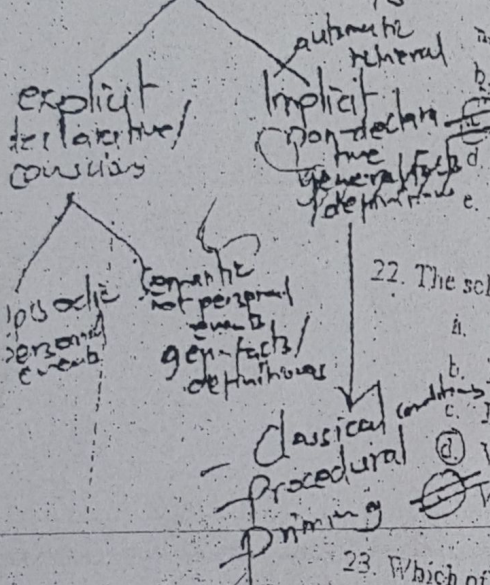


20. In Maslow's hierarchy of needs the highest level is:
- a. Self-esteem (2)
  - b. Survival
  - c. Self-actualisation (1)
  - d. Cognitive activity
  - e. Safety (4)

Self actualisation - self-actualisation  
 Esteem - esteem  
 Love/Belonging - Love/belonging  
 Safety - safety  
 Physiological - physiological

Long term memory types



21. The type of memory that contains specific events in one's life is:
- a. Implicit memory - non-declarative
  - b. Primary memory
  - c. Episodic memory - personal events
  - d. Semantic memory - gen facts/definitions
  - e. Declarative memory

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

23. Which of the following is false with regard to learned helplessness?
- a. The punishment is contingent on the action
  - b. It was first described by Seligman
  - c. It results from a failure to escape from the stressful situations
  - d. It was demonstrated in animal experiments
  - e. It can be used to describe the behaviour of people who are depressed

24. Anxiety - mental apprehension
- a. Is associated with the awareness of being nervous or frightened
  - b. May occur without physiological sensations
  - c. Is a response to known external threat
  - d. Tends to sharpen concentration
  - e. Tends to increase recall

25. A young man with a fear of heights is brought to the top a tall building and is required to remain there until the anxiety dissipates. This is an example of:
- a. Graded exposure
  - b. Participant modelling
  - c. Aversion therapy
  - d. Flooding
  - e. Systematic desensitisation

behaviour Rx  
 vicarious exposure  
 systematic desensitisation  
 vivo exposure  
 model Rx  
 live punishment  
 inhibitory none  
 extinction  
 punishment  
 cognitive appraisal

specific phobia  
 graduated exposure  
 stimulus hierarchy  
 to cope with overcome fear in each step of hierarchy for conditions  
 blood-injection-injury type of phobia strong associations (inherited)

26. Which of the following is true regarding obsessions?

- a. Obsessional thoughts can be overvalued ideas
- b. They are typically ego-syntonic
- c. They are rare in schizophrenia
- d. They are typically distressing
- e. They are attributed by the patient to external sources

ego dystonic  
ego syntonic  
considered self  
one's ideal  
= self image

marked distress

Concerning the treatment of anxiety disorders the following is true.

- a. Benzodiazepines should be routinely prescribed for panic disorder
- b. Benzodiazepines should not usually be used beyond 2-4 weeks
- 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

advent

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. Heights of buildings
6. Thunder
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

11/11/11 dx  
- lorazepam  
alprazolam } no active med.  
oxazepam  
= illahbi → lorazepam

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~~ - Act as if they have an illness by deliberately producing, feigning or exaggerating signs
- c. Hypochondriacal disorder
- ✗ ~~d. Malingering disorder~~ - Feigning or exaggerating the symptoms of mental or physical disorders for a variety of 2<sup>o</sup> gain i.e. financial compensation
- 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~~ - 25-30
- b. Obsessive Compulsive Disorder - 10-15
- c. Panic Disorder - 15-19
- ✓  ~~d. Posttraumatic stress disorder~~ - 3-4 years after trauma
- e. Social phobia - 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 - absorption
- e. Haloperidol

36. Which of the following is a butyrophenone

- a. Risperidone - atypical
- b. Quetiapine
- ✓  ~~c. Haloperidol~~
- d. Chlorpromazine - phenothiazin
- e. Ziprasidone - atypical

devala  
pratachu

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 *very common*
- 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 conduction effects  
Venlafaxine  
bupropion  
mirtazapine  
nortriptyline*

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% develop delirium.

