



THE MEDIC COLLECTIONS: PSYCHIATRY

Demonstration edition



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PREAMBLE

THE MEDIC COLLECTIONS is a project by the students of medical school for the students of medical school. The hope is that revision can be made more efficient across all medical school by making it more orderly and coordinated. To help in any way, you can get in touch with any the contacts listed below.

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ESSAY (Answer ALL Questions)

1. Mr. Otieno, a 45 year old Accountant comes to the out patient department with symptoms suggestive of depression. His wife died 10 months ago.
 - a) List the clinical features of depression. (5 marks)
 - b) What are the possible differential diagnoses (5 marks)
 - c) How would you differentiate abnormal grief reaction from depression (5 marks)
 - d) How would you manage this patient? Assume that the patient is suffering from a major depressive illness. (10 marks)

2. A 20 year student presents to you with episodes of what appears to be unusual "Fits." The nurse on duty informs you that they have been seeing several students from the same school suffering from the same condition. The student is accompanied by a classmate, mother, & class teacher
 - a) What history would you ask accompanying people to confirm a diagnosis of conversion disorder. (7 marks)
 - b) What are the symptoms and signs of conversion disorder. (7 marks)
 - c) How do convulsions in conversion disorder differ from those of epilepsy. (5 marks)
 - d) Outline the management of conversion disorder. (5 marks)

3. Mr. Abuto, a 24 year old university student is brought to you by colleagues after he fought another student. He informs you that he fought the student because she has been discussing him with other students, alleging that he is a homosexual. The patient also complains that there is a gadget put in his brain to monitor his thoughts. He sometimes feels that his thoughts are withdrawn, and broadcasted. At other times the gadget inserts foreign thoughts into his brain.
 - a) What is the most likely diagnosis in this patient. What would be a differential. (5 marks)
 - b) What questions would you ask to confirm your diagnosis. (10 marks)
 - c) Outline the clinical features of the condition he is suffering from. (5 marks)
 - d) Outline management of the patient. (5 marks)

4.
 - a) Outline the anxiety disorders list under the DSMIV classification. (5 marks)
 - b) List the clinical features of post traumatic stress disorder (10 marks)
 - c) List the clinical features of Generalized anxiety disorder. (10 marks)

1. Evaluation of thyroid function may be particularly helpful in the diagnosis and treatment of which of the following conditions:
- a) Phobic disorder
 - b) Schizotypal personality disorder
 - c) Major depression
 - d) Schizophrenia
 - e) None of the above

- ~~2.~~ The importance of an objective history is demonstrated in establishing the diagnosis of sleep apnea. The patient's bed partner, through not necessarily the patient, is likely to report all the following EXCEPT: *though,*
- a) Agitated behaviour ✓
 - b) Loud snoring ✓
 - c) Sleep walking ✓
 - d) Gasping ✓
 - e) Bed wetting

3. Brain imaging techniques, such as compute tomography (CT) would be most useful in evaluating
- a) Bipolar disorder
 - b) Schizophrenia
 - c) Panic disorder
 - d) Alzheimer dementia → cortical atrophy esp. over parietal & temporal lobes and ventricular enlargement
 - e) Sleep apnea → atrophy of grey matter

4. Which of the following disorders has the most frequently positive family history?
- a) Post-traumatic stress disorder
 - b) Social phobia
 - c) Bipolar disorder
 - d) Generalized anxiety disorder = \$
 - e) Somatoform disorder

- ~~5.~~ Which of the following descriptions fits people who are at particular risk to commit suicide?
- a) They rarely communicate their intent^α
 - b) They seldom have close family members who died by suicide^α X
 - c) They are almost always psychotic ✓
 - d) They rarely have history of previous suicide attempts^α
 - e) None of the above

6. A delusion can be defined as a
- a) False belief that meets specific psychological needs
 - b) Perceptual misrepresentation of a sensory image
 - A c) Perceptual representation of a sound or object not actually present
 - d) View point able to be changed when convincing evidence to the contrary presented
 - e) Dissociative reaction

Lucia has brought her 75 year old father to the out patient medical clinic. Previously an organized man he has been noticed to be unconcerned about order. He is also rude and has been embarrassing his family by loudly uttering rude comments. You suspect that he suffers from dementia

- a) What are the differential diagnosis. (5 marks)
- b) What psychosocial history would you like to ask. (5 marks)
- c) What investigations would you like to do. (5 marks)
- d) Outline the clinical features of dementia (5 marks)
6. a) Outline the (DSMIV classification) features of drug dependence. (7 marks)
- b) List the necessary investigations in a patient with alcohol dependence. (7 marks)
- c) Outline the management of alcohol dependence. (10 marks)
7. A 25 year old woman, Njeri gave birth a week ago. She is brought to the outpatient department by the husband because he found her crying with the baby laid on the floor next to an assortment of knives she was mumbling something about "sacrifice". The medical registrar has examined Njeri and declared that she has illness. The psychiatrist on call has been called and she has requested you to assess Njeri before she arrives
- a) What is the most likely psychiatric diagnosis. Give reasons. What are the differential diagnoses. (10 marks)
- b) What additional information would you ask the husband. (5 marks)
- c) Discuss with psychiatrist your management plan. (10 marks)

7. Calculation of an IQ score requires knowledge of an ^{patient's} ~~examiner's~~
- a) Mental age and educational level
 - b) Chronologic age and education level
 - c) Mental age and chronologic age
 - d) Mental age, chronologic age, and educational level
 - e) Mental age and psychiatric history

For Questions 8 - 9

The format for the reporting of diagnosis detailed by the Diagnostic and statistical manual of the American Psychiatric Association (DSM-V) is multiaxial. Each case is assessed along several axes, each of which is descriptive of a different class of information.

8. The presence of a personality disorder would be reported on
- a) Axis I - *Clinical diagnosis*
 - b) Axis II - *Personality disorder, mental disorder*
 - c) Axis III - *General medical conditions*
 - B** d) Axis IV - *Psychosocial & environment*
 - e) Axis V - *Global assessment of less - in doctor*
9. A physical illness that was relevant to ^{either} ~~either~~ diagnosis or management would be reported on
- a) Axis I
 - C** b) Axis II
 - c) Axis III
 - d) Axis IV
 - e) Axis V
10. The mental status examination includes all the following EXCEPT:
- D** a) Thought process
 - b) Mood and affect
 - c) State of consciousness
 - d) Family history
 - e) Memory
11. A person sitting alone and behaving as if listening intently suddenly begins to nod and mutter aloud. This person most likely is experiencing
- a) A delusion
 - b) An illusion
 - C** c) A hallucination
 - d) An idea of reference
 - e) A flight of ideas

12. The condition of "Waxy flexibility" is encountered during the physical examination of patient with

- a) Alcoholic hallucination
- b) Mania
- c) A hallucinations
- d) Delirium tremens
- e) Schizophrenia

E

cataplexy
catatonia

13. The capacity to formulate concepts and generalize them is called

- a) Concrete thinking
- b) Abstract thinking
- c) Delusional thinking
- d) Intellectualization
- e) Rationalization

B

lost in schizophrenia.
(concrete thinking)

For Questions 14 - 17 match the following:

15 A) Magical thinking

16 B) Blocking

14 C) Looseness of associations / Derailment

D) Derealization - a distortion in perception of external world so he it seems strange - people may see unfamiliar

17 E) Depersonalization

14. Discontinuous and illogical stream of thoughts **C** Looseness of associations

15. A belief that thought alone can result in the accomplishment of certain wishes or activities. **A** Magical thinking

16. Student cessation of thinking in the middle of a discussion or sentence. **B** Blocking

17. The feeling that one is standing apart from oneself and observing ones own actions. **E**

18. All the following statements about rapid eye movement (REM) sleep are true EXCEPT:

a) REM sleep is associated with hypotonia ✓

b) The amount of REM sleep declines between adolescence and old age ✓

c) REM sleep is the only state in which dreams occur **C**

d) A person is more apt to awaken after REM than non-REM (NREM) sleep.

e) Penile erections commonly occur during REM sleep ✓

* 19. Sleepwalking is correctly characterised by all the following statements EXCEPT:

a) It occurs most frequency late in the sleep cycle ✓

b) It often disappears as the person reaches adolescence or adulthood ✓

c) It occurs during the same period of sleep cycle as sleep terrors ✓ deep non rem

d) It is associated with difficulty in awakening the sleepwalker ✓

e) It is associated with full amnesia for the event ✓

- a) Usually from poor families ✓
- b) Most frequently affected from ages 6 to 8 ✓
- c) Commonly born to parents who were themselves abused
- d) Most often abused by their fathers ✓
- e) Most frequently female ✓

21. The state of cataplexy ^{Previous} ^{conscious} ^{sudden bilateral loss of muscle tone triggered by strong emotional reaction} ^{seconds to several minutes} ^{last few minutes}

- a) May be precipitated by an orgasm ✓
- b) Is associated with unconsciousness ✓
- c) Involves a sudden increase in general muscle tone ✓
- d) Often lasts for 1 to 24 ✓
- e) Is usually treated with narcoleptics ✓

22. Hypothalamic function is closely related to all the following EXCEPT

- a) Sleep ✓
- b) Appetite ✓
- c) Memory ✓
- d) Sexual behaviour ✓
- e) Fear ✓

23. The Kluver-Bucy syndrome is characterized by

- a) Compulsive anal activity ✓
- b) Rage attacks ✓
- c) Hypersexuality ✓ ^{visual agnosia} ^{oral tendencies} ^{emotional lability} ^{hypermetamorphosis}
- d) Hypophagia ✓
- e) Catalepsy ✓

24. The majority a mentally retarded persons are classified as mildly retarded, with IQs on standard psychological tests of

- a) Below 24 ✓
- b) 25 to 39 ✓
- c) 40 to 54 ✓ ^{mild 50-55-70}
- d) 55 to 69 ✓ ^{mod - 35-40-50-55}
- e) 70 to 95 ✓ ^{sever - 20-25-35-40} ^{profound - 1-20-25}

25. All the following drugs are commonly used in the treatment of attention deficit disorder EXCEPT:

- a) Lorazepam ✓
 - b) Amphetamine ✓ ^A
 - c) Methylphenidate ✓
 - d) Pemoline ✓ ^{cris et}
 - e) Imipramine ✓ ^{TCA}
- 1st Methylphenidate
amphetamine
Dextro
- 2nd Imipramine
Desipramine
Bupropion

26. Psychiatric features commonly found in patients with Addison's disease include the following EXCEPT:

- a) Depression
- b) Memory impairment
- c) Irritability
- d) Excessive energy
- e) Anxiety

27. The most common cause of dementia in the elderly is

- a) Multiple cerebral infarcts
- b) Normal pressure hydrocephalus
- c) Alzheimers disease
- d) Huntingtons disease
- e) Hardening of cerebral arteries

28. The most common psychiatric disturbance associated with Cushing's syndrome is

- a) Depression
- b) Psychosis
- c) Organic mental disorder
- d) Mania
- e) Anxiety neurosis

29. Which of the following statements regarding thought disorder is true?

- a) It is invariably found in schizophrenia
- b) It is sometimes exhibited by patients with mania
- c) It is sometimes exhibited by patient's panic disorder
- d) It is reflected in the speech but not the written communication schizophrenia
- e) It is a phenomenon of schizophrenia first described by Sigmund Freud

* 30. Which of the following statements about visual hallucinations is true

- a) They are common than auditory hallucinations in schizophrenia
- b) They are also always frightening to the patients
- c) They are more common in schizophrenia than in organic brain disorder
- d) They are a common occurrence in schizotypal personality disorder
- e) None of the above

31. Clozapine (clozaril) is a drug used to relieve chronic symptoms of

- a) Bipolar disorder
- b) Major depression
- c) Chronic schizophrenia
- d) Alzheimer's disease
- e) Panic disorder

32. The most common side effects associated with clozapine include all the following EXCEPT:
- a) Extrapiramidal effects'
 - b) Sedation
 - c) Agranulocytosis ✓
 - d) Hypersalivation ✓
 - e) Seizures ✓
33. Which of the following drugs may induce a psychosis that is easily confused with, or misdiagnosed as, paranoid schizophrenia
- a) Barbiturates
 - b) Heroin
 - c) Benzodiazepines
 - d) Amphetamines, LSD, cocaine ✓
 - e) Chlorpromazine.
34. In the criteria set forth by DSM-IV. Which of the following would distinguish schizophrenia from a manic episode?
- a) The schizophrenic patient will exhibit evidence of a thought disorder
 - b) The manic patient is persistently elated, whereas the schizophrenic patient displays blunted, flat, or inappropriate affect
 - c) The schizophrenics psychosis is most often treated with neuroleptic medication
 - d) The schizophrenic psychosis is episodic while mania is generally continuous.
 - e) None of the above
35. The statements about delusional disorder include all the following EXCEPT:
- a) Delusional disorder is highly related to schizophrenia disorder ✓
 - b) Delusional disorder is unrelated to depressive disorder ✓
 - c) Premorbidity the patient tend to be more extroverted. ✓
 - d) The incidence is equal in homosexual and heterosexual pensions ✓
 - e) The delusions are well systematized and non bizarre. ✓
36. Studies of bipolar illness show an average concordance rate in monozygotic twins of about.
- a) 5 percent
 - b) 20 percent
 - c) 50 percent 70%
 - d) 80 percent
 - e) 95 percent

37. 27 year old woman seeks evaluation for her "depression" in an outpatient clinic. She reports episodic feeling of sadness since adolescence. Occasionally she feels good, but these periods seldom last more than 2 weeks. She is able to work but thinks she is not doing as well as she would. In describing her problems she seems to focus more on repeated disappointments in herself than on discrete depressive symptoms. In your differential diagnosis at this point, the most likely diagnosis is
- a) Major depression
 - b) Adjustment disorder with depressed mood
 - c) Cyclothymia
 - d) Childhood depression
 - e) Dysthymia

For Questions 38 – 39

One month after her mother's death from chronic heart disease, a 25 year woman with no prior psychiatric history has the onset of irritability, difficulty concentrating, sudden fits of crying, and difficulty falling asleep

38. The most likely diagnosis would be
- a) Major depression ~~✓~~
 - b) Dysthymia ~~✓~~
 - c) Posttraumatic stress disorder ~~✓~~
 - d) Uncomplicated bereavement
 - e) Adjustment disorder ~~✓~~
39. Appropriate possible treatment approaches include all the following EXCEPT
- a) Antidepressant medication
 - b) Neuroleptic medication
 - c) Short-term psychodynamic psychotherapy
 - d) Support groups
 - e) Cognitive psychotherapy
40. The cognitive functioning of a person with a major depression is often characterised by all the following manifestations EXCEPT
- a) Bizarre association.
 - b) Suicidal ideation
 - c) Obsessive rumination
 - d) Concentration impairment
 - e) Memory impairment
41. The basis for the therapeutic effect of electroconvulsive therapy (ECT) is
- a) Seizure activity
 - b) Electrical stimulation of the brain
 - c) Memory loss ~~✓~~
 - d) The depressed patient's wish for punishment ~~✓~~
 - e) The depressed patient's attitude toward ECT ~~✓~~

- "Maternity blues" is accurately characterized by which of the following:
- a) It is more acute than postpartum depression
 - b) It is usually a chronic and relapsing syndrome
 - c) It affects 50-80 percent of all new mothers ✓
 - d) It is characterized by persistent apathy ✓
 - e) It is not associated with sleep disturbance ✗
43. While delusions of any variety can occur in major depressive disorder with psychotic features, the most common delusions are
- a) Mood-incongruent
 - b) Mood-congruent
 - c) Mood-unrelated
 - d) Mood-controlling
 - e) None of the above
44. A 55 year old, married professor without a previous psychiatric history is in her early in the menopause. In addition to experiencing "hot flashes" and some irritability, she complains of episodes of dizzy spells and memory lapses, which she had experienced on several occasions earlier in life. She denies depressive symptoms either now or in the past. In particular, we would evaluate her for possible
- a) Schizophrenia ✗
 - b) Major depression ✗
 - c) Psychomotor epilepsy
 - d) Dysthymia ✗
 - e) Panic disorder ✗
45. A diagnosis of bipolar disorder might be appreciated for patients who have all the following EXCEPT:
- a) Recurrent depressions and history of mania ✓ B. bipolar II
 - b) Recurrent depressions without a history of mania
 - c) Mania now and a history of a depressive episode ✓ B. bipolar II
 - d) Mania now without a history of past affective disturbance B. bipolar I
 - e) A history of several manic episodes without depressions B. bipolar I
46. Cyclothymia is distinguished from major affective disorder primarily by
- a) Family history ✗
 - b) An absence of chronicity ✗
 - c) Age of onset ✗
 - d) Severity and duration of symptoms
 - e) Preexisting personality pattern ✗
47. True statements of about depression that occurs concomitantly with a medical illness include all the following EXCEPT:
- a) It may be the result of medication ✓
 - b) It is usually unresponsive to antidepressant medication ✓
 - c) It may not be related to the medical illness to appear ✓
 - d) It may be the first symptom of medical illness to appear ✓
 - e) It may have the same signs and symptoms as endogenous depression ✓

48. Which of the following disorders is an absolute contraindication to the use of electroconvulsive therapy (ECT)

- a) Aortic aneurysm
 - b) Brain tumor
 - c) Coronary artery disease
 - d) Pregnancy
 - e) None of the above
- Relative risk patient E

49. Characteristically the personality disorders

- a) Are minor disturbance that respond quickly to treatment
- b) Cause little impairment in adaptive functioning
- c) Rarely cause any subjective distress
- d) Are usually evident by adolescence
- e) Often have periods of remission up to 1 year

50. The most common finding in patients with factitious disorder is

- a) An associated major mental disorder
- b) An aggressive, assertive personality style
- c) Frequent signing out of hospitals
- d) Self-administered injection or self medication
- e) Lack of medical training

Directions: For Questions 51 – 55 each question below contains four suggested responses of which one or more is correct. Select

- A if 1, 2, and 3 are correct
- B if 1 and 3 are correct
- C if 2 and 4 are correct
- D if 4 is correct
- E if 1, 2, 3 and 4 are correct

51. Schizoid personality disorder is differentiated from schizotypal personality disorder

- 1 a) An absence of close relationships and friends
 - 2 b) Constricted affect - Schizotypal - Schizoid - E - Fact
 - 3 c) Avoidance of social situations
 - 4 d) An absence of oddities of behaviour perception, and speech
- 113, 4

52. The circumplex model is useful in making the diagnosis of which of the following conditions

- 1 a) Schizophrenia
- 2 b) Anxiety disorder
- 3 c) Somatoform disorders
- 4 d) Personality disorders

53. Medical complications commonly found in bulimia nervosa include

- 1 a) Hypokalemic alkalosis
- 2 b) Paratoid gland enlargement
- 3 c) Cardiac arrhythmias or failure
- 4 d) Gastric dilation

54. Anorexia nervosa is characterized by which of the following

- 1 a) An intense fear of obesity ✓
- 2 b) Distorted body image "feeling fat" even when emaciated ✓
- 3 c) Refuse to maintain weight over minimum normal weight ✓
- 4 d) Weight loss of less than 85 percent body weight ✓

A A 11213
A

55. Persons with antisocial personality disorder typically do which of the following:

- 1 a) Convey an impression of intelligence of psychiatric examiners ✓
- 2 b) Explain their behaviour away with an appropriate expression of feeling ✓
- 3 c) "Burn out" (i.e. remit) by mid adulthood ✓
- 4 d) Respond to a brief course of limit-setting psychotherapy ✓

B
3

B

56. The statements about disulfiram (Ant abuse) include all the following EXCEPT

- a) It interferes with the metabolic breakdown of ketones ✓
- b) It may cause a reaction from the use of after-shave lotion ✓
- c) It becomes fully effective only 12 hrs after ingestion ✓ *5-10 min effective*
- d) It may cause a reaction up to 2 week after it is discontinued ✓
- e) It may cause a toxic psychosis unrelated to alcohol ingestion ✓

For Questions 57 - 59

A 35 year old man stumbles into the emergency room. His pulse is 100 beats per minute, his blood pressure is 170/95 mm/Hg and he is diaphoretic. He is tremulous and has difficulty relating history. He does admit to insomnia the past two nights and thinks a curtain is a ghost in the room. He also states he has been a drinker since age 19, but has not had a drink in 4 days.

