

Answer: B

وإنه ليُقضى بالذِّكر ما لا يُقضى بالفكر!  
ضع يدك على صدرك، وأغمض عينيك، وردِّد في  
يقين: الله كريم، الله كريم، الله لطيف بعباده.. فلا  
تخف ولا تحزن.  
تلك القلوب ضعيفة ومسكينة وجبانه، ولن تطمئن  
إلا بذكر الله سبحانه  
{ألا بذكر الله تطمئن القلوب}