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

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

- 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

underlying medical condition  
 history of withdrawal seizures  
 history of delirium  
 if pt is exposed to  
 has hallucinations  
 history of previously  
 completed withdrawal  
 withdrawal  
 severe V or D  
 at risk of acute  
 previously failed  
 withdrawal  
 home environment  
 unresponsive to alcohol

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 transitional 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  
 2 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

10ml = 1 unit - in UK  
 $\frac{40}{100} \times 700 = \frac{2800}{100} = 28 \text{ units}$   
 10ml = 1 unit  
 $10 \times 700 \text{ml} = 7000 \text{ml}$   
 $\frac{7000 \text{ml}}{250 \text{ml}} = 28 \text{ units}$   
 10ml = 1 unit  
 $10 \times 700 \text{ml} = 7000 \text{ml}$   
 $\frac{7000 \text{ml}}{250 \text{ml}} = 28 \text{ units}$

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

10ml = 1 unit  
 $10 \times 700 \text{ml} = 7000 \text{ml}$   
 $\frac{7000 \text{ml}}{250 \text{ml}} = 28 \text{ units}$

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 greatly develop psychological dependence  
 tolerance in chronic use  
 LSD  
 Hallucinogens don't cause physical dependence  
 LSD, Marijuana, 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. Hallucination
- e. Rebound insomnia

Grate rebound insomnia  
 rebound anxiety

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. Maudsley*
- 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?

- a. Weight change
- b. Sleep difficulty
- c. Delusions
- d. Decreased sexual performance
- e. Suicidal ideas

*heavier psychosis*  
*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

*Quetiapine*  
*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%

3-67 F.M.R.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



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
- disphoric mood  
N or V  
muscle aches  
looseness of skin  
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 amygdala
- 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 highly*

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

- a. Arbitrary inference *- jumping to a conclusion without adequate support or despite contradictory evidence*
- b. Magnification/minimisation *- over and underestimating the significance of a personal attribute, a life event or other possibility*
- c. Selective abstraction *- drawing a conclusion based on only a small portion 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. - everything I do has a...*
- e. Striving for superiority

*selective abstraction  
Arbitrary inference  
Absolute thinking - all or nothing thinking  
Magnification & minimisation  
Personalisation  
Catastrophic thinking - assuming the worst is going to happen*

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

Personalisation

*- blaming the blame, everything that happens is your fault*

Magnification/minimisation

*13 - blow things out of proportion, making mean out of things, etc.*

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 - split mind
- d. Split skull
- e. Multiple personality - split mind

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 ~~except~~

- 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. Parental non-caring and over-protective parenting
- c. Parental death in childhood
- d. Parental divorce
- e. Sexual abuse

78. The percentage of patients with schizophrenia who commit suicide is approximately

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

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%

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. Agnaphaesthesia
- b. Prosopagnosia
- c. Astereognosia *- low ability to recognise shapes*
- 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
- d. Misinterpretation
- e. Pareidolia

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

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

*also abandonment  
fears*

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

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 indifference
- 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



113. 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

Health

Medicine  
Case  
MOT

Handwritten scribble

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

- Diffuse atrophy

WK - 23

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

Films media  
D - UK  
Pre-ko

M  
B  
Business

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 - 5HT<sub>2</sub>
  - d. Progesterone
  - e. Sertraline

Caffe

Margale Mul  
UK

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

UK  
MOT

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

Handwritten scribble

126. The most common cause of daytime sleepiness is
- a. Idiopathic hypersomnia
  - b. Kleine-Levine syndrome
  - c. Narcolepsy
  - d. Posttraumatic hypersomnia
  - e. Sleep apnoea