57. The most likely diagnosis is

- a) Adjustment disorder
- b) A typical psychosis
- c) Alcohol withdrawal delirium (delirium tremens) ✓
- d) Alcohol intoxication
- e) Alcohol idiosyncratic intoxication

C

58. Initial drug treatment usually includes

- a) Haloperidol 10 mg IM
- b) Chlorpromazine 50 mg IM
- c) Lithium 300 mg PO
- d) Chlordiazepoxide 50 mg PO ✓
- e) Imipramine 50 mg PO

D

59. Appropriate follow-up treatment for this patient would include all the following EXCEPT
- a) Complete history and physical examination with emphasis on hepatic, gastrointestinal and neurologic functioning ✓
 - b) Psychological assessment to identify social or environmental stressors contributing to the problem ✓
 - c) Social assessment to identify social or environmental stressors contributing to the problem ✓
 - E d) Referral to Alcoholics Anonymous (AA) ✓
 - ~~e) Fluphenazine deaconate (moderate) 1 ML IM, with an appointment to his local mental health clinic for follow up. *Schizophrenia*~~
60. The diagnosis of alcohol dependence includes all the following EXCEPT:
- a) Impaired social or occupational functioning ✓
 - b) The need for daily drinking to function adequately ✓
 - ~~c) Lack of tolerance for alcohol~~
 - C d) An inability to cut down or stop drinking ✓
 - e) Pathological use of alcohol ✓
61. Abnormalities found in the offspring of women who abuse alcohol during pregnancy include all the following EXCEPT
- a) Low birth weight ✓
 - b) Microcephaly and maxillary hypoplasia ✓
 - c) Mental retardation ✓
 - D ~~d) Excessively placed intelligence~~
 - e) Cardiac anomalies ✓
62. All the following drugs are used in pharmacologic treatment of ethanol withdrawal EXCEPT
- a) Benzodiazepines ✓
 - b) Carbamazepine ✓ C
 - C ~~c) Amphetamines~~
 - d) Beta-adrenergic blocking drugs ✓
 - e) Antipsychotic ✓
63. Wernicke-Korsakof syndrome is seen in chronic alcohol abuse and is characterized by all the following characterized by all the following symptoms EXCEPT
- a) Ataxia ✓
 - b) Nystagmus and paralysis of certain ocular muscles ✓
 - c) Confabulation ✓
 - ~~d) Loss of remote memory~~
 - D e) Confusion ✓

60. Which of the following statements regarding delusion is true:
- a) Delusions are also exclusively found in schizophrenia
 - b) Delusions of grandiosity are rarely encountered except in mania **B**
 - c) Delusions involved disturbances of cognition
 - d) Delusions involve a disturbance of perception
 - e) Delusions are a type of hallucinations
61. Which of the following statements about visual hallucinations is true:
- a) They are common than auditory hallucinations in schizophrenia
 - b) They are also always frightening to the patients
 - c) They are more common in schizophrenia then in organic brain disorder
 - d) They are a common occurrence in schizotypal personality disorder **E**
 - e) None of the above
62. Clozapine (Clozaril) is a drug used to relieve chronic symptoms of:
- a) Bipolar disorder
 - b) Major depression
 - c) Chronic schizophrenia **C**
 - d) Alzheimers disease
 - e) Panic disorder
63. The most common side effects associated with clozapine include all the following EXCEPT:
- a) Extrapyrimalidal effects
 - b) Sedation
 - c) Agranulocytosis **A**
 - d) Hypersalivation
 - e) Seizures
64. Which of the following statements is true about the likelihood of relapse in the long-term treatment of schizophrenia with neuroleptic medication?
- a) Relapse is more likely with oral than injectable neuroleptics
 - b) After 1 year of relapse rate is about one-third
 - c) The relapse rate is higher in more intelligent patients
 - d) Nearly all patients will relapse within 5 years
 - e) None of the above
65. In the criteria set youth by DMS IV which of the following would distinguish schizophrenia from a manic episodes?
- a) The schizophrenic patient will exhibit evidence of a thought disorder
 - b) The manic patient is persistently elated; whereas the schizophrenic patient displays blunted, flat or inappropriate affect **B**
 - c) The schizophrenic's psychosis is most often treated with neuroleptic medication
 - d) The schizophrenic's psychosis episodes which mania is generally continuous
 - e) None of the above

Delirium tremens, which can develop in persons who abstain from drinking after prolonged period of alcohol use, is characteristically associated with all the following EXCEPT

- a) Bradycardia
- b) Tremor ✓
- c) Vivid visual hallucinations ✓
- d) Disorientation to time and place ✓
- e) A course of 3 to 7 days ✓

For Questions 65 - 68
Match the following

- a) Tolerance
- b) Potentiation
- c) Withdrawal
- d) Dependence
- e) Addiction

- ✓ 65. A repertoire of behaviours that maintain drug use. ~~A~~ E D
- ✓ 66. Requirement of a larger dose of the drug to obtain the same effect A
- ✓ 67. A physiologic states that follow cessation of or reduction in drug use D
- ✓ 68. A syndrome of clinically significant symptoms following cessation of substance use ~~C~~ E
- 69. In psychoanalytic theory, the phenomenon of transference
 - a) Occurs only in the relationship between the therapist and the patient
 - b) Impedes the progress of therapy because it distorts reality
 - c) Make it difficult to reconstruct the patients past
 - ~~d)~~ Involves the unconscious imposition of the experience of a past relationship on to a present one D
 - e) It manifested primarily in the patients dreams
- ~~70~~ 70. The psychotherapy of personality disorders is made more difficult by the fact that character traits are usually
 - ~~a)~~ Ego-dystonic
 - ~~b)~~ Ego-syntonic B
 - c) Unrelated to conflict
 - d) So difficult to identify
 - e) Unrecognized by important persons in the patient's life
- ~~71~~ 71. In psychoanalytic psychotherapy the occurrence of countertransference is
 - ~~a)~~ Inevitable to the process
 - ~~b)~~ Almost always harmful to the process
 - c) A sign that the patient should be referred to another therapist
 - ~~d)~~ A sign that the therapist is excessively neurotic
 - ~~e)~~ An indication that the therapist dislikes the patient C

72. In general group therapy is intended to enable individuals to ^{achieve} enable the following EXCEPT

- a) ~~Learn new models of behaviour~~ ✓
- b) ~~Discuss Disorder that their problems of behaviour~~ ✓
- c) ~~Develop a sense of belonging~~ ✓
- d) ~~Develop "basic trust"~~ ✓
- e) ~~Change their behaviour to comply with group models~~ ✓

73. Which of the following drugs has shown the greatest efficiency in the treatment of obsessive compulsive disorder?

- a) ~~Alprazolam (Xanax)~~ ✓
- b) ~~Clomipramine (Anafranil)~~ ✓
- c) ~~Propranolol (Inderal)~~ ✓
- d) ~~Phenobarbital~~ ✓
- e) ~~Lithium~~ ✓

74. The anticholinergic syndrome may occur with overdoses of all the following drugs EXCEPT

- a) ~~Tricyclic antidepressants~~ ✓
- b) ~~Antipsychotics~~ ✓
- c) ~~Antihistamines~~ ✓
- d) ~~Antiparkinsonian agents~~ ✓
- e) ~~Anticholinesterase drugs~~ ✓

75. Early central nervous system signs of lithium toxicity include all the following EXCEPT

- a) ~~Seizures~~ ✓
- b) ~~Ataxia~~ ✓
- c) ~~Tremor~~ ✓ *most common adverse effect, occurs at therapeutic levels*
- d) ~~Confusion~~ ✓ *& withdrawal*
- e) ~~Dysarthria~~ ✓

For Questions 76 - 77

A psychiatrist is called into evaluate a wealthy 85-year-old man who is drawing up a new "last will" and is concerned that it might be challenged after his death on the basis of possible reduced mental capacity

76. The psychiatric evaluation would be for the purpose of determining the patient's

- a) ~~Sanity versus insanity~~ ✓ *capacity to make a valid will*
- b) ~~Testamentary capacity~~ ✓ *legal term of art used to describe a person's legal and mental ability to make or alter*
- c) ~~Ability to distinguish right from wrong~~ ✓
- d) ~~Judgemental capacity~~ ✓
- e) ~~Insight~~ ✓ *understand what will is*

77. The essential components of a valid will include all the following EXCEPT
- a) ~~The absence of any axis 1 diagnosis~~
 - b) Knowledge of the nature and extent of ones assets ✓
 - c) ~~Knowledge of relatives and natural heirs~~
 - d) Knowledge that a will is being made ✓
 - e) Freedom from undue influence ✓
78. A 69 year old man is suspected of having an acute onset of multiple small infarcts. The finding on mental status examination that would be most supportive of this diagnosis
- a) ~~A change in cognitive functioning~~
 - b) Depressed mood ✓
 - c) Inappropriate affects ✓
 - d) Delusional thinking ✓
 - e) Anxiety ✓
79. Organic mental disorders typically are characterized by
- a) ~~Mental confusion, disorientation and memory loss~~
 - b) Mental confusion auditory hallucination and thought disorder ✓
 - c) Depression, auditory hallucinations and disorientation ✓
 - d) Depression visual hallucinations and thought disorder ✓
 - e) Depression, grandiosity and sleep disorder ✓
80. The syndrome of delirium is usually characterized by the following EXCEPT
- a) Inattention ✓
 - b) Illusions ✓
 - c) ~~Clouded consciousness~~
 - d) ~~Elated mood~~
 - e) Visual hallucinations ✓

→ vascular dementia

→ conditions with demonstrable pathology in CNS
 Alzheimers → most common dementia

disturbed consciousness, with reduced ability to focus, sustain to shift attention.

D

- 15) What other symptoms and signs would help you to confirm diagnosis of anxiety disorder? (5 marks)
- b) What other different types of anxiety disorders would you be seeking to rule-out? (5 marks)
- c) What psychosocial problems would you wish to enquire about in this case? (5 marks)

d) From your discussion with a psychiatrist she determines that the patient is suffering from generalized anxiety disorder. She would like to treat the patient using cognitive behavioural therapy. She would like to explain this therapy to the patient since she has been called for another emergency. What would you tell the patient? (10 marks)

Amadi has brought his 70 year old mother to the outpatient medical clinic. Previously a neat woman she has been noticed to be unconcerned about her appearance of late. She also made rude comments embarrassing everyone at a wedding party last Saturday. When she stated that she did not think highly of the bridegroom. You think that she could be suffering from dementia.

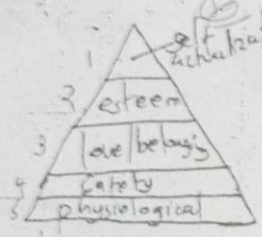
- a) What psychosocial history would you like to ask? (5 marks)
- b) What are two differential diagnoses? (5 marks)
- c) What investigations would you like to do? (5 marks)
- d) Briefly describe the causes and management of dementia. (10 marks)

Causes - vascular - HIV enceph, infections - HTV, trauma, malignancy - DM, idiop - Alzheimer, Neuro - senile, N. comp, benign, malignant

Management - cholinesterase inhibitors, MAO-B inhibitors, antidepressants, antipsychotics, mood stabilizers, cognitive therapy, repetitive reassurance, redirection

10/11/2011

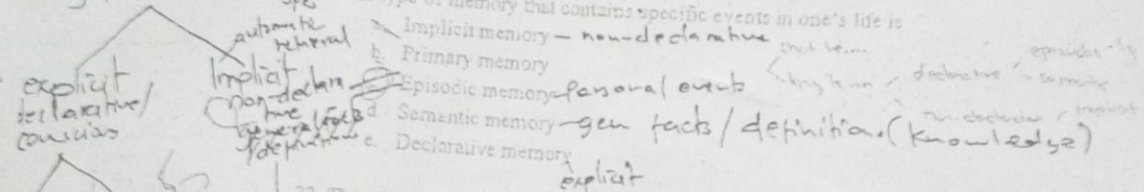
MBChB 2015 - END OF YEAR



- In Maslow's hierarchy of needs the highest level is
- a. Self-esteem ③
 - b. Survival
 - c. Self-actualisation ①
 - d. Cognitive activity
 - e. Safety ④

Self-actualisation	Self-actualisation	Deficit need
Esteem	Esteem	Deficit need
Love/Belonging	Love/Belonging	Deficit need
Safety	Safety	Deficit need
Physiological	Physiological	Deficit need

Long term memory types



22. The schedule of reinforcement that results in the strongest response is

- a. Continuous reinforcement
 - b. Fixed interval reinforcement
 - c. Fixed ratio reinforcement
 - d. Variable interval reinforcement
 - e. Variable ratio reinforcement
- ① Continuous
② Intermittent

23. Which of the following is false with regard to learned helplessness?

- The punishment is contingent on the action
- It was first described by Seligman
- It results from a failure to escape from the stressful situations
- It was demonstrated in animal experiments
- It can be used to describe the behaviour of people who are depressed

24. Anxiety - mental apphrension

- Is associated with the awareness of being nervous or frightened
- May occur without physiological sensations
- Is a response to known external threat
- Tends to sharpen concentration
- Tends to increase recall

25. A young man with a fear of heights is brought to the top of a tall building and is required to remain there until the anxiety dissipates. This is an example of

- Graded exposure
- Participant modelling
- Aversion therapy
- Flooding
- Systematic desensitisation

behaviour Rx
 graded exposure
 systematic desensitisation
 aversive exposure
 avior &
 Use punishment
 driving unit

relaxation
 meditation

graduated
 stimulus
 increasing
 to cope with
 overcome fear
 each step of

blood-injection-injury
 types of phobias - strong
 vasovagal
 circumscribed

26. Which of the following is true regarding obsessions?

- a. Obsessional thoughts can be overvalued ideas
- ~~b. They are typically ego-syntonic~~ *Ego dystonic*
- c. They are rare in schizophrenia
- ~~d. They are typically distressing~~ *marked distress*
- ~~e. They are attributed by the patient to external sources~~ *thought, ins product of her mind*

ego syntonic
consistent with
one's ideal
self-image

27. Concerning the treatment of anxiety disorders the following is true

- ~~a. Benzodiazepines should be routinely prescribed for panic disorder~~ *advised*
- ~~b. Benzodiazepines should not usually be used beyond 2-4 weeks~~ *confidence in 1st line*
- c. Exposure and response prevention is not suitable for use in obsessive compulsive disorder
- ~~d. Bibliotherapy should not be recommended for patients practicing the Islamic faith~~
- e. Psychoanalysis should ideally be done for each patient

28. From published studies which of the following fears has the highest prevalence in the "normal" population?

- a. Water
 - b. Public transport
 - c. Closed spaces
 - ~~d. Heights~~
 - e. Storms
- 1. Spiders*
2. snakes
3. heights
4. claustrophobia
5. thunder & lightning
6. insects
7. social phobia

29. Counterphobic attitudes may be represented by

- a. Parachute jumping
- b. Rock climbing
- c. Bungee jumping
- d. Parasailing
- ~~e. All the above~~

30. Which disorder involves the translation of unacceptable drives or troubling conflicts into bodily motor or sensory symptoms that suggest a neurological or other kind of medical condition?

- a. Adjustment disorder
- b. Body dysmorphic disorder
- ~~c. Conversion disorder~~
- d. Hypochondriacal disorder
- e. Somatisation disorder

ner dx
- lorazepam
- zolam } no acute
 } meds.

31. Individuals with which disorder fake symptoms or disorders as part of a need to maintain the sick role?

- a. Factitious disorder by proxy
- b. Factitious disorder
- c. Hypochondriacal disorder
- d. Malingering disorder
- e. Malingering disorder by proxy

32. Dissociative fugue is characterised by

- a. Hereditary basis of aetiology
- b. The subject deteriorating in memory
- c. The subject learning a new language
- d. The subject making a purposeful journey
- e. The subject retaining his first name only

33. Which one of the following anxiety disorders has the earliest age of onset?

- a. Generalised anxiety disorder *no 20-40*
- b. Obsessive Compulsive Disorder *in mds 2-15-12-13 20-29 mean 10-13*
- c. Panic Disorder *15-19 20-40*
- d. Posttraumatic stress disorder *3-44*
- e. Social phobia *after puberty 10-15*

34. The following psychotropic medication is most likely to cause amenorrhoea

- a. Amisulpiride
- b. Olanzapine
- c. Clozapine
- d. Quetiapine
- e. Aripiprazole

35. The following psychotropic medication should be avoided in someone with renal impairment

- a. Amisulpiride
- b. Olanzapine
- c. Clozapine
- d. Quetiapine *no problem - ebunha*
- e. Haloperidol

36. Which of the following is a butyrophenone

- a. Risperidone *atypical*
- b. Quetiapine
- c. Haloperidol
- d. Chlorpromazine *phenothiazine*
- e. Ziprasidone *atypical*

37. Which of the following predisposes to a nocebo effect *harmful, unpleasant, undesired effect*

- a. The expectation of adverse effects at the start of treatment
- b. Aversive conditioning
- c. Premorbid neuroticism
- d. Coexistent emotional disturbances
- e. All of the above

38. Which of the following drugs cause symptoms of inappropriate antidiuretic hormone (ADH) secretion *lithium*

- a. Haloperidol
- b. Olanzapine
- c. Quetiapine
- d. Risperidone
- e. All the options

39. Which of the following side effects occurs early after starting treatment with antipsychotic medication

- a. Tardive dyskinesia
- b. Akathisia *inner restlessness*
- * c. Parkinsonism
- d. Hypothyroidism
- e. Weight gain

40. The most probable diagnosis in a patient who is on clozapine and develops persistent tachycardia, fatigue, fever and eosinophilia is

- a. Pulmonary embolism
- b. Myocarditis
- c. Agranulocytosis
- d. Atypical neuroleptic malignant syndrome
- e. Paralytic ileus

41. The following are recognised antimentia drugs except

- a. Rivastigmine
- b. Donepezil
- c. Thioridazine - *antipsychotic*
- d. Memantine
- e. Galantamine

42. What treatment for depression following myocardial infarction is supported by most evidence?

- a. Paroxetine
- b. Sertraline
- c. Citalopram
- d. Fluoxetine
- e. Venlafaxine

*No connection effects
Venlafaxine
bupropion
mirtazapine
netazone*

43. The following medication has been shown to be effective in the management of aggressive behaviour in patients with personality disorder

- a. Carbamazepine
- b. Dothiepin
- c. Haloperidol *f. Thioridazine*
- d. Lithium
- e. Risperidone

44. The following has been shown to be effective in reducing the risk of developing psychosis in at-risk mental states

- a. Antidepressant drug treatment
- b. Monitoring alone
- c. Mood stabilisers
- d. Low dose atypical antipsychotic
- e. Usual dose antipsychotics

45. Which of the following is incompatible with dysthymic disorder?

- Weight change
- Sleep difficulty
- Delusions
- Decreased sexual performance
- Suicidal ideas

loaden p ambros
no psychotic symptoms.
double depression
MDD + dysthymia

46. A female patient has had several depressive episodes and one episode of hypomania in the past. Which one of the following medications is best to prevent relapse?

- a. Lithium
- b. Carbamazepine
- c. Lamotrigine
- d. Fluoxetine
- e. Sodium valproate

Olanzapine
Valproate

47. Which of the following is a recognised symptom of severe depression?

- a. Parasomnia
- b. Hypersomnia
- c. Narcolepsy
- d. Night terror
- e. Somnambulism (*← sleep walking*)

48. The treatment of choice in a patient with diabetes mellitus suffering with depression is

- a. Fluoxetine
- b. Paroxetine
- c. Tranylcypromine
- d. Venlafaxine
- e. Sertraline

49. Which one of the following indicates a good outcome in affective disorder

- a. Late onset
- b. A positive family history of depressive disorder
- c. Co-morbid dysthymia
- d. Severe initial psychopathology
- e. Comorbid anxiety

50. Of the following neurological diseases, which is most often associated with depression

- a. Epilepsy
- b. Brain tumours
- c. Parkinson's disease
- d. Dementia of the Alzheimer type
- e. Huntington's disease

51. Major depressive disorder

- a. May have catatonic symptoms
- b. Must have psychotic features as part of the symptoms
- c. Has its mean age of onset at 60 years
- d. Cannot have its onset in childhood
- e. Has a lifetime prevalence of 1%

3-6% F:M 2:1

52. Vegetative signs of depression include all the following except

- a. Weight loss
- b. Abnormal menses
- c. Obsessive rumination
- d. Decreased libido
- e. Fatigability

53. The defence mechanism most commonly used in depression is

- a. Projection
- b. Introjection
- c. Sublimation
- d. Undoing
- e. Altruism

54. Which of the following is the most common feature of delirium?

- a. Delusions
- b. Disturbed sleep/wake cycle
- c. Hallucinations
- d. Increased motor activity
- e. Labile mood

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- c. Hallucinations
- d. Increased motor activity
- e. Labile mood

55. Risk factors for post head injury delirium include
- a. Female sex
 - b. Left hemisphere lesions
 - c. occipital damage
 - d. old age
 - e. smoking

56. a 84-year-old lady with dementia is admitted to a medical ward with hip fracture. The relative risk of her developing delirium is

- a. 1
- b. 3
- c. 5
- d. 7
- e. 9

In individuals > 65 years who are hospitalized for a general medical condition approx 30% exhibit delirium.

relative risk: $\frac{\% \text{ exposed}}{\% \text{ unexposed}}$

57. Which of the following is a contraindication for home detoxification

DI
 underlying medical conditions / acute illness / cardiovascular conditions
 history of withdrawal seizures
 history of delirium
 - if pt is agitated or has hallucinations
 history of previously complicated withdrawal
 unexplained risk
 - severe V or D
 - at risk of suicide
 - previously failed home initiated withdrawal
 - home environment unsupportive of abstinence

- a. No previous history of seizures
- b. Availability of an inpatient detoxification programme
- c. Previous history of delirium tremens
- d. Severe craving
- e. No previous detoxification under medical supervision

Withdrawal w delirium
 3-6 days after withdrawal of alcohol intake
 severe tremors & autonomic
 prodromal symptoms: restlessness, fear, irritability, tremor, sweating, thirst, nausea, diarrhoea, dysrhythmia, etc
 - the likelihood that a medical condition be present

58. Which of the following is unlikely to help a family doctor in the diagnosis of alcohol dependence?

- a. Smell of alcohol on the breath
- b. Hypnagogic hallucinations
- c. Morning nausea
- d. Unexplained absence from work
- e. Shaking on waking

hypnagogic is the horizontal state between wakefulness & sleep
 1) recent intake of substance
 2) tolerance
 3) withdrawal

59. Which of the following is not an index for alcohol consumption?

- a. Liver cirrhosis mortality ✓
- b. Arrest for "drink-driving" ✓
- c. Arrest for rape
- d. Cases of assault and battery ✓
- e. Deaths from alcohol poisoning ✓

60. From published epidemiological studies, people in which occupation have the highest rate of alcohol dependency?

- a. Bus drivers
- b. Receptionists
- c. Clergymen
- d. Dentists
- e. Teachers

61. For those who wish to drink the recommended weekly intake of alcohol for adult males should not exceed

- a. 15 units
- b. 21 units
- c. 70 units
- d. 10 units
- e. 14 units

21 units/week in males
21 units/week in males

21 units/week in males
14 units in females

62. A 700ml bottle of whisky containing 40% alcohol has ... units of alcohol

- a. 70 units
- b. 30 units
- c. 28 units
- d. 40 units
- e. 21 units

$\frac{40}{100} \times 700 = \frac{2800}{100} = 28 \text{ units}$

10ml = 1 unit

10ml = 1 unit

10ml = 1 unit

$\frac{40}{100} \times 700 \text{ml} = 280 \text{ml} \Rightarrow 28 \text{ units}$
 $\frac{280 \text{ml}}{10 \text{ml}} = 28 \text{ units}$

63. The most common psychiatric cause of Accident and Emergency (Casualty) attendance is

- a. Panic attacks
- b. Alcohol use
- c. Personality disorder
- d. Phobic avoidance
- e. Psychosis

64. A substance that is less likely to cause psychological and physical dependence is

- a. Cannabis
- b. Cocaine
- c. Heroin
- d. Speed
- e. Amphetamine

do not generally develop psychological dependence tolerance in chronic use

LSD
Hallucinations don't cause physical dependence
LSD, Alcohol, Cannabis, Phencyclidine

65. In relation to interventions to prevent drug use among young people, which one of the following is true?

- a. One of the most effective prevention strategies seems to be the prohibition of drugs such as cannabis
- b. Reductions in drug use seen with school-based educational campaigns may be small but tends to be sustained over several years
- c. School-based educational interventions appear very effective in reducing young people's drug use
- d. School-based interventions may occasionally have unexpected adverse effects
- e. There is no evidence that motivational interviewing is effective as an intervention to reduce drug use

66. Which of the following is not an acute symptom of benzodiazepine withdrawal?

- a. Convulsions
- b. Ataxia
- c. Stupor
- d. Hallucinations
- e. Rebound insomnia

acute: rebound insomnia rebound anxiety

67. Which of the following is a characteristic feature of opioid withdrawal?

- a. Pin-point pupils x pupillary dilation
- b. Constipation x diarrhoea
- c. Abdominal cramps
- d. Somnolence x insomnia
- e. Hallucinations x

diaphoretic sweat
N or V
muscle aches
locomotor & tremor
yawning
fever

68. Which of the following areas has evidence for a role in addictive behaviours?

- a. The hippocampus - learning and memory
- b. The orbitofrontal cortex
- c. The cerebellum x
- d. The amygdale
- e. The central gyrus

69. Which of the following predicts poor outcome in drug misuse?

- a. Late onset of abuse x
- b. Episodic use x
- c. Absence of co-morbid personality disorder x
- d. Short history of use x
- e. Early drop-out from maintenance programmes

stress inducing thought

70. Which of the following is not a cognitive distortion as recognised in Cognitive behaviour therapy?

Selective abstraction
Arbitrary inference
All or nothing thinking
Magnification & minimisation
Personalisation
Catastrophic thinking - automatically thinking the worst is going to happen

- a. Arbitrary inference - coming to a conclusion without adequate support and/or a despite contradictory evidence
- b. Magnification/minimisation - over and underestimating the significance of personal attributes, a life event or other potentially relevant data
- c. Selective abstraction - drawing a conclusion based on only a small number of available data
- d. Overgeneralisation - eg when you don't get a job you applied for, you think you'll never get any other jobs - generalising 1 do in at all
- e. Striving for superiority

P. 188 - One not

71. A patient who reaches a conclusion for which there is no evidence is experiencing which type of automatic thought?

- a. All or none thinking
- b. Arbitrary inference
- c. Catastrophising
- d. Over-generalisation
- e. Selective abstraction

72. Which of the following refers to the literal meaning of the term hysteria?

- a. Wandering mind
- b. Wandering kidney
- c. Wandering uterus
- d. Histrionic mind
- e. Wandering heart

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- c. Abdominal cramps
- d. Somnolence x *insomnia*
- e. Hallucinations x

*disphoric mood
N or V
muscle aches
locomotor or rhythmic
yawning
fever*

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 - c. Selective abstraction *- drawing a conclusion based on only a small portion of available data*
 - d. Overgeneralisation *- e.g. when you don't get a job you applied for, you think you'll never get any other jobs. - Everything I do has at work*
 - e. Striving for superiority
- selective abstraction
Arbitrary inference
Absolute thinking - all or nothing thinking
Magnification & minimisation
Personalisation
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- c. Wandering uterus
- d. Histrionic mind
- e. Wandering heart

73. According to a delusion is un-understandable

- a. Jean Piaget
- b. Erik Erikson
- c. Karl Jaspers
- d. Eric Fromm
- e. Aaron Beck

74. The term "schizophrenia" was coined by Bleuler in 1911 to mean

- a. Split personality
- b. Split will
- c. Split psychic functions
- d. Split skull
- e. Multiple personality

75. Which of the following is a dynamic risk factor

- a. Previous violence
- b. Male gender
- c. History of substance misuse
- d. Previous poor compliance with treatment
- e. Command hallucinations

76. Which of the following is a risk factor for schizophrenia *Expt*

- a. Childhood sexual abuse
- b. Reduced visual acuity
- c. Impaired hearing
- d. Perinatal hypoxia
- e. Smoking

77. Which of the following features of the early environment has not been shown to increase the risk of developing depression in later life

- a. Maternal post-natal depression
- b. Non-caring and over-protective parenting
- c. Parental death in childhood
- d. Parental divorce
- e. Sexual abuse

The percentage of patients with schizophrenia who commit suicide is approximately

- a. 1%
- b. 5%
- c. 10%
- d. 20%
- e. 30%

79. A 27-year-old man comes to the emergency room complaining of having his thoughts controlled by the Al Qaeda. Such thinking is

- a. Magical
- b. Dereistic
- c. Obsessional
- d. Spiritual
- e. Depersonalised

80. Which of the following is term used to describe being unable to recognise familiar faces

- a. Agraphaesthesia
- b. Prosopagnosia
- c. Astereognosia
- d. Autotopagnosia
- e. Hemisomatognosia

81. Which of the following is true in Othello syndrome?

- a. Suicide risk is low
- b. Psychoanalytic psychotherapy is an effective intervention
- c. It may be associated with cerebral tumours
- d. The patient is in love with a famous personality
- e. Physical separation should be the first-line treatment

82. Which of the following is not a movement disorder?

- a. Akinesia
- b. Chorea
- c. Astereognosis
- d. Athetosis
- e. Ambitendency

83. Which of the following is not classically associated with schizophrenia?

- a. Negativism
- b. Perseveration
- c. Ambitendency
- d. Stupor
- e. Lability

84. Which of the following is not an illusion?

- a. Micropsia
- b. Derialisation
- c. Macropsia
- and* d. Misinterpretation
- e. Pareidolia

85. Which of the following is not a normal experience?

- a. Jamais vu
- b. Derialisation
- c. Delusional perception
- d. Hypnagogic hallucinations
- e. Depersonalisation

86. Pseudohallucinations do not occur in the following circumstances

- a. Dreams
- b. Lone prisoners
- c. Long-distance lorry drivers
- d. Day-dreaming
- e. Sensory deprivation

87. Obsessive rituals

- a. Respond well to psychoanalysis
- b. Are regarded as sensible
- c. Are not resisted
- d. Reduce anxiety
- e. Are usually antisocial

88. Which of the following is not a cause of stupor

- a. Mania
- b. Hysteria
- c. Schizophrenia
- d. Depression
- e. Epilepsy

89. Testamentary capacity refers to

- a. The capacity to consent to treatment
- b. The capacity to grant power of attorney
- c. The capacity to make a valid will
- d. The capacity to testify in court
- e. The capacity to undergo psychometric testing

90. The mother of a patient with schizophrenia is concerned about the stories in the media about schizophrenics killing people. How many perpetrators of homicide have schizophrenia?

- a. 0.1%
- b. 0.5%
- c. 1%
- d. 5%
- e. 10%

- * 91. The most common psychiatric diagnosis associated with shoplifting is
- a. Obsessive-Compulsive disorder
 - b. Depression
 - c. Eating disorder
 - d. Substance misuse
 - e. Impulse control disorders

92. Which of the following is a diagnostic feature of borderline personality disorder?
- a. Attempts to avoid real or imagined abandonment
 - b. Depression
 - c. Suicide
 - d. Self-harm
 - e. Childhood sexual abuse
- abandonment
fear*

93. Which of the following is least likely to be associated with antisocial behaviour?
- a. Being an only child
 - b. Being born to a teenage mother
 - c. Prenatal maternal smoking
 - d. Maternal mental health problems
 - e. Low maternal IQ

94. Which personality disorder is most strongly associated with offending?
- a. Dependent
 - b. Antisocial
 - c. Narcissistic
 - d. Borderline
 - e. Paranoid

95. Which of the following is a feature of schizoid personality disorder?
- a. Inability to plan ahead
 - b. Sensitivity to rejection
 - c. Indifference to praise or criticism
 - d. Excessive self importance
 - e. Impulsivity and lack of restraint

- * 96. A patient has tenacious sense of personal rights, leading on to repeated quarrels with neighbours. A personality disorder to be considered is
- a. Anankastic PD
 - b. Dependent PD
 - c. Passive aggressive PD
 - d. Paranoid PD
 - e. Borderline PD

97. Which of the following statements about fragile X syndrome is true?
- a. It affects only males
 - b. One of the features is micro-orchidism
 - c. It is associated with CAG repeats
 - d. Adults demonstrate social anxiety and gaze avoidance
 - e. It is associated with repeats on the short arm of the X chromosomes
98. The following is not a risk factor in child abuse
- a. Aggression in one or both parents
 - b. Child less than one year old
 - c. Older parents
 - d. Persistently crying baby
 - e. Physically handicapped baby
99. Predictors of delinquency include
- a. Family criminality
 - b. Family poverty
 - c. Large family size
 - d. Harsh parenting style
 - e. All of the above
100. In the treatment of Attention Deficit Hyperactivity Disorder (ADHD)
- a. Family therapy is most effective
 - b. Social measures are most effective
 - c. Medication is superior to behaviour management
 - d. Behavioural management is superior to medication
 - e. Medication is equally effective as behavioural management
101. Which of the following is not true with regard to enuresis
- a. Urinary infections account for 5% of the cases
 - b. One third of children who have encopresis are enuretic at night
 - c. Can be diagnosed in a 4-year old child
 - d. The most common cause is the inherited delayed maturation of the relevant nervous structures
 - e. Two-thirds will improve with the use of the enuresis alarm
102. A child presenting with school non-attendance together with anxiety or misery is
- a. Probably a poor academics achiever
 - b. Most commonly due to physical illness
 - c. Likely to be an only child
 - d. More likely to be a girl rather than a boy
 - e. Often the youngest child

103. Prescription of stimulants in childhood or adolescence increases the risk of addiction to illicit substances in the future by
- a. 10%
 - b. 30%
 - c. 0%
 - d. 5%
 - e. 20%
104. Epidemiological studies have failed to account for autism in
- a. Congenital rubella
 - b. Exposure to thimerosal (mercury) in vaccines
 - c. Perinatal insults
 - d. Prenatal cytomegalovirus
 - e. Toxin exposure
105. A diagnostic feature that is considered essential for the diagnosis of autism is
- a. An IQ of <70
 - b. Impairments in theory of mind
 - c. Inability to make direct eye-to-eye contact
 - d. Lack of imitative play
 - e. Late onset
106. A normal 3 year old should be able to
- a. Copy a triangle
 - b. Separate from his primary care giver with ease
 - c. Show evidence of "theory of mind"
 - d. Tell his or her gender
 - e. Walk downstairs one foot at a time - without help
107. The sense that is not fully developed at birth is
- a. Hearing
 - b. Smell
 - c. Taste
 - d. Touch
 - e. Vision
108. Concerning medically unexplained symptoms (MUS) the following is false
- a. A shorter duration of education predisposes to the development of MUS
 - b. Childhood experiences predispose to the development of MUS
 - c. MUS are more common in males
 - d. Stressful life events may precipitate MUS
 - e. Over 50% attending specialist clinics may have MUS

109. Characteristic behavioural features in patients with conversion disorder include
- a. Somatic compliance
 - b. La belle indifférence
 - c. Autonomic dysfunction
 - d. Sexual disturbances
 - e. All the above
110. The most common reason for self-harm in adolescents is
- a. Bereavement
 - b. Relationship problems with family
 - c. Eating disorders
 - d. Consequences of childhood sexual abuse
 - e. Schoolwork
111. The risk of completed suicide in the following year after deliberate self-harm is
- a. 1 in 1,000
 - b. 1 in 10
 - c. 1 in 5
 - d. 1 in 10,000
 - e. 1 in 100
112. Which of the following statements is not true regarding impulse control disorders?
- a. The patient cannot resist the temptation to perform an act
 - b. The patients feel an increasing surge of tension before they commit the act
 - c. The patients feel a burst of pleasure while committing the act
 - d. The act is ego-syntonic
 - ~~e. After the act the patients rarely feel guilt or self-reproach~~
113. Which one of the following neurological illnesses is independently associated with elevated suicide risk irrespective of depression?
- a. Cerebral ataxia
 - b. Epilepsy
 - c. Myopathy
 - d. Parkinson's
 - e. Stroke
114. Factors predicting suicide after deliberate self-harm include which one of the following?
- a. Anxiety disorders
 - b. Unemployment
 - c. Being married
 - d. Female sex
 - e. Suburban neighbourhood

115. Suicide is the most common cause of death in which one of the following group of patients?
- a. Autism
 - b. Dementia
 - c. Down syndrome
 - d. Peripartum mothers
 - e. Schizophrenia
116. Which of the following congenital infections has not been found to be a cause of learning disability?
- a. Gonorrhoea
 - b. Cytomegalovirus
 - c. Toxoplasmosis
 - d. HIV
 - e. Rubella
117. Which of the following is not associated with Down's syndrome?
- a. Alzheimer's disease
 - b. Vascular dementia
 - c. Epilepsy
 - d. Hearing defects
 - e. Hirschprung's disease
118. When assessing a patient with the features of early dementia which of the following would suggest a sub-cortical rather than a cortical cause?
- a. Absence of dysarthria
 - b. Calculation is preserved
 - c. Euthymic mood
 - d. Mild aphasia
 - e. Normal speed of cognitive processes
119. Which of the following is not a feature of Human Immune Deficiency Virus (HIV) infection?
- a. Lethargy
 - b. Cognitive disturbance
 - c. Increased muscle tone
 - d. Increased libido
 - e. Incontinence
120. A 70-year old man develops symptoms of dementia. The diagnosis of Alzheimer's dementia is more likely with which one of the following?
- a. Sudden onset
 - b. Gait disturbance
 - c. Incontinence
 - d. Progressive agnosia
 - e. Seizures

121. Which one of the following is a feature of Alzheimer's disease?

- Diffuse atrophy

a. Lacunar lesions

b. Localised temporal lobe atrophy

c. Loss of dopaminergic neurones in substantia nigra

d. Neuritic plaques + Neurofibrillary tangles + Cortical atrophy

e. Triphasic spikes on EEG

122. Which of the following is a characteristic neuropathological finding in frontotemporal dementia?

a. Atrophy of the medial temporal cortex

b. Cholinergic deficits

c. Neurofibrillary tangles

d. Senile plaques

e. Spongiform changes

123. Which one of the following is known to be an effective treatment for premenstrual syndrome?

a. Cognitive analytic therapy

b. Evening primrose oil

c. Nefazodone - 5HT₂

d. Progesterone

e. Sertraline

124. Which of the following is characteristic of puerperal psychosis?

a. Insidious onset

b. Significant cognitive impairment

c. Hypersomnia

d. Marked perplexity

e. Few fluctuations in mental state

125. In a patient who is struggling to get to sleep at night, which of the following is not good advice concerning sleep hygiene?

a. Regular bedtimes

b. A bedtime ritual

c. Avoid alcohol

d. Eat just prior to bedtime

e. Regular exercise

126. The most common cause of daytime sleepiness is

a. Idiopathic hypersomnia

b. Kleine-Levine syndrome

c. Narcolepsy

d. Posttraumatic hypersomnia

e. Sleep apnoea

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133

The incidence of puerperal psychosis is

- a. 1 in 1000
- b. 3 in 1000
- c. 4 in 1000
- d. 1 in 100
- e. 1 in 10

134.

Which of the following statements about Early Intervention in psychosis is true

- a. Advocates use of high dose antipsychotics early in the illness
- b. Mean DUP (duration of untreated psychosis) is 1-2 years
- c. Out of those found "at risk" of developing psychosis, 80% became psychotic at one year
- d. Prolonged DUP correlates with neurological markers of illness severity
- e. The "critical period" refers to the period of brain development during childhood when environmental damage can lead to psychotic symptoms in childhood

135.

The most common opportunistic infection in AIDS, which may present as a focal or diffuse cognitive or affective disturbance is

- a. Cryptococcus neoformans
- b. Cytomegalovirus
- c. Progressive multifocal leucoencephalopathy
- d. Syphilis
- e. Toxoplasma gondii

136.

Wilson's disease is associated with abnormal liver function and degeneration of which one of the following regions

- a. Amygdala
- b. Basal ganglia - *lentiform nucleus*
- c. Corpus callosum
- d. Hippocampus
- e. Thalamus

137.

The least common feature of Cushing's syndrome is

- a. Cognitive impairment
- b. Delusions
- c. Depression
- d. Euphoria
- e. Hallucination

The most common disorder associated with resting tremor is

- a. Anxiety
- b. Hereditary, essential tremor
- c. Medication induced (caffeine, lithium)
- d. Metabolic encephalopathy
- e. Parkinson's disease

- * 127. Which one of the following sleep abnormalities is not seen in depression
- a. Generalised sleep disturbance
 - b. Increase in REM density
 - c. Increase in slow-wave sleep in the first non-rapid eye movement (NREM) - rapid eye movement (REM) cycle
 - d. Lengthening of latency to REM sleep
 - e. Occurrence of REM sleep earlier in the night

128. Which of the following endocrine abnormalities is most commonly associated with depression?
- a. Hypocortisolaemia
 - b. Hypercortisolaemia
 - c. Hypothyroidism
 - d. Hypopituitarism
 - e. Hypoprolactinaemia

129. Which of the following is not a recognised feature of Wernicke's encephalopathy
- a. Confusion
 - b. Pathological changes in mamillary bodies
 - c. Ocular muscle palsies
 - d. Nystagmus
 - e. Vitamin B₁ deficiency
- Therapy at 21/21*

130. The following are true about pseudoseizures except
- a. Injury is infrequent
 - b. Post-ictal features are typical
 - c. Restraint accentuates the seizure
 - d. Sleep-related seizures are infrequent
 - e. Plantar flexor reflexes are preserved

- * 131. Which of the following is the most likely diagnosis for a patient who describes persistent and intense distress about assigned sex, together with an insistence that they are of the opposite sex?

- a. Dual-role transsexualism
- b. Egodystonic sexual orientation
- c. Gender Identity Disorder of childhood
- d. Sexual maturational disorder
- e. Transsexualism

132. Which one of the following is associated with a psychogenic cause of impotence

- a. Normal psychosexual history
- b. Recent life event
- c. Loss of morning erections
- d. Painful intercourse
- e. Loss of masturbatory ability

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- Thiamine deficiency*
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 - c. Loss of morning erections
 - d. Painful intercourse
 - e. Loss of masturbatory ability

139. According to the NICE guidelines it is recommended that the physical health of people with schizophrenia should be monitored at least
- Once a month
 - Once every 2 months
 - Once a year
 - Once every 6 months
 - Once a week

Part B

EMI

Instructions

- Use the list provided at the lead in to answer the questions below it. A choice may be used more than once or not at all. The number of choices is indicated against each question.
- One mark shall be awarded for each correct answer
- No mark is deducted for a wrong answer
- Attempt all questions

I. Defence mechanisms

- Splitting
- Projective identification
- Denial
- Sublimation
- Repression
- Reaction formation
- Displacement
- Regression
- Introjections
- Intellectualisation
- Suppression
- Altruism

Which of the defence mechanisms are described in the following scenarios?

140. An 11-year old, whose mother recently died in a car accident, has been bed-wetting and has started sucking his thumb
141. A woman whose husband has been diagnosed with cancer addresses a support group and says she paints in order to help her deal with the stress
142. A young female patient makes a complaint about the nursing staff to her doctor, who she feels can help her because he is the best doctor she has ever had

143. During a meeting, a team leader is extremely agitated making unfounded allegations about other team members. The team members are left feeling extremely anxious about situation and the team leader is now very calm 9

II. Treatment

- a. Cognitive Behaviour Therapy
- b. Citalopram
- c. Electroconvulsive therapy
- d. Fluoxetine
- e. Lamotrigine
- f. Light therapy
- g. Lithium
- h. Lorazepam
- i. Olanzapine
- j. Reassurance and education
- k. Tryptophan

Choose two treatments from the above list for each of the following presentations

- ~~144.~~ A young woman who has a history of chronic debilitating low mood, which has never reached diagnostic severity for depressive disorder, presents with a four week history of moderate depressive symptoms

- ~~145.~~ A 54-year old depressed woman who has not responded to an adequate trial of fluoxetine and has only shown a small improvement with amitriptyline

146. A 48-year old man with a history of one manic episode and two severe depressive episodes. He presents with symptoms of mania. He stopped all his medications two years ago.

147. A 68-year old woman with severe depression with psychotic features. She is admitted to the ward but is refusing to eat or drink.

148. A 17-year old girl with symptoms of moderate depression

III. Dementia

- a. Alcohol related dementia
- b. Alzheimer's dementia
- c. Creutzfeldt-Jacob disease
- d. Dementia in Parkinson's disease
- e. Huntington's dementia
- f. Lead intoxication
- g. Lewy body dementia
- h. Pick's disease
- i. Pseudodementia
- j. Vascular dementia

Chose one from above which is the most likely diagnosis in each scenario below

149. A 64-year old woman with a short history of rapidly progressive cognitive decline. On interview she makes little effort on cognitive testing, with an inconsistent performance
150. Post-mortem examination on a 88-year old gentleman reveals intracytoplasmic neurofibrillary tangles, extracellular senile plaques, granulevacuolar degeneration and amyloid deposition in blood vessel walls
151. A 57-year old man who presents with a history of increasingly disinhibited behaviour and poor judgement. His wife says that he is increasingly apathetic and inappropriately jocular. His memory is preserved
152. A 75-year old woman presents with MMSE score of 23/30. She exhibits a resting tremor and shows marked sensitivity when given antipsychotic medication for visual hallucinations
153. A 60-year old man presents with memory loss. An EEG tracing on him shows asymmetrical localised slow waves and sparing of background activity

- IV. Operant conditioning
- a. Positive reinforcement
 - b. Chaining
 - c. Modelling
 - d. Learned helplessness
 - e. Covert sensitisation
 - f. Negative reinforcement
 - g. Punishment
 - h. Shaping

Match the terms above with the descriptions below

154. A speeding motorist is stopped by the police and given a ticket **F**
155. A child hits his brother after watching a violent television programme **C**
156. A person with learning difficulty is first taught the components of a more complex desired behaviour **H**
157. A woman complains of feeling sad and unmotivated, as she feels that nothing she does changes the many stressors and difficulties in her life **D**

- V. Personality disorder
- a. Outbursts of anger or violence
 - b. Excessive sensitivity to setbacks
 - c. Flattened affect
 - d. Impulsivity
 - e. Inability to plan ahead

- e. Low frustration tolerance
- e. Marked insensitivity to social norms
- b. Over concern with physical attractiveness
- i. Self-referential attitude
- j. Shallow affect
- k. Unstable affect

From the options above select

- 158. Three characteristics of emotionally unstable PD
- 159. Two characteristic features of paranoid PD
- 150. Two characteristic features of histrionic PD

VI. Psychological treatment in group setting

- a. Cohesiveness ✓
- b. Conditioning
- c. Counter-dependence
- d. Dependence
- e. Fight-flight
- f. Free-floating discussion
- g. Interpreting transference
- h. Pairing
- i. Universality ✓
- j. Vicarious learning

From the options above choose

- 161. Two curative factors in group therapy A, I
- 162. Three factors that hinder working in groups
- 163. Two factors that are found in psychodynamic groups G,

→ Attribution (Unerfüllung)
 → Intellectual - of hope
 → Education
 → Imitative behaviour
 → Catharsis

I. Memory

- a. Echoic memory
- b. Episodic memory
- c. Iconic memory
- d. Primal memory
- e. Procedural memory / Non-declarative
- f. Recent memory
- g. Semantic memory
- h. Working memory

each of the following scenarios choose the most appropriate type of memory from above

164. An elderly man reading a newspaper was asked to repeat the words beginning with A that he had gone through the previous page after he had moved over to the next page **G**

165. A boy riding a bicycle is not able to explain when and how he learnt this skill **E**

166. A middle aged man when testing his memory appeared to have intact organised knowledge about the world **G**

- ✓ VIII. Sleep disorders
- a. Adjustment sleep disorder
 - b. Circadian rhythm disturbance
 - c. Idiopathic hypersomnia
 - d. Insufficient sleep syndrome
 - e. Narcolepsy with cataplexy
 - f. Obstructive sleep apnoea
 - g. Periodic limb movement disorder
 - h. Recurrent hypersomnia
 - i. REM sleep behaviour disorder

Choose one abnormality associated with the following scenarios

167. A 25-year-old air hostess has problems with her job due to daytime sleepiness. She has difficulty with sleeping at night, but reports no other symptoms **B B**

168. A 40-year-old man has trouble with excessive daytime sleepiness. His wife has complained that she has to sleep in another room due to his loud snoring at night. She has also heard him gasp for breath on a few occasions **F**

169. A 32-year-old woman complains of excessive daytime sleepiness, feeling of unlocking of her knees, which is brought about by laughter **E**

- IX. Neurological signs
- a. Ataxia
 - b. Extensor plantar reflex
 - c. Flapping tremor
 - d. Intention tremor
 - e. Neck stiffness
 - f. Nystagmus
 - g. Optic atrophy
 - h. Perseveration
 - i. Petechial rash
 - j. Rigidity

For each of the following patients, select one appropriate neurological sign

170. A 35-year-old man with alcohol dependence syndrome develops Wernicke's encephalopathy (SELECT TWO) **A;**

171. A 18-year-old man develops fever and bacterial septicaemia (SELECT ONE)

172. A 60-year-old man with cirrhosis of the liver secondary to alcohol dependence develops hepatic encephalopathy (SELECT ONE)

- X. Investigations
- a. Clozapine levels
 - b. Creatinine kinase
 - c. CT scan of the brain
 - d. ECG
 - e. EEG
 - f. Full Blood count
 - g. Lithium levels
 - h. Lumbar puncture
 - i. Renal function tests
 - j. Thyroid function tests

For each of the following patients, select the most appropriate investigation

173. A man who has recently been started on depot antipsychotic medication. He has developed muscular rigidity, pyrexia and unstable blood pressure (CHOOSE THREE)

B, FBC, I, ~~E~~, ~~F~~, D, ~~A~~

174. A woman on clozapine treatment who has developed pyrexia of unknown origin (CHOOSE ONE)

FBC

175. A woman on lithium treatment who has coarse tremor, drowsiness and diarrhoea (CHOOSE ONE)

G

- Y. Investigation
- a. 24-hour urinary free cortisol
 - b. Dexamethasone suppression test
 - c. Elevated TSH
 - d. Elevated serum cholesterol
 - e. Hypernatraemia
 - f. Hypokalaemia
 - g. Hyponatraemia
 - h. Low TSH
 - i. Ultra-sound
 - j. No rise in plasma cortisol on short synacthen test

Choose two of the above that you would expect to find for each of the clinical pictures below

176. A 21-year-old woman with low mood, tiredness, intolerance of cold and menorrhagia

177. A 30-year-old woman with pigmentation of her skin, low mood, general weakness, weight loss and syncope.

178. A 30-year-old woman with increased body weight, thin arms and legs, excess hair growth and emotional lability. *A (Cushing's)*

XII. Psychosis management

- a. Chlorpromazine
- b. Clozapine
- c. Flupenthixol depot
- d. Haloperidol
- e. Levomopromazine
- f. Lorazepam
- g. Olanzapine
- h. Quetiapine
- i. Risperidone
- j. Stop antipsychotics

Choose one of the most suitable medication or course of action for each of the following patients

179. An 80-year-old woman with diabetes mellitus and psychosis agrees to take medication but has repeated relapses of her psychosis due to poor concordance. Whenever her son reminded her to take her medication it would end up in a quarrel.
C
180. A 66-year-old psychotic elderly man has persistent psychotic symptoms. Despite treatment with adequate doses of sulpiride and ~~olanzapine~~. He is currently on Flupenthixol, which he is not tolerating that well. *S (DO ECT)*
181. A 74-year-old man has been newly diagnosed to have Parkinson's disease, complains of severe, distressing visual hallucinations. He is not on any drug treatment for his Parkinson's disease and has never been tried on neuroleptic medication.
H
182. A 68-year-old man who presented with delusional disorder for the first time was treated with olanzapine leading to resolution of his delusions. He has however developed severe weight gain.

tx of conversion
Done

1. Mr. Otieno, a 45 year old Accountant comes to the out patient department with symptoms suggestive of depression. His wife died 10 months ago.
- a) List the clinical features of depression. (5 marks)
 - b) What are the possible differential diagnoses. (5 marks)
 - c) How would you differentiate abnormal grief reaction from depression. (5 marks)
 - d) How would you manage this patient? Assume that the patient is suffering from a major depressive illness. (10 marks)

for symptoms
paired coordination or balance
abysis / localized weakness
homic
was hysterical
may retention
3 times

2. A 20 year student presents to you with episodes of what appears to be unprovoked. The nurse on duty informs you that they have been seeing several students from the same school suffering from the same condition. The student is accompanied by a classmate, mother, & class teacher.
- a) What history would you ask accompanying people to confirm a diagnosis of conversion disorder. (7 marks)
 - b) What are the symptoms and signs of conversion disorder. (7 marks)
 - c) How do convulsions in conversion disorder differ from those of epilepsy. (5 marks)
 - d) Outline the management of conversion disorder. (5 marks)

same symptoms
of touch
" pain sensitive
induces
agony
visual hallucinations

Mr. Abato, a 24 year old university student is brought to you by colleagues who fought another student. He informs you that he fought the student because he had been discussing him with other students, alleging that he is a homosexual. The patient complains that there is a gadget put in his brain to monitor his thoughts. He sometimes feels that his thoughts are withdrawn, and broadcasted. At other times this gadget inserts foreign thoughts into his brain.

of Conversion Disorder

- a) What is the most likely diagnosis in this patient. What would be a differential diagnosis. (5 marks)
- b) What questions would you ask to confirm your diagnosis. (10 marks)
- c) Outline the clinical features of the condition he is suffering from. (5 marks)
- d) Outline management of the patient. (5 marks)

4. a) Outline the anxiety disorders list under the DSMIV classification. (5 marks)
- b) List the clinical features of post traumatic stress disorder. (10 marks)
- c) List the clinical features of Generalized anxiety disorder. (10 marks)

1. Evaluation of thyroid function may be particularly helpful in the diagnosis and treatment of which of the following conditions:

- a) Phobic disorder
- b) Schizotypal personality disorder
- c) Major depression
- d) Schizophrenia
- e) None of the above

2.

2. The importance of an objective history is demonstrated in establishing the diagnosis of sleep apnea. The patient's bed partner, through not necessarily the patient, is likely to report all the following EXCEPT:

- a) Agitated behavior
- b) Loud snoring
- c) Sleep walking
- d) Gasping
- e) Bed wetting

3.

3. Brain-imaging techniques, such as computerized tomography (CT), would be most useful in evaluating:

- a) Bipolar disorder
- b) Schizophrenia
- c) Panic disorder
- d) Alzheimer dementia
- e) Sleep apnea

4.

4. Which of the following disorders has the most frequently positive family history:

- a) Post traumatic stress disorder
- b) Social phobia
- c) Bipolar disorder
- d) Generalized anxiety disorder
- e) Somatoform disorder

5.

5. Which of the following descriptions fit those who are at particular risk to commit suicide?

- a) They rarely communicate their intent *They communicate*
- b) They seldom have close family members who died by suicide *+ FH*
- c) They are almost always psychotic *can be normal*
- d) They rarely have history of previous suicide attempts *some do*
- e) None of the above

6. A delusion can best be defined as a:

- a) False belief that meets specific psychological needs
- b) Perceptual misrepresentation of a sensory image
- c) Perceptual representation of a sound or object not actually present
- d) View point able to be changed when convincing evidence to the contrary is presented
- e) Dissociative reaction

7.

1. Evaluation of thyroid function may be particularly helpful in the diagnosis of which of the following conditions: *also cortisol*

- a) Phobic disorder
- b) Schizotypal personality disorder
- c) Major depression *hypothy*
- d) Schizophrenia
- e) None of the above

2. The importance of an objective history is demonstrated in establishing the diagnosis of sleep apnea. The patient's bed partner, through not necessarily the patient, is to report all the following EXCEPT:

- a) Agitated behaviour *Dysomnia - 1st insomnia*
- b) Loud snoring *2nd insomnia*
- c) Sleep walking *Parasomnia*
- d) Gasping *3rd insomnia*
- e) Bed wetting *2nd insomnia, some children*

1st insomnia: Sleep apnea, hyperarousal, Narcolepsy, Circadian rhythm sleep disorder, Breathing App.
2nd insomnia: the more severe

3. Brain imaging techniques, such as computer tomography (CT) would be most useful in evaluating

- a) Bipolar disorder
- b) Schizophrenia
- c) Panic disorder
- d) Alzheimer dementia *atrophy*
- e) Sleep apnea

brain atrophy > than expected for age, wider sulci, larger ventricle

4. Which of the following disorders has the most frequently positive family history?

- a) Post-traumatic stress disorder
- b) Social phobia
- c) Bipolar disorder
- d) Generalized anxiety disorder
- e) Somatoform disorder

5. Which of the following descriptions fit people who are at particular risk to commit suicide?

- a) They rarely communicate their intent *They do.*
- b) They seldom have close family members who died by suicide *They do.*
- c) They are almost always psychotic *Not always*
- d) They rarely have history of previous suicide attempts *More or depressive.*
- e) None of the above

RF: Depression/Bipolar, substance abuse, Schizophrenia, Psychotic features, Post-reflective guilt

6. A delusion can be defined as a

- a) False belief that meets specific psychological needs
- b) Perceptual misrepresentation of a sensory image *illusion*
- c) Perceptual representation of a sound or object not actually present *hallucination*
- d) View point able to be changed when convincing evidence to the contrary presented
- e) Dissociative reaction *Dissociative obs.*

Delusion of poverty.

5. Lucia has brought her 75 year old father to the out patient medical clinic. Previously an organized man he has been noticed to be unconcerned about order. He is also rude and has been embarrassing his family by loudly uttering rude comments. You suspect that he suffers from dementia

- a) What are the differential diagnosis. (5 marks)
- b) What psychosocial history would you like to ask. (5 marks)
- c) What investigations would you like to do. (5 marks)
- d) Outline the clinical features of dementia (5 marks)

- 6.
- a) Outline the (DSMIV classification) features of drug dependence. (7 marks)
 - b) List the necessary investigations in a patient with alcohol dependence. (7 marks)
 - c) Outline the management of alcohol dependence: (10 marks)

7. A 25 year old woman, Njeri gave birth a week ago. She is brought to the outpatient department by the husband because he found her crying with the baby laid on the floor next to an assortment of knives she was muttering something about "sacrifice". The medical registrar has examined Njeri and declared that she has illness. The psychiatric on call has been called and she has requested you to assess Njeri before she arrives

- a) What is the most likely psychiatric diagnosis. Give reasons. What are the differential diagnoses. (10 marks)
- b) What additional information would you ask the husband. (5 marks)
- c) Discuss with psychiatrist your management plan. (10 marks)

7. Calculation of an IQ score requires knowledge of an examinee's
- a) Mental age and educational level
 - b) Chronologic age and education level
 - c) Mental age and chronologic age
 - d) Mental age, chronologic age, and educational level
 - e) Mental age and psychiatric history
- $\frac{\text{Mental Age}}{\text{Chronological Age}} \times 100$

For Questions 8 - 9

The format for the reporting of diagnosis detailed by the Diagnostic and Statistical Manual of the American Psychiatric Association (DSM-V) is multi-axial. Each case is assessed along several axes, each of which is descriptive of a different class of information.

8. The presence of a personality disorder would be reported on
- a) Axis I - Clin
 - b) Axis II - ~~Personality~~ ✓
 - c) Axis III - Med
 - d) Axis IV - Env
 - e) Axis V - GAF

I - Psychiatric diagnosis
 II - Personality disorders
 III - General Medical condition
 IV - Psychosocial environment
 V - Level of functioning

9. A physical illness that was relevant to a patient's diagnosis or management would be reported on
- a) Axis I
 - b) Axis II
 - c) Axis III ✓
 - d) Axis IV
 - e) Axis V

I - Disorder (ps)
 II - Personality
 III - General
 IV - Psychos
 V - GAF

10. The mental status examination includes all the following EXCEPT
- a) Thought process ✓
 - b) Mood and affect ✓
 - c) State of consciousness ✓
 - d) Family history ✓
 - e) Memory ✓

11. A person sitting alone and behaving as if listening intently suddenly begins to nod and mutter aloud. This person most likely is experiencing
- a) A delusion - Thought inserted
 - b) An illusion
 - c) A hallucination ✓ auditory
 - d) An idea of reference
 - e) A flight of ideas

12. The condition of "Waxy flexibility" is encountered during the physical patient with
- a) Alcoholic hallucination
 - b) Mania
 - c) A hallucinations
 - d) Delirium tremens
 - e) Schizophrenia
- Handwritten notes: Catatonic - Stupor, Excitement type - Negativism, Rigidity, Autobulimia (copy name), Hebephrenic, Paranoid Type, Residual, Dementia type
13. The capacity to formulate concepts and generalize them is called
- a) Concrete thinking
 - b) Abstract thinking
 - c) Delusional thinking
 - d) Intellectualization
 - e) Rationalization
- Handwritten notes: Type of thought content, can rationalize absurd behavior

For Questions 14 - 17 match the following:

- A) Magical thinking
- B) Blocking
- C) Looseness of associations
- D) Derealization
- E) Depersonalization

14. Discontinuous and illogical stream of thoughts *Looseness of associations*
15. A belief that thought alone can result in the accomplishment of certain wishes or activities. *Magical thinking A*
16. Student cessation of thinking in the middle of a discussion or sentence. *Blocking B*
17. The feeling that one is standing apart from oneself and observing ones own actions. *Depersonalization E*

All the following statements about rapid eye movement (REM) sleep are true EXCEPT:

- a) REM sleep is associated with hypotonia
 - b) The amount of REM sleep declines between adolescence and old age
 - c) REM sleep is the only state in which dreams occur
 - d) A person is more apt to awaken after REM than non-REM (NREM) sleep
 - e) Penile erections commonly occur during REM sleep
- Handwritten notes: PC at base of skeletal muscle, Full penile erection (in adult male), Dreams occur (in adult male)

Sleepwalking is correctly characterized by all the following statements EXCEPT:

- a) It occurs most frequently late in the sleep cycle
 - b) It often disappears as the person reaches adolescence or adulthood
 - c) It occurs during the same period of sleep cycle as sleep terrors
 - d) It is associated with difficulty in awakening the sleepwalker
 - e) It is associated with full amnesia for the event
- Handwritten notes: Not at night, REM

- REM
- Somnambulism
 - Initiated in 1st 3rd of night during deep non-REM (stage 3 and 4)
 - not full consciousness
 - no memory of episode to sleep
 - Begins at 4-8
 - Peak 12 yrs
 - More in boys
 - Stressful
 - Tiredness or prior sleep dep
- Handwritten notes: deepest portion of NREM, Page 4 of 17

120. Battered and abused children are
- a) Usually from poor families ✓
 - b) Most frequently affected from ages 6 to 8 yrs ✓
 - c) Commonly born to parents who were themselves abused ✓
 - d) Most often abused by their fathers ✓
 - e) Most frequently female ✓ *boys & girls equal*

121. The state of cataplexy
- a) May be precipitated by an orgasm ✓ *intense emotions*
 - b) Is associated with unconsciousness ✓ *a conscious maintained*
 - c) Involves a sudden increase in general muscle tone ✓ *reduced muscle tone*
 - d) Often lasts for 1 to 24 hrs ✓ *few minutes*
 - e) Is usually treated with narcoleptics ✓ *Gamma-hydroxybutyrate*

122. Hypothalamic function is closely related to all the following EXCEPT
- a) Sleep ✓
 - b) Appetite ✓
 - c) Memory ✓ *Bilateral lesions of medial temporal lobe results in amebloid nucleus*
 - d) Sexual behaviour ✓
 - e) Fear ✓ *No behaviour*

123. The Kluver-Bucy syndrome is characterized by
- a) Compulsive anal activity ✓
 - b) Rage attacks ✓
 - c) Hypersexuality ✓ *hypersexuality*
 - d) Hypophagia ✓ *hyperphagia*
 - e) Cataplexy ✓ *visual agnosia*
- Amnesia (both retro & anterograde)*
Orchidophilia
Hyperphagia + R
Hypersexuality
Hyperpersexuality
Visual agnosia

124. The majority of mentally retarded persons are classified as mildly retarded, with IQs on standard psychological tests of
- a) Below 34
 - b) 35 to 49
 - c) 50 to 70
 - d) 71 to 85
 - e) 85 to 95
- Borderline 71-84*
35 - severe retardation fully dependent
50 - mild retardation
70 - normal

125. All the following drugs are commonly used in the treatment of attention deficit disorder EXCEPT:
- a) Lorazepam ✓ *BZ*
 - b) Amphetamine ✓
 - c) Methylphenidate ✓
 - d) Pemoline ✓
 - e) Imipramine ✓ *antidepressant*
- stimulant med*
stimulant medication

Antidepressant

22. Which of the following is NOT a first-rank symptom of schizophrenia?
 A) Waxy flexibility ✓
 B) Somatic hallucinations ✓
 C) Delusional perception ✓
 D) Thought withdrawal ✓
 E) Made volitions ✓ *with passivity*

Fluently verbalizations
Reduction of passivity
Delusions of being controlled

23. The most reliable predictor of violence is
 A) Abuse of alcohol ✓
 B) A history of previous violence ✓
 C) The presence of delirium ✓
 D) Availability of weapons ✓
 E) Presence of psychotic thinking ✓

24. An example of a specific phobia is fear of
 A) Horses ✓ *agoraphobia*
 B) Public transportations ✓ *Animal, snakes, vomit*
 C) Pupils ✓ *agoraphobia*
 D) Social situations ✓ *social phobia*
 E) Crowds ✓ *agoraphobia*

25. A 25 year old woman who recently had an extramarital affair feels that her physician disapproves strongly of her behaviour, which is not really objectionable. This is an example of the defense of
 A) Denial ✓ *Denial of - Repression, kind of defense being conscious*
 B) Repression ✓ *Displacement of anger (boss) hit down*
 C) Reaction formation ✓ *sublimation → anger → sport*
 D) Isolation ✓ *Regression → traumatic subject*
 E) Projection ✓ *attributing their own unacceptable feelings to another person*

26. Which of the following is not a good approach to a psychiatric interview
 A) Trying to establish rapport ✓
 B) Being non-judgmental ✓
 C) Being sympathetic ✓ *empathy*
 D) Seeking clarification of statement not understood ✓
 E) Tolerating silence ✓ *listen free flow + response*

27. Which of the following is not true of a mental status
 A) Speech can be coherent but irrelevant ✓
 B) Affect is the subjective expression of emotion ✓ *objective → affect*
 C) Flight of ideas are a component of thought disorder ✓
 D) Loosening of associations is a thought disorder ✓
 E) Depersonalization is a perceptual disorder ✓

e- reported by the ptnt *or a derailment*
 ✓ Affect is an objective sign of emotion/feelings

26. Psychiatric features commonly found in patients with Addison's disease include all the following EXCEPT:

- a) Depression ✓
- b) Memory impairment ✓
- c) Irritability ✓
- d) Excessive energy ✓
- e) Anxiety ✓

27. The most common cause of dementia in the elderly is

- a) Multiple cerebral infarcts ✓
- b) Normal pressure hydrocephalus ✓
- c) Alzheimers disease - 50% ✓
- d) Huntingtons disease - most common inherited ✓
- e) Hardening of cerebral arteries ✓

28. The most common psychiatric disturbance associated with Cushing's syndrome is

- a) Depression ✓
- b) Psychosis ✓
- A. c) Organic mental disorder ✓
- d) Mania ✓
- e) Anxiety neurosis ✓

29. Which of the following statements regarding thought disorder is true?

- a) It is invariably found in schizophrenia ✓
- b) It is sometimes exhibited by patients with mania ✓
- c) It is sometimes exhibited by patient's panic disorder ✓
- d) It is reflected in the speech but not the written communication schizophrenia ✓
- e) It is a phenomenon of schizophrenia first described by Sigmund Freud ✓

30. Which of the following statements about visual hallucinations is true?

- a) They are common than auditory hallucinations in schizophrenia ✓
- b) They are also always frightening to the patients ✓
- c) They are more common in schizophrenia than in organic brain disorder ✓
- d) They are a common occurrence in schizotypal personality disorder ✓
- e) None of the above ✓

31. Clozapine (clozaril) is a drug used to relieve chronic symptoms of

- a) Bipolar disorder ✓
- b) Major depression ✓
- c) Chronic schizophrenia - 1 atypical antipsychotic ✓
- d) Alzheimer's disease ✓
- e) Panic disorder ✓

28. Which of the following is not assessed under cognitive functions

- A) Consciousness ✓
- B) Memory ✓
- C) Orientation ✓
- D) ~~Circumstantiality~~
- E) Insight ✓

29. Regarding death and dying.

- (A) Doctors should block the belief or enable their own deaths to help them cope with dying patients.
- (B) Employing the patients beliefs about death is prohibited.
- (C) Doctors should ensure that they allow their patients wish to die be implemented.
- D. ~~(D) Euthanasia is legal in Kenya~~ ✓ *is practice of intentionally ending a life in suffering*
- (E) Depression may occur in patients suffering from terminal conditions

30. Bad prognostic feature in post traumatic stress disorder is

- A) Rapid onset of symptoms ✓
- B) Short duration of symptoms (less than 6 months) ✓
- C) Good pre morbid functioning ✓
- D) Strong social support ✓
- E. ~~(E) Presence of other psychiatric disorders~~

31. Conversion disorder

- A) Always requires pharmacotherapy X
 - ~~B) May present as mutism~~ ✓
 - C) Suicide is a common sequel
 - D) Psychotherapy is rarely necessary X
 - E) Is rare in those aged below 30 years X *10-39 yrs*
- symptoms of psychosis, aphasia in children w/ a good prognosis etc.*
→ tremors, seizures → bad progn from
people > mid to late 30's 13-58 years

32. Which of the following statements is not true of psychiatric emergencies

- A) Severe depression can lead to homicidal acts ✓
- B) Delirium tremens can be fatal ✓
- C) Manic patients maybe attacked (mob justice) because of indiscrete disinhibited behaviour ✓
- ~~D) Parasuicide is commoner in males than females~~ X *Females*
- E) Alcohol intoxication is a common cause of road traffic accident ✓

33. Which of the following is not a behavioral technique?

- A) Aversive conditioning ✓
- B) Modeling ✓
- ~~C) Positive reappraisal~~ ✓ *critical component of meaning-based coping*
- ~~D) Contingency management~~ ✓ *played commonly in substance abuse*
- E) Flooding ✓

✓ 12. The most common side effects associated with clozapine include all the following EXCEPT:

- a) Extrapyramidal effects
- b) Sedation ✓
- c) Agranulocytosis ✓
- d) Hypersalivation ✓
- e) Seizures ✓ → it lowers seizure threshold.

✓ 13. Which of the following drugs may induce a psychosis that is easily confused with, or misdiagnosed as, paranoid schizophrenia

- a) Barbiturates
- b) Heroin
- c) Benzodiazepines ✓
- d) Amphetamines ✓
- e) Chlorpromazine

✓ 14. In the criteria set forth by DSM-IV. Which of the following would distinguish schizophrenia from a manic episode?

- a) The schizophrenic patient will exhibit evidence of a thought disorder ✓
- b) The manic patient is persistently elated, whereas the schizophrenic patient displays blunted, flat, or inappropriate affect ✓
- c) The schizophrenic psychosis is most often treated with neuroleptic medication ✓
- d) The schizophrenic psychosis is episodic while mania is generally continuous ✓
- e) None of the above

✓ 15. The statements about delusional disorder include all the following EXCEPT:

- a) Delusional disorder is highly related to schizophrenia disorder ✓
- b) Delusional disorder is unrelated to depressive disorder ✓
- c) Premorbidly the patient tend to be more extroverted ✓
- d) The incidence is equal in homosexual and heterosexual persons ✓
- e) The delusions are well systematized and non bizarre ✓

✓ 16. Studies of bipolar illness show an average concordance rate in monozygotic twins of about

- a) 5 percent
- b) 20 percent
- c) 50 percent
- d) 80 percent
- e) 95 percent

5-25% → dizygotic twins
80-90% → monozygotic twins

34. Which of the following is incorrect about characteristics of a neglectful parent?
- A) Chronically passive and withdrawn ✓
 - B) Socially isolated ✓
 - C) Those who suffered neglect and rejection at the hands of their own parents ✓
 - D) Those who suffer from depression ✓
 - E) ~~Overprotective and over concerned mothers~~ ✗

35. Which of the following is not true? Children who develop pathological grief are
- A) those who had pre-existing psychiatric disorders ✗
 - B) Those with family history of psychiatric disorders ✓
 - C) Those with dysfunctional family circumstances ✓
 - D) Those allowed to express their grief openly ✓
 - E) ~~Those with history of previous trauma~~ ✗

36. When handling children's questions about death and dying, the following is inappropriate:
- A) ~~Telling the child that the dead person is just sleeping or has gone to heaven~~ ✗
 - B) ~~Using words like "dead", "stopped working" and "worn out" to establish the fact that the body is biologically dead~~ ✗
 - C) Answering children's questions honestly about death and dying ✓
 - D) Allowing children to attend the funeral and to visit the dying patient in hospital ✓
 - E) Explaining death in clear and simple terms ✓

37. The following is a treatment of mania
- A) Fluoxetine ✗
 - B) Propranolol ✗
 - C) Benzhexol chloride ✗
 - D) ~~Mirtazapine~~ - atypical antidepressant ✗
 - E) Sodium valproate ✓

38. Transference

- A) Is similar to counter-transference → therapist has feelings for patient ✓
- B) Occurs in short term psychotherapy → long term ✓
- C) Therapist should ignore it and proceed with therapy ✗
- D) Therapist should counter it with counter-transference ✗
- E) ~~May hinder treatment progress if not properly addressed~~ ✗

39. Which one of the following signs and symptoms best describes Wernicke's encephalopathy

- A) ~~Confabulation is always present~~ ✗
 - B) ~~Difficulty learning new materials is so characteristic~~ ✗
 - C) Peripheral neuropathy is very disabling ✓
 - D) Brain stem hemorrhages usually occur ✓
 - E) It is a chronic condition ✗
- Handwritten notes on the right side of the page:
- 1
 - triad of:
 - ophthalmic
 - confusion
 - ataxia

37. 27 year old woman seeks evaluation for her "depression" in an outpatient. She reports episodic feeling of sadness since adolescence. Occasionally but these periods seldom last more than 2 weeks. She is able to work but thinks she is not doing as well as she would. In her problems she seems to focus more on repeated disappointments in herself discrete depressive symptoms. In your differential diagnosis at this point, the diagnosis is

- a) Major depression
- b) Adjustment disorder with depressed mood
- c) Cyclothymia → hypomanic episodes
- d) Childhood depression
- e) Dysthymia → depressed mood

For Questions 38 - 39

One month after her mother's death from chronic heart disease, a 25 year woman with prior psychiatric history has the onset of irritability, difficulty concentrating, sudden crying, and difficulty falling asleep.

38. The most likely diagnosis would be
- a) Major depression
 - b) Dysthymia → 2 years of depressed mood
 - c) Posttraumatic stress disorder → trauma
 - d) Uncomplicated bereavement
 - e) Adjustment disorder → not due to bereavement
- griefing ≠ Inc generalized loss or pressure of withdrawal

39. Appropriate possible treatment approaches include all the following EXCEPT:

- a) Antidepressant medication
- b) Neuroleptic medication
- c) Short-term psychodynamic psychotherapy
- d) Support groups
- e) Cognitive psychotherapy

Neuroleptics induce dystonia

40. The cognitive functioning of a person with a major depression is often characterized by all the following manifestations EXCEPT:

- a) Bizarre association → schizophrenia
- b) Suicidal ideation
- c) Obsessive rumination
- d) Concentration impairment
- e) Memory impairment

The basis for the therapeutic effect of electroconvulsive therapy (ECT) is

- a) Seizure activity
- b) Electrical stimulation of the brain → deep lobe stimulation
- c) Memory loss
- d) The depressed patient's wish for punishment
- e) The depressed patient's attitude toward ECT

40. Amongst the following, Which is the odd one out

- A) Paroxetine ✓ SSRI
- B) fluoxetine ✓ SSRI
- C) Fluvoxamine ✓ SSRI
- D) sertraline ✓ SSRI

~~E) Risperidol~~ → atypical antipsychotic

41. Delirium except

- A) Is a clinical syndrome ✓
- B) Is transient, reversible ✓ → acute onset
- C) Has an acute or sub acute onset ✓
- D) Delirium itself is a disease ✓
- E) Is symptomatic manifestation of early brain or mental dysfunction ✓ regards both a sudden decline in attention & an organic aetiology

42. Signs and symptoms of withdrawal of alcohol include the following except

- A) Elevation of systolic blood pressure ✓
- B) Sweating ✓
- C) Fever ✓
- ~~D) Euphoria~~
- E) Tachycardia ✓

43. A psychiatric patient who, although coherent, never gets to the point has a disturbance in the form of thought called

- A) Word salad
- B) Circumstantiality
- ~~C) Tangentiality~~
- D) Verbigeration
- E) Blocking

gets back to the point
train of association is interrupted but central idea is mostly present

44. What treatment is recommended as first line treatment for a 9 year old with hyperkinetic disorder and no other co morbidities

- ~~A) Methylphenidate~~ → ADHD, narcolepsy
- B) Atomoxetine
- C) Clonidine
- D) Imipramine
- E) Olanzapine

45. Which of the following is a cognitive process in OCD

- a) Finishing a washing ritual when hands are clean
- b) Underestimation of the likelihood of harm
- c) Tolerance of uncertainty
- d) Overinflated sense
- ~~e) None of the above is true~~

132. "Baby blues" is accurately characterized by which of the following:

- a) It is more acute than postpartum depression
- b) It is usually a chronic and relapsing syndrome
- c) It affects 50-90 percent of all new mothers
- d) It is characterized by persistent apathy
- e) It is not associated with sleep disturbance

2 weeks after delivery

133. While delirious of any variety can occur in major depressive disorder with psychotic features, the most common delirium are:

- a) Mood-incongruent
- b) Mood-congruent
- c) Mood-related
- d) Mood-controlling
- e) None of the above

134. A 55 year old, married professor without a previous psychiatric history is in her early in the menopause. In addition to experiencing "hot flashes" and some irritability, she complains of episodes of diagnosed and memory lapses, which she had experienced on several occasions earlier in life. She denies depressive symptoms either now or in the past. In particular, we would evaluate her for possible:

- a) Schizophrenia → at least 6 months
- b) Major depression → 2 weeks of depressed mood or loss of interest
- c) Psychomotor epilepsy → can have depression
- d) Dysrhythmia → 2 years of depressed mood for 2 hrs
- e) Panic disorder

135. A diagnosis of bipolar disorder might be appreciated for patients who have all the following EXCEPT:

- a) Recurrent depressions and history of mania
- b) Recurrent depressions without a history of mania
- c) Mania now and a history of a depressive episode
- d) Mania now without a history of past affective disturbance
- e) A history of several manic episodes without depressions

136. Cyclothymia is distinguished from major affective disorder primarily by:

- a) Family history
- b) An absence of chronicity
- c) Age of onset
- d) Severity and duration of symptoms
- e) Preexisting personality pattern

Major affective disorder - 2 years of depression

137. True statements of about depression that occurs concomitantly with a medical illness include all the following EXCEPT:

- a) It may be the result of medication
- b) It is usually unresponsive to antidepressant medication
- c) It may not be related to the medical illness to appear
- d) It may be the first symptom of medical illness to appear
- e) It may have the same signs and symptoms as endogenous depression

melancholia - apathy

48. Which of the following disorders is an absolute contraindication to the use of electroconvulsive therapy (ECT)

- a) Aortic aneurysm *by treat*
- b) Brain tumor
- c) Coronary artery disease
- d) Pregnancy *X*
- e) None of the above

No absolute C

49. Characteristically the personality disorders

- a) Are minor disturbance that respond quickly to treatment *X*
- b) Cause little impairment in adaptive functioning *X*
- c) Rarely cause any subjective distress *objective*
- d) Are usually evident by adolescence *✓* *except antisocial personality*
- e) Often have periods of remission up to 1 year *X*

enduring pattern that deviates markedly

50. The most common finding in patients with factitious disorder is

- a) An associated major mental disorder *X*
- b) An aggressive, assertive personality style *X*
- c) Frequent signing out of hospitals *X* *Munchausen's syndrome*
- d) Self-administered injection or self medication *X* *self inflicted harm*
- e) Lack of medical training *X*

in like major depression
no external benefits
Dissimulate sick role
Munchausen's syndrome
self inflicted harm
Consciously

Directions: For Questions 51 - 55 each question below contains four suggested responses of which one or more is correct. Select

- A. if 1, 2, and 3 are correct
- B. if 1 and 3 are correct
- C. if 2 and 4 are correct
- D. if 4 is correct
- E. if 1, 2, 3 and 4 are correct → 53

51. Schizoid personality disorder is differentiated from schizotypal personality disorder

- 1 An absence of close relationships and friends *both*
- 2 Constricted affect *Schizoid & both*
- 3 Avoidance of social situations *both*
- 4 An absence of oddities of behaviour perception, and speech *both*

eccentricity to have

The circumplex model is useful in making the diagnosis of which of the following conditions

- 1 Schizophrenia
- 2 Anxiety disorder
- 3 Somatoform disorders
- 4 Personality disorders ✓

Medical complications commonly found in bulimia nervosa include

- 1 Hypokalemic alkalosis ✓
- 2 Paratoid gland enlargement ✓
- 3 Cardiac arrhythmias or failure ✓
- 4 Gastric dilation ✓

↑ vomitings
metabolic alkalosis
hypochloremic

diagnosed using BMI
 Mild BMI ≥ 17
 Moderate 16-17
 Severe 15-16
 Extreme < 15

in children, BMI for age percent
 of less than 5th percentile.
 REG. NUMBER

Anorexia nervosa is characterized by which of the following:

- A
- An intense fear of obesity
 - Distorted body image "feeling fat" even when emaciated
 - Refuse to maintain weight over minimum normal weight
 - Weight loss of less than 85 percent body weight

complication
 ✓ osteoporosis
 ✓ infertility
 ✓ cardiac death

Persons with antisocial personality disorder typically do which of the following:

- B
- Convey an impression of intelligence of psychiatric examiners
 - Explain their behaviour away with an appropriate expression of feeling "burnt out" (i.e. remit) by mid adulthood
 - Respond to a brief course of limit-setting psychotherapy

The statements about disulfiram (Ant abuse) include all the following EXCEPT:

- C
- a) It interferes with the metabolic breakdown of ketones
 - b) It may cause a reaction from the use of after-shave lotion
 - c) It becomes fully effective only 12 hrs after ingestion
 - d) It may cause a reaction up to 2 week after it is discontinued
 - e) It may cause a toxic psychosis unrelated to alcohol ingestion
- remains fully effective for 24-48 hrs. → tachycardic

For Questions 57 - 59

A 35 year old man stumbles into the emergency room. His pulse is 100 beats per minute, his blood pressure is 170/95 mm/Hg and he is diaphoretic. He is tremulous and has difficulty relating history. He does admit to insomnia the past two nights and thinks a curtain is a ghost in the room. He also states he has been a drinker since age 19, but has not had a drink in 4 days.

- 57
- The most likely diagnosis is
- a) Adjustment disorder
 - b) A typical psychosis
 - c) Alcohol withdrawal delirium (delirium tremens)
 - d) Alcohol intoxication
 - e) Alcohol idiosyncratic intoxication

58. Initial drug treatment usually includes

- D
- a) Haloperidol 10 mg IM
 - b) Chlorpromazine 50 mg IM
 - c) Lithium 300 mg PO
 - d) Chlordiazepoxide 50 mg PO
 - e) Imipramine 50 mg PO
- useful for withdrawal convulsions + alcohol delirium

✓ Not all used if patient is to continue drinking

59. Appropriate follow-up treatment for this patient would include all the following EXCEPT

- a) Complete history and physical examination with emphasis on gastrointestinal and neurologic functioning ✓
- b) Psychological assessment to identify social or environmental stressors contributing to the problem ✓
- c) Social assessment to identify social or environmental stressors contributing to the problem ✓
- d) Referral to Alcoholics Anonymous (AA) ✓ → support group
- e) Fluphenazine decaonate (moclelate) 1 ML IM, with an appointment to his local mental health clinic for follow up.

60. The diagnosis of alcohol dependence includes all the following EXCEPT:

- a) Impaired social or occupational functioning ✓
- b) The need for daily drinking to function adequately ✓
- c) ~~Lack of tolerance for alcohol~~ ↑ tolerance for alcohol
- d) An inability to cut down or stop drinking ✓
- e) Pathological use of alcohol ✓

61. Abnormalities found in the offspring of women who abuse alcohol during pregnancy include all the following EXCEPT

- a) Low birth weight ✓
- b) Microcephaly and maxillary hypoplasia ✓
- c) Mental retardation ✓
- d) ~~Excessively placed intelligence~~
- e) Cardiac anomalies ✓

62. All the following drugs are used in pharmacologic treatment of ethanol withdrawal EXCEPT

- a) Benzodiazepines ✓ → anxiolytic, 92% safe
- b) Carbamazepine ✓ → seizures
- c) ~~Amphetamines~~
- d) Beta-adrenergic blocking drugs ✓
- e) Antipsychotics ✓ → neurolept analgesic, but not for withdrawal

Wernicke-Korsakof syndrome is seen in chronic alcohol abuse and is characterized by the following characterized by all the following symptoms EXCEPT

- a) Ataxia ✓
- b) Nystagmus and paralysis of certain ocular muscles ✓
- c) ~~Confabulation~~ ✓ → Korsakoff's syndrome
- d) ~~Loss of remote memory~~ ✓ → anterograde impairment
- e) Confusion ✓

Wernicke triad: ataxia, ophthalmoplegia, confusion
Korsakoff's syndrome: nystagmus, paralysis of lateral rectus muscle, confusion, memory impairment

Delirium tremens, which can develop in persons who abstain from drinking after prolonged period of alcohol use, is characteristically associated with all the following EXCEPT

- a) Bradycardia *↑ heart rate*
- b) Tremor *↑ psychomotor activity*
- c) Vivid visual hallucinations *↓ down*
- d) Disorientation to time and place
- e) A course of 3 to 7 days

onset 3-10 days after last drink

Severe → heavy sweating, fear, paranoid delusions, agitation, F, sudden cardiovascular collapse

Visual, auditory, tachic hallucinations

Match the following

- a) Tolerance
- b) Potentiation → When 2 drugs are taken together intensifies actions of the other
- c) Withdrawal
- d) Dependence
- e) Addiction → physical dependence

65 E A repertoire of behaviours that maintain drug use

eg self-administration

66 A Requirement of a larger dose of the drug to obtain the same effect

tolerance

67 C A physiologic states that follow cessation of or reduction in drug use

withdrawal

68 D A syndrome of clinically significant symptoms following cessation of substance use

dependence

69 In psychoanalytic theory, the phenomenon of transference

- a) Occurs only in the relationship between the therapist and the patient *X*
- b) Impedes the progress of therapy because it distorts reality *X*
- c) Make it difficult to reconstruct the patients past *X*
- d) Involves the unconscious imposition of the experience of a past relationship on to a present one *E*
- e) It manifested primarily in the patients dreams *X*

The psychotherapy of personality disorders is made more difficult by the fact that character traits are usually

- a) Ego-dystonic
- b) Ego-syntonic → Behaviors & in harmony/acceptable with "reels/side" of E
- c) Unrelated to conflict
- d) So difficult to identify
- e) Unrecognized by important persons in the patient's life *X*

71 In psychoanalytic psychotherapy, the occurrence of countertransference is

- a) Inevitable to the process *X*
- b) Almost always harmful to the process *X*
- c) A sign that the patient should be referred to another therapist
- d) A sign that the therapist is excessively neurotic *X*
- e) An indication that the therapist dislikes the patient *X*

Ego-dystonic

1000

Ego-syntonic

- ✓ personality disorder
- ✓ Anorexia nervosa
- ✓ gambling

72. In general group therapy is intended to enable individuals to enable the following EXCEPT

- a) Learn new models of behaviour ✓
- b) ~~Recognize~~ Disorder that their problems of behaviour ✓
- c) Develop a sense of belonging ✓
- d) Develop "basic trust" ✓
- e) Change their behaviour to comply with group models.

73. Which of the following drugs has shown the greatest efficiency in the treatment of obsessive compulsive disorder?

- a) Alprazolam (Xanax) ✓ *BZV anxiolytic*
 - b) ~~Clomipramine (Anafranil)~~ ✓ *TEA C SSRI*
 - c) Propranolol (Inderal)
 - d) Phenobarbital
 - e) Lithium
- Cognitive behavior therapy*

74. The anticholinergic syndrome may occur with overdoses of all the following drugs EXCEPT

- a) Tricyclic antidepressants ✓
- b) Antipsychotics ✓
- c) Antihistamines ✓
- d) Antiparkinsonian agents ✓
- e) Anticholinesterase drugs *↑ cholinergic stimulus*

75. Early central nervous system signs of lithium toxicity include all the following EXCEPT

- a) ~~Seizures~~ ✓
- b) Ataxia ✓
- c) Tremor ✓ *Tremor -> most common adverse effect of Lithium toxicity. Propranolol & atenolol effective in lithium induced tremor.*
- d) Confusion ✓
- e) Dysarthria ✓

For Questions 76 - 77

A psychiatrist is called into evaluate a wealthy 85-year-old man who is drawing up a new "last will" and is concerned that it might be challenged after his death on the basis of possible reduced mental capacity

The psychiatric evaluation would be for the purpose of determining the patient's

- a) Sanity versus insanity
- b) Testamentary capacity *→ A person's legal & mental capacity to make or alter a valid will*
- c) Ability to distinguish right from wrong
- d) Judgemental capacity
- e) Insight

67. The essential components of a valid will include all the following EXCEPT

- a) The absence of any axis I diagnosis ✓
- b) Knowledge of the nature and extent of ones assets ✓
- c) Knowledge of relatives and natural heirs ✓
- d) Knowledge that a will is being made ✓
- e) Freedom from undue influence ✓

68. A 69 year old man is suspected of having an acute onset of multiple small infarcts. The finding on mental status examination that would be most supportive of this diagnosis

- a) A change in cognitive functioning ✓
- b) Depressed mood
- c) Inappropriate affects
- d) Delusional thinking
- e) Anxiety

Vascular dementia.

69. Organic mental disorders typically are characterized by

- a) Mental confusion, disorientation and memory loss ✓
- b) Mental confusion auditory hallucination and thought disorder
- c) Depression, auditory hallucinations and disorientation ✗
- d) Depression visual hallucinations and thought disorder ✗
- e) Depression, grandiosity and sleep disorder ✗

70. The syndrome of delirium is usually characterized by the following except

- a) Inattention ✓
- b) Illusions ✓
- c) Clouded consciousness ✓
- d) Fluctuating mood ✓
- e) Visual hallucinations ✓

7. A 7 year-old girl was hospitalized for a tonsillectomy awakens and cries out that a "big bear" is in her room. She is relieved when a nurse, responding to her, enters the room and turns on the light, revealing the bear to be an armchair covered in a bear coat. This experience would be an example of:

- a) A delusion
- b) A hallucination
- c) An illusion
- d) Dejavu
- e) Dissociative reaction

Questions 8 - 9

As a part of the mental status examination, an interviewee is asked for the meaning of the proverb "people in glass houses should not throw stones". "They will break the windows".

8. This response is an example of:

- a) Idiosyncratic thinking
 - b) Concrete thinking
 - c) Bizarre ideation
 - d) Loose associations
 - e) None of the above
- peculiar / bizarre:*
literal thinking that is focused on the physical world, opposite of abstract thinking

9. Patients who interpret proverbs in this way most often have a diagnosis of:

- a) Dysthymia
- b) Paranoid personality disorder
- c) Panic disorder
- d) Passive aggressive personality disorder
- e) Schizophrenia

Questions 10 - 12

The format for the reporting of diagnoses detailed by the diagnostic and statistical manual of the American psychiatric Association (DSM-V) is multi-axial. Each case is assessed along several axes. Each of which is descriptive of a different class of information.

10. The presence of a personality disorder would be reported on:

- a) Axis I
- b) Axis II
- c) Axis III
- d) Axis IV
- e) Axis V

11. A physical illness that was relevant to either diagnosis or management would be reported on:
- a) Axis I
 - b) Axis II
 - c) Axis III
 - d) Axis IV
 - e) Axis V
12. The mental status examinations include all the following EXCEPT:
- a) Thought process
 - b) Mood and affect
 - c) State of consciousness
 - d) Family history
 - e) Memory
13. The Haistead-Reitan test is used in the diagnostic assessment of:
- a) Personality disorders
 - b) Organic disorders
 - c) Mood disorders
 - d) Anxiety disorders
 - e) Sleep disorders
- Test used to assess the condition or functioning of the brain including localization of damage*
14. A person sitting alone and behaving as if listening intently suddenly begin to nod and mutter aloud. This person most likely is experiencing:
- a) A delusion
 - b) An illusion
 - c) A hallucination
 - d) An idea of reference
 - e) A flight of ideas
15. The condition of "waxy flexibility" is encountered during the physical examination in a patient with:
- a) Alcohol hallucinosis
 - b) Mania
 - c) A hallucination
 - d) Delirium tremens
 - e) Schizophrenia
16. The capacity to formulate concepts and generalize them is called:
- a) Concrete thinking
 - b) Abstract thinking
 - c) Delusional thinking
 - d) Intellectualization
 - e) Rationalization

DIRECTIONS: Each group of questions below consists of lettered headings followed by a set of numbered items. For each numbered item select the one lettered heading with which is most closely associated. Each lettered heading may be used once, more than once, or not at all.

Questions 17 - 21

Match the following:

- a) Memory impairment
- b) Bizarre delusions
- c) Recurrent self damage act
- d) Perfectionism
- e) Pathological jealousy

- 17. Paranoid personality disorder - ~~E~~ *Pathological jealousy*
- 18. Borderline personality disorder ~~C~~ *→ recurrent self damage act.*
- 19. Dementia ~~A~~ *→ Memory*
- 20. Schizophrenia ~~B~~ *Bizarre delusions*
- 21. Obsessive compulsive personality disorder ~~D~~ *Perfectionism*

Questions 22 - 25

Match the following:

- a) Magical thinking
- b) Blocking
- c) Looseness of associations (*disorganized*)
- d) Derealization
- e) Depersonalization

- 22. Discontinuous and illogical stream of thoughts. *Looseness of associations*
- 23. A belief that thought alone can result in the accomplishment of certain wishes or activities. *Magical thinking* **A**
- 24. Sudden cessation of thinking in the middle of a discussion or sentence. *Blocking* **B**
- 25. The feeling that one is standing apart from one self and observing one's own actions. *Depersonalization* **E**
- 26. Sexual drive, when defined as the spontaneous. Manifestation of genital excitement, is believed by most clinicians to:
 - a) Peak at an earlier age in women
 - b) ~~Being generally strongest during young adulthood~~
 - c) ~~Be virtually non existence after the age of 60~~
 - d) ~~Be reduced by elevated prolactin~~
 - e) ~~Be androgen dependent only in the male~~**B.**

27. "Stranger anxiety" typically appears in children at: *5 months to 18 months*

- a) 3 weeks
- b) 2 months
- c) ~~6 months~~
- d) 1 year
- e) 2 years

28. All the following statements about rapid eye movement (REM) sleep are true EXCEPT

- a) REM sleep is associated with hypotonia ✓
- b) The amount of REM sleep declines between adolescence and old age ✓
- c) ~~REM sleep is the only state in which dreams occur~~
- d) A person is more apt to awaken after REM than non-REM (NREM) sleep ✓
- e) Penile erections commonly occur during REM sleep ✓

29. Sleep walking is correctly characterized by all the following statements EXCEPT:

- a) ~~It occurs most frequently late in the sleep cycle~~ *REM*
- b) It often disappears as the person reaches adolescence or adulthood ✓
- c) *A.* It occurs during the same period of sleep cycle as terrors ✓
- d) It is associated with difficulty in awakening the sleep walker ✓
- e) It is associated with full amnesia for the event ✓

30. Battered and abused children are:

- a) Usually from poor families
- b) Most frequently affected from ages 6 to 8
- c) ~~Commonly born to parents who were themselves abused~~
- d) Most often abused by their fathers
- e) Most frequently female

31. The state of cataplexy:

- a) ~~May be precipitated by an orgasm~~
- b) Is associated with unconsciousness
- c) *A.* Involves a sudden increase in general muscle tone
- d) Often lasts for 1 to 2 hours
- e) Is usually treated with neuroleptics

32. Hypothalamic function is closely related to all the following EXCEPT:

- a) Sleep
- b) ~~Appetite~~
- c) ~~Memory~~
- d) Sexual behavior
- e) *thru 1* Fear

33. All the following evidence supports the dopamine hypothesis of schizophrenia
- ~~a)~~ The largest concentrations of dopamine are found in the cerebral cortex
 - b) The basal ganglia may be metabolically hyperactive in un-medicated schizophrenia
 - c) The pnenothiazine drugs block dopamine receptors
 - d) Many of the antipsychotic drug increase the level of dopamine metabolites
 - e) Parkinsonism is a side effect of many antipsychotic medications

34. Most studies suggests that the major inhibitory neurotransmitter in the brain is:

- a) Serotonin
- b) Dopamine
- c) Beta - endorphin
- d) γ -aminobutyric acid
- e) Somatostatin

35. The majority of mentally retarded persons are classified as mildly retarded, with IQ on standard psychological tests of:

- a) Below 34
- b) 35 to 49
- c) 50 to 70
- d) 71 to 85
- e) 85 to 95

36. Down's syndrome is correctly characterized by which of the following statements?

- a) It is most frequently an non-inherited chromosomal disorder
- b) It rarely involves trisomy
- c) It cannot be diagnosed antenatally
- d) It is a relatively rare cause of mental retardation
- e) It is most often associated with mild mental retardation

37. The statements about autistic disorder include all the following EXCEPT:

- a) It may be identifiable during the first 6 months of life
- b) It may manifest itself in resistance to minor environmental changes
- c) It is often associated with language disturbances
- d) It is rarely associated with mental retardation
- e) It is most often associated with gaze aversion

All the following are commonly seen in infants with fetal alcohol syndrome EXCEPT:

- ~~a)~~ Normal intelligence
- b) Microcephaly
- c) Irritability
- d) Mild facial hypoplasia and proanathism
- e) Growth retardation

39. True statements about separation anxiety disorder include all the following EXCEPT:
- ~~a)~~ It often runs in families ^T
 - ~~b)~~ It most commonly appears at puberty ^{infants and young children}
 - ~~c)~~ It is often associated with school absenteeism ✓
 - ~~d)~~ It is seen commonly in both boys and girls ✓
 - ~~e)~~ It is commonly seen in association with major depression disorder ^T
40. Schizophrenia that occurs in childhood:
- ~~a)~~ Has an earlier onset in boys than in girls
 - ~~b)~~ Is less common in boys than in girls when it occurs before the age of 12
 - ~~c)~~ Is significantly related to birth order
 - ~~d)~~ Generally has a more benign course than adult onset schizophrenia
 - ~~e)~~ Is usually associated with very abnormal early developmental history
41. All the following are predictors of an ultimate bipolar outcome in adolescents and young adults with a depressive disorder EXCEPT:
- ~~a)~~ Depression of psychotic proportions
 - ~~b)~~ Hypomania following administrations of tricyclic antidepressants
 - ~~c)~~ Bipolar family history
 - ~~d)~~ Insidious, gradual onset
 - ~~e)~~ Hypersomnic - retarded depression
42. Suicide may be characterized by which of the following statements:
- ~~a)~~ It is higher risk in girls than boys for children under the age of 12
 - ~~b)~~ Attempts tend to be more serious in girls than in boys before puberty
 - ~~c)~~ Attempts tend to be more lethal in girls than in boys during adolescence
 - ~~d)~~ Attempts are common in adolescent girls than in adolescent boys
 - ~~e)~~ It is more often committed by adolescent girls than by adolescent boys
43. All the following drugs are commonly used in treatment of attention deficit disorder EXCEPT:
- ~~a)~~ Lorazepam
 - ~~b)~~ Amphetamine
 - ~~c)~~ Methylphenidate - ^{o.c.c}
 - ~~d)~~ Pemoline
 - ~~e)~~ Imipramine
44. Psychiatric features commonly found in patients with Addison's disease include all the following EXCEPT:
- ~~a)~~ Depression
 - ~~b)~~ Memory impairment
 - ~~c)~~ Irritability
 - ~~d)~~ Excessive energy
 - ~~e)~~ Anxiety

A 22 year old woman is admitted to the hospital because of right-hand anesthesia that developed after an argument with the brother. She is in good spirits and seems unconcerned about her problem. There is no history of physical trauma. The neurologic examination is negative except for reduced sensitivity to pain in a glove-like distribution over the right hand. Her entire family is in attendance and is expressing great concern and attentiveness. She ignores her brother and seems unaware of the chronic jealousy and rivalry described by her family.

45. The most likely diagnosis is:
- a) Body dysmorphic disorder
 - b) Histrionic personality disorder
 - c) Parietal brain tumor
 - d) Conversion disorder
 - e) Hysteria
46. The absence of anxiety in association with her lack of awareness of the psychological conflict with her brother is most likely due to:
- a) Marginal intellectual function
 - b) Hypochondriasis
 - c) Organic mental dysfunction
 - d) Primary gain
 - e) Psychosis
47. The patients seeing enjoyment of the attention and concern of her family is most likely due to:
- a) Primary gain
 - b) Secondary gain
 - c) Tertiary gain
 - d) Indifference reaction
 - e) Suppression
48. A man given a placebo for mild pain reports 30 min later that the pain has resolved. The most appropriate conclusion is that the man:
- a) Has a conversion disorder
 - b) Has a dissociative disorder
 - c) Is malingering
 - d) Had no real pain to begin with
 - e) Responds to placebos

49.

A 62 year old woman is admitted to a medical unit because of an 113 kg (25 lb) weight loss over the last 3 months. She also reports anorexia, insomnia, fatigue and decreased sexual interest. She does not have depressed affect and her mental status is judged to be unimpaired. Extensive medical evaluation is unremarkable. The most likely diagnosis is:

- a) Senile dementia
- b) Occult malignancy
- c) Hypochondriasis
- d) Chronic anxiety
- e) Masked depression

50. All the following medical conditions may result in depression secondary to hypercalcemia EXCEPT:

- a) Ingestion of excess vitamin D
- b) Multiple myeloma
- c) Renal tumor
- d) General paresis
- e) Paget's disease

51. The sudden loss of muscular strength in association with laughter is most consistent with which of the following conditions:

- a) Catatonia
- b) Epilepsy
- c) Cataplexy
- d) Narcolepsy
- e) Hysteria

52. Symptoms that commonly occur in patients representing with AIDs - dementia complex include all the following EXCEPT:

- a) Focal seizure activity
- b) Cognitive abnormalities
- c) Motor abnormalities
- d) Behavioural abnormalities
- e) Mood abnormalities

53. Organic mental disorders typically are characterized by:

- a) Mental confusion, disorientation, and memory loss
- b) Mental confusion, auditory, hallucination and thought disorder
- c) Depression, auditory hallucinations and disorientation
- d) Depression, visual hallucinations and thought disorder
- e) Depression, grandiosity and sleep disorder

DIRECTIONS: For Questions 54 - 58. Each question below contains four suggestions of which one or more is correct. Select.

- a) If 1, 2, and 3 are correct -
- b) If 1 and 3 are correct -
- c) If 2 and 4 are correct -
- d) If 4 is correct -
- e) If 1, 2, 3 and 4 are correct -

D 54. Patients with organic mental syndrome commonly have symptoms involving:

- 1) Behavior - ✓
- 2) Personality - ✓
- 3) Emotion - ✓
- 4) Cognitive - ✓

EA D

B 55. The syndrome of delirium is usually characterized by:

- 1) Inattention ✓
- 2) Depressed affect ✓
- 3) Clouded consciousness ✓
- 4) Carelessness ✓

A B

A 56. Cluster headaches tend differ from migraine in that they:

- 1) Have no known precipitants ✓
- 2) Are more common in males than females ✓
- 3) Are often associated with agitation and at times head banging ✓
- 4) Display a very slow onset with a typical prodromal pause ✓

C 57. In primary degenerative dementia of the Alzheimer type:

- 1) The onset is abrupt ✓
- 2) The onset is usually after the age of 65 years ✓
- 3) The loss of intellectual abilities is limited to memory function ✓
- 4) There are changes in personality and behavior ✓

C

B

D 58. Features that commonly distinguish multi-infarct dementia from dementia of Alzheimer type include:

- 1) A step wise deterioration intellectual functioning ('patchy' deterioration) ✓
- 2) An abrupt onset ✓
- 3) Local neurologic signs and symptoms ✓
- 4) An absence of personality changes ✓

59. Which of the following statements regarding thought disorder is true?

- a) It is invariably found in schizophrenia ✓
- b) It is sometimes exhibited by patients mania ✓
- c) It is sometimes exhibited by patients panic disorder ✓
- d) It is reflected in the speech but not the written communication schizophrenics ✓
- e) It is a phenomenon of schizophrenia first described by Sigmund Freud ✓

60. Which of the following statements regarding delusion is true:
- a) Delusions are also exclusively found in schizophrenia
 - b) Delusions of grandiosity are rarely encountered except in mania
 - c) Delusions involved disturbances of cognition
 - d) Delusions involve a disturbance of perception
 - e) Delusions are a type of hallucinations
61. Which of the following statements about visual hallucinations is true:
- a) They are common than auditory hallucinations in schizophrenia
 - b) They are also always frightening to the patients
 - c) They are more common in schizophrenia than in organic brain disorder
 - d) They are a common occurrence in schizotypal personality disorder
 - e) None of the above
62. Clozapine (Clozaril) is a drug used to relieve chronic symptoms of:
- a) Bipolar disorder
 - b) Major depression
 - c) Chronic schizophrenia
 - d) Alzheimers disease
 - e) Panic disorder
63. The most common side effects associated with clozapine include all the following EXCEPT:
- a) Extrapyramidal effects
 - b) Sedation
 - c) Agranulocytosis
 - d) Hypersalivation
 - e) Seizures
64. Which of the following statements is true about the likelihood of relapse in the long-term treatment of schizophrenia with neuroleptic medication?
- a) Relapse is more likely with oral than injectable neuroleptics
 - b) After 1 year of relapse rate is about one-third
 - c) The relapse rate is higher in more intelligent patients
 - d) Nearly all patients will relapse within 5 years
 - e) None of the above
65. In the criteria set forth by DMS IV which of the following would distinguish schizophrenia from a manic episode?
- a) The schizophrenic patient will exhibit evidence of a thought disorder
 - b) The manic patient is persistently elated; whereas the schizophrenic patient displays blunted, flat or inappropriate affect
 - c) The schizophrenic's psychosis is most often treated with neuroleptic medication
 - d) The schizophrenic's psychosis episodes which mania is generally continuous
 - e) None of the above

66. Correct statements regarding the diagnostic criteria for delusional (paranoid) disorder according to DSM-IV, include all the following EXCEPT:
- a) ~~✓~~ Auditory or visual hallucinations, if present, are not prominent
 - b) ~~✓~~ Behavior is not bizarre
 - c) ~~✓~~ Delusions are bizarre
 - d) Any associated affective syndrome is of brief duration relative to the duration of delusional disturbance
 - e) Any organic factor has not initiated and maintained the disturbance

67. The mental status examination of patients with schizophrenia most commonly demonstrates a marked disorder of:
- a) Orientation
 - b) Memory
 - c) Mood
 - d) ~~✓~~ Thinking
 - e) Insight

DIRECTIONS : Each question below contains four suggested responses of which one or more are correct. Select. Questions 68 - 71.

- a) ~~✓~~ If 1, 2 and 3 are correct
- b) ~~✓~~ If 1 and 3 are correct
- c) ~~✓~~ If 2 and 4 are correct
- d) ~~✓~~ If 4 is correct
- e) ~~✓~~ If 1, 2, 3 and 4 are correct

68. The DSM - IV criteria for schizophreniform disorder include:
- 1) All the psychotic symptom criteria for schizophrenia except for duration
 - 2) Schizophrenic - like symptoms caused by hallucinogens
 - 3) An illness that lasts less than 6 months ✓
 - 4) Severe affective symptoms with thought disorder but no other signs of schizophrenia

69. Correct statements regarding paranoid (delusional) disorder include that they:
- 1) Are more common than schizophrenia ✓
 - 2) Are associated with delusions that are usually less bizarre and fragmented than schizophrenia
 - 3) Are associated with delusions of persecution, but not of jealousy ✓
 - 4) Usually are not associated with schneiderian first-rank symptoms

70. Signs of symptoms are more likely to be associated with the catatonic type of schizophrenia than with other subtypes include:
- 1) Neologisms
 - 2) Psychomotor disturbance
 - 3) Word salad
 - 4) ~~✓~~ Excitement and stupor ✓

71. Some researchers have divided symptoms of schizophrenia into negative and positive. Negative symptoms include:
- 1) Hallucinations
 - 2) Blunted affect
 - 3) Delusions
 - 4) Social withdrawal

Questions 72 - 73

One month after her mother's death from chronic heart disease, a 25 year woman with no prior psychiatric history has the onset of irritability, difficulty concentration, sudden fits of crying and difficulty falling a sleep.

72. The most likely diagnosis would be:
- a) Major depression
 - b) Dysthymia
 - c) Posttraumatic stress disorder
 - d) Cognitive psychotherapy
 - e) ~~Dreams and grief~~
73. Appropriate possible treatment approaches includes all the following EXCEPT:
- a) Antidepressant medication
 - b) Narcoleptic medication
 - c) Short-term psychodynamic psychotherapy
 - d) Support groups
 - e) Cognitive psychotherapy
74. The cognitive functioning of a person with a major depression is often characterized by all the following manifestations EXCEPT:
- a) Bizarre association
 - b) Suicidal ideation
 - c) Obsessive rumination
 - d) Concentration impairment
 - e) Memory impairment
75. The basis for the therapeutic effect of electroconvulsive therapy (ECT) is:
- a) Seizure activity
 - b) Electrical stimulation of the brain
 - c) Memory loss
 - d) The depressed patients wish for punishment
 - e) The depressed patients attitude toward ECT
76. "Maternity blues" is accurately characterized by which of the following:
- a) It is more acute than postpartum depression
 - b) It is usually a chronic and relapsing syndrome
 - c) It affects 50 - 80 percent of all new mothers
 - d) It is characterized by persistent apathy
 - e) It is not associated with sleep disturbance

77. All the following statements about suicide are true EXCEPT:

- a) It is among the top ten leading causes of death in the United States
- b) It is almost associated with illness, especially depression
- c) It has a significant familial incidence
- ~~d) It is more likely to be completed in males than in females~~
- e) It is less likely in persons who have communicated their intent to others

78. While delusions of any variety can occur in major depression disorder with psychotic features, the most common delusions are:

- ~~a) Mood - incongruent~~
- b) Mood - congruent
- c) Mood - unrelated
- d) Mood - controlling
- e) None of the above

79. A 55 year old, married professor without a previous psychiatric history is early in her menopause. In addition to experiencing "hot flashes" and some irritability, she complains of episodes of dizzy spells and memory lapses, which she had experienced on several occasions earlier in life. She denies depressive symptoms either now or in the past. In particular, she would be evaluated for possible:

- a) Schizophrenia
- b) Major depression
- c) Psychomotor epilepsy
- d) Dysthymia
- ~~e) Panic disorder~~

80. A diagnosis of bipolar disorder might be appropriate for patients who have all the following EXCEPT:

- a) Recurrent depressions and history of mania
- ~~b) Recurrent depressions without a history of mania~~
- c) Mania now and a history of a depressive episode
- d) Mania now without a history of past affective disturbances
- e) A history of several manic episodes without depression

81. True statements about depression that occurs concomitantly with a medical illness include all the following EXCEPT:

- a) It may be the result of medication
- ~~b) It is usually unresponsive to antidepressant medication~~
- c) It may not be related to the medical illness
- d) It may be the first symptom of the medical illness to appear
- e) It may have the same signs and symptoms as endogenous depression

82. Which of the following disorders is an absolute contraindication to the use of electroconvulsive therapy (ECT):

- a) Aortic aneurysm
- b) Brain tumor
- c) ~~Coronary artery disease~~
- d) ~~Pregnancy~~
- e) ~~None of the above~~

DIRECTIONS: Questions 83 - 85. Each question below contains your suggested responses of which one or more is correct selected:

- a) If 1, 2, and 3 are correct
- b) If 1 and 3 are correct
- c) If 2 and 4 are correct
- d) If 4 is correct
- e) If 1, 2, 3, and 4 are correct

83. Flight of ideas is a thought process characterized by:

- 1) Rapid speed
- 2) Abrupt topic changes ✓
- 3) Punning or plays on words ✓
- 4) Goal - directed thought

A

A

84. According to DSM-IV, the criteria for a diagnosis of cyclothymic disorder include:

- 1) A chronic mood disturbance of at least 2 years ✓
- 2) Numerous manic episodes and periods of depressed mood ✓
- 3) A 2-year period in which the person is never without the required symptoms for more than 2 months
- 4) An onset in adolescence ✓

A

85. According to DSM IV, the criteria required for the diagnosis of dysthymia (depressive neurosis) include which of the following:

- 1) Depressed mood most of the time for at least 2 years ✓
- 2) Symptoms that can include irritability, guilt, poor concentration or fatigue while the patient is depressed
- 3) No absence of a depressed mood for more than 2 months during a 2-year period
- 4) No evidence of a major depressive episodes during the first 2 years of the disturbance

E

DIRECTIONS: Questions 86 - 90. The group of questions consists of four lettered headings, followed by a set of numbered items. For each numbered items select:

- a) If the item is associated with (a) only
- b) If the item is associated with (b) only
- c) If the item is associated with both (a) and (b)
- d) If the item is associated with neither (a) or (b)

Each lettered heading may be used once, more than once or not at all:

- A) Major depressive episode with melancholic features
- B) Manic episode
- C) Both
- D) Neither

- 86. Agitation **B**
- 87. Predominant sadness, hopelessness **A**
- 88. Grandiose ideas **D** - 26, 20
- 89. History of schizophrenia **D**
- 90. Decreased sexual drive **A**

B
A
L
L
X

DIRECTIONS: Questions 91 - 93. Each question below contains five suggested responses. Select the one best response to each question.

91. Which of the following statements most correctly describes panic disorder?
- a) When associated with agoraphobia, it occurs more often in males than females
 - b) No increased familial incidence has been identified
 - c) The usual age of onset is in young adulthood
 - d) It is often relieved by anxiolytic medication but not by antidepressants
 - e) It often requires hospitalization for the initial phase of treatment
92. All the following statements about agoraphobia are true EXCEPT:
- a) It is more common in females
 - b) It is rarely accompanied by panic disorder
 - c) It may result in the patients being totally housebound
 - d) It is frequently associated with fear of being alone
 - e) It often has an onset between 20 and 30 years of age
93. True statements about somatization disorder include all the following EXCEPT:
- a) It has been called Briquet's syndrome ✓
 - b) It occurs more often in males ✓
 - c) It is most commonly seen in lower socioeconomic groups ✓
 - d) A familial pattern has been observed

DIRECTIONS: Each group of question below consist of lettered headings followed by a set of numbered items. For each numbered select the one lettered heading with which it is closely associated. Each lettered heading may be used once, more than once or not at all.

Question 94 - 96.

Match the following:

- Agoraphobia _____
- Social phobia _____
- Specific phobia _____
- Both specific and social phobia _____
- None of the above _____

94. Generally elicited by a circumscribed stimulus.

Characterized by marked fear and avoidance of being in places where help might not be available or escape not possible.

96. Characterized by persistent irrational fear of humiliation or embarrassment.

Questions 97 - 101

Match the following:

- a) Somatization disorder
- b) Obsessive - compulsive disorder
- c) Dissociative fugile
- d) Body dysmorphic disorder
- e) Post traumatic stress disorder

- 97. After watching her house burn down, a 32 year old woman has recurrent dreams about the events.
- 98. A 20 year old student is very upset because his nose looks crooked, though to others it appears normal.
- 99. A nun is found in a distant city working in a cabaret and is unable to remember her previous life.
- 100. A 35 year old mother is anxious and upset by her inability to stop persistent impulses to stab her baby.
- 101. A College student has a 3-year history of episodes of amnesia and blindness, as well as multiple chest and gastrointestinal symptoms for which no organic cause can be found.

E
D
C
B
A

DIRECTIONS: Questions 102 -- 106.

Each Question below contains five suggested response.

Select the one best response to each Question.

102. The differential diagnosis of obsessive compulsive personality disorder includes all the following conditions EXCEPT:

- a) Depression ✓
- b) Anxiety disorder ✓
- c) Phobias ✓
- d) Schizophrenia ✓
- e) Impulse disorder ✓

103. Which of the following drugs is least likely to be associated with erectile dysfunction?

- a) Benzodiazepam
- b) Antihypertensives
- c) Tricyclic antidepressants
- d) Cimetidine
- e) Narcoleptics

104. All the following are true statements about nocturnal penile tumescence EXCEPT:
- a) It typically occurs during REM sleep
 - b) It is commonly measured to assist the differential diagnosis of organic functional impotence
 - c) Its presence rules out an organic basis for male erectile disorder
 - d) It is commonly combined with measurement of penile rigidity
 - e) It may be affected by depression

105. Characteristically the personality disorders:
- a) Are minor disturbances that respond quickly to treatment
 - b) Cause little impairment in adaptive functioning
 - c) Rarely cause any subjective distress
 - d) Are usually evident by adolescence
 - e) Often have periods of remission upto 1 year

106. Patients who have paranoid personality disorder:
- a) Usually also suffer from paranoia
 - b) Have a predisposition to develop schizophrenia
 - c) Often have a preoccupation with helping the weak and the powerless
 - d) Usually present themselves in a quiet and humble fashion
 - e) Are often litigious

Question 107 – 109

A 35 year old man stumbles into the emergency room. His pulse is 100 beats per minute, his blood pressure is 170/95 mm/Hg, and he is diaphoretic. He is tremulous and has difficulty relating history. He does admit to insomnia the past two nights and thinks a curtain is a ghost the room. He also states he has been a drinker since age 19, but has not had a drink in 4 days.

107. The most likely diagnosis is:
- a) Adjustment disorder
 - b) A typical psychosis
 - c) Alcohol withdrawal delirium (delirium tremens)
 - d) Alcohol intoxication
 - e) Alcohol idiosyncratic intoxication

108. Initial drug treatment usually includes:
- a) Haloperidol 10 mg 1 m
 - b) Chlorpromazine 50 mg 1 m
 - c) Lithium 300mg P.o
 - d) Chlordiazepoxide 50 mg PO
 - e) Imipramine 50 mg PO

109. Appropriate follow up treatment for this patient would include all the following EXCEPT:
- a) Complete history and physical examinations with emphasis on hepatic, gastrointestinal, and neurological functioning
 - b) Psychological assessment to identify social or environmental stressor contributing to the problem
 - c) Social assessment to identify social or environmental stressor contributing to the problem
 - d) Referral to Alcoholics Anonymous (A.A)
 - e) Fluphenazine decanoate (Prolixin), 1 ML IM, with an appointment to his local mental health clinic for follow up
110. The diagnosis of alcohol dependence includes all the following EXCEPT:
- a) Impaired social or occupational functioning
 - b) The need for daily drinking to function adequately
 - c) Lack of tolerance for alcohol
 - d) An inability to cut down or stop drinking
 - e) Pathological use of alcohol
111. Adverse reactions following 'marijuana' use include all the following EXCEPT:
- a) Acute pain
 - b) Delirium
 - c) Flashbacks
 - d) Chronic psychosis
 - e) Bradycardia
112. All the following drugs are used in the pharmacological treatment of ethanol withdrawal EXCEPT:
- a) Benzodiazepines
 - b) Carbamazepine
 - c) Amphetamines
 - d) Beta - adrenergic blocking drugs
 - e) Antipsychotics
113. Wernicke - Korsakoff syndrome is seen in chronic alcohol abuse and is characterized by all the following symptoms EXCEPT:
- a) Ataxia
 - b) Nystagmus and paralysis of certain ocular muscles
 - c) Confabulation
 - d) Loss of remote memory
 - e) Confusion

114. Delirium tremens, which can develop in persons who abstain from drinking after a prolonged period of alcohol use, is characteristically associated with all of the following EXCEPT:
- a) Bradycardia
 - b) Tremor
 - c) Vivid visual hallucinations
 - d) Disorientation to time and place
 - e) A course of 3 to 7 days
115. True statements about the nature and effects of caffeine include all the following EXCEPT:
- a) It often worsens the symptoms occur with sudden cessation of chronic use
 - b) Withdrawal symptoms occur with sudden cessation of chronic use
 - c) Flashbacks occur with toxic reactions secondary to overdose
 - d) Overdose is associated with anxiety, derealization, disinhibition and tinnitus
 - e) Half-life of many caffeinated substance is about 3 to 7h
116. Which of the following drugs is a tricyclic antidepressant?
- a) Fluoxetine (Prozac)
 - b) Nortriptyline (Pamelor, Aventyl)
 - c) Phenelzine (Nardil)
 - d) Tranylcypromine (Parrate)
 - e) Clonazepam (Klonopin)
117. A 25 year old woman gives history of having used 30 mg/day of diazepam (valium) for the last 20 months. Which of the following statement is most likely to be true?
- a) There is a small chance she is physically dependant
 - b) She is almost certainly physically dependent
 - c) She is probably not physically dependent
 - d) She is probably not physically dependent, but psychologically habituated
 - e) Concern about physical dependency is not necessary at this dosage level
118. Side effects of antipsychotic drugs include all of the following EXCEPT:
- a) Priapism
 - b) Galactorrhea
 - c) Amenorrhea
 - d) Retrograde ejaculation
 - e) Increased appetite and weight gain
119. All the following statements about electroconvulsive therapy (ECT) are true EXCEPT:
- a) The principal indication is for the treatment of severe depression
 - b) It may be particularly effective in patients with delusional depression
 - c) It may be of benefit in the treatment of manic excitement
 - d) It is a procedure with a relatively high mortality
 - e) It may be associated with impairment of memory

120. Depression is not a uncommon side of:

- a) Insulin
- b) Cortisone
- ~~c) Penicillin~~
- d) Imipramine (To-franil)
- e) Bupropion (Well butrin)

121. All of the following are symptoms commonly associated with tardive dyskinesia EXCEPT:

- a) Lip smacking or lip sucking ✓
- b) Tongue movements ✓
- c) Facial grimacing ✓
- ~~d) Fine tremors of the upper extremities~~
- e) Choreathetoid movements of fingers and hands

122. All the following symptoms are associated with neuroleptic malignant syndrome EXCEPT:

- ~~a) Hypothermia~~
- b) Rigidity
- c) Confusion
- d) Autonomic dysfunction
- e) Rhabdomyolysis

123. Side effects commonly associated with tricyclic antidepressants include all the following EXCEPT:

- ~~a) Blurred vision~~
- ~~b) Diarrhoea ✓~~
- c) Dry mouth ✓
- d) Urinary retention
- e) Tachycardia

124. Which of the following drugs is the least sedating?

- a) Chlorpromazine
- b) Imipramine
- ~~c) Diazepam~~
- ~~d) Lithium~~
- e) Haloperidol

25. The serum level of lithium at which therapeutic benefit levels off and side effects increase usually is considered to be:

- ~~a) 0.5 Meq/L~~
- b) 1.0 Meq/L
- c) 1.5 Meq/L
- d) 2.0 Meq/L
- e) 3.0 Meq/L

126. Which of the following is not true about HIV/AIDS:

- a) People who suffers from schizophrenia have a higher risk of HIV infection compared to the general population
- b) Increased libido & sexual indiscretion in manic patients is predisposing factor
- c) Major depressive disorder does not necessarily predispose to HIV infection
- d) The neurotropic nature of the HIV virus increases the risk of psychiatric symptoms
- e) HIV positive persons are likely to use alcohol more often than the general population

127. Which is the most common form of stimulant medication for ADHD:

- a) Vitalin
- b) Benzodiazepine
- c) Ritalin (methyl phenidate)
- d) Amylnitrate
- e) Epilium

128. Children with ADHD are known to have deficits in which of the following brain areas:

- a) Perception
- b) Motor functioning
- c) Executive functioning
- d) Visual functioning
- e) Memory

129. Which of the following is correct about depression in children:

- a) Family therapy should be avoided because it scapegoats a child who is already vulnerable
- b) Symptoms may manifest as antisocial behaviour
- c) Anti-depressants generally are not effective in children
- d) The suicide rate in children 8 - 13 years is higher than it is in order adolescents
- e) Depression in children has been shown to be a prodrome to the later development of schizophrenia

30. Which of the following is behavior technique that has been successfully adapted to treat anxiety based problems in children:

- a) Systematic desensitization
- b) Systemic family therapy
- c) Electro convulsive therapy
- d) Physical therapy
- e) Online therapy