Handwritten scribble

127. Which one of the following sleep abnormalities is not seen in depression
- Generalised sleep disturbance ✓
  - Increase in REM density
  - Increase in slow-wave sleep in the first non-rapid eye movement (NREM) - rapid eye movement (REM) cycle ✓
  - Lengthening of latency to REM sleep ✓
  - Occurrence of REM sleep earlier in the night
128. Which of the following endocrine abnormalities is most commonly associated with depression?
- Hypocortisolaemia
  - Hypercortisolaemia
  - Hypothyroidism
  - Hypopituitarism
  - Hypoprolactinaemia
129. Which of the following is not a recognised feature of Wernicke's encephalopathy
- Confusion ✓
  - Pathological changes in mamillary bodies ✓
  - Ocular muscle palsies ✓ / ophthalmoplegia
  - Nystagmus ✓
  - Vitamin B<sub>1</sub> deficiency ✓
130. The following are true about pseudoseizures except
- Injury is infrequent
  - Post-ictal features are typical
  - Restraint accentuates the seizure
  - Sleep-related seizures are infrequent
  - 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?
- Dual-role transsexualism
  - Egodystonic sexual orientation
  - Gender Identity Disorder of childhood
  - Sexual maturational disorder
  - Transsexualism
132. Which one of the following is associated with a psychogenic cause of impotence
- Normal psychosexual history
  - Recent life event
  - Loss of morning erections
  - Painful intercourse
  - Loss of masturbatory ability

133. The incidence of puerperal psychosis is

- a. 1 in 1000
- b. 2 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

138. 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

139. According to the NICE guidelines it is recommended that the physical health of people with schizophrenia should be monitored at least

- a. Once a month
- b. Once every 2 months
- c. Once a year
- d. Once every 6 months
- e. 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

- a. Splitting
- b. Projective identification
- c. Denial
- d. Sublimation
- e. Repression
- f. Reaction formation
- g. Displacement
- h. Regression
- i. Introjections
- j. Intellectualisation
- k. Suppression
- l. 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. g

## 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.

## II. 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

Choose 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 (B)
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 (H)
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 (G)
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

- f. Low frustration tolerance
- g. Malted insensitivity to social norms (s)
- h. Over concern with physical attractiveness (histrionic)
- 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
- 160. 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
- 162. Three factors that hinder working in groups
- 163. Two factors that are found in psychodynamic groups

→ Attraction (Unselfish giving)  
 → Immediacy of help  
 → Education  
 → Immediate behaviour  
 → Catharsis

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) **F, A** **A;**

171. A 18-year-old man develops fever and bacterial septicemia (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. Creatine 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, ~~A~~, ~~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. Hyponatraemia
- f. Hypokalaemia
- g. Hyponatraemia
- h. Low TSH
- i. Ultrasound
- 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

C, D

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

B (Addison's) 30

En-1  
= illahbi → lorazepam

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)*

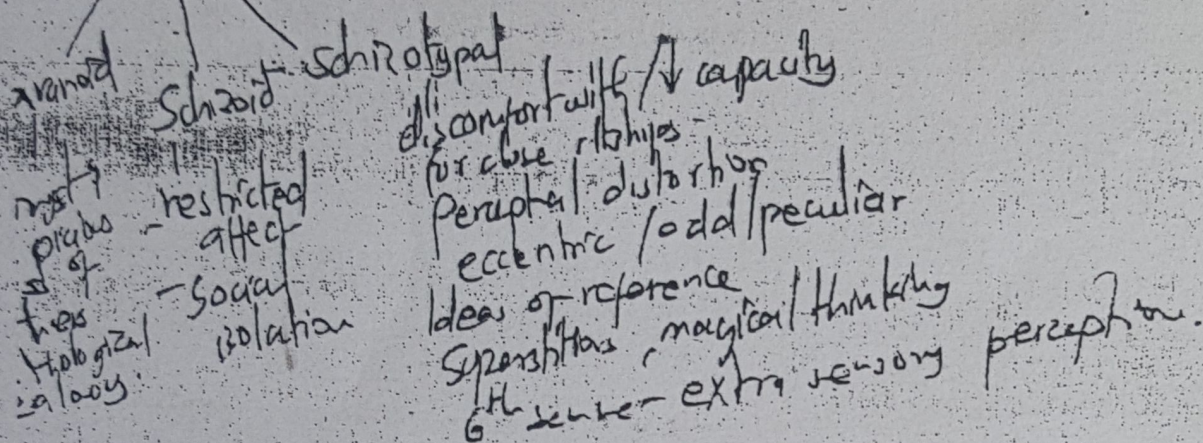
181. A 74-year-old man has been newly diagnosed to have Parkinson's disease, complains of severe, distressing visual hallucinations. He is not on any drug treatment for his Parkinson's disease and has never been tried on neuroleptic medication.  
*H*

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.  
*I*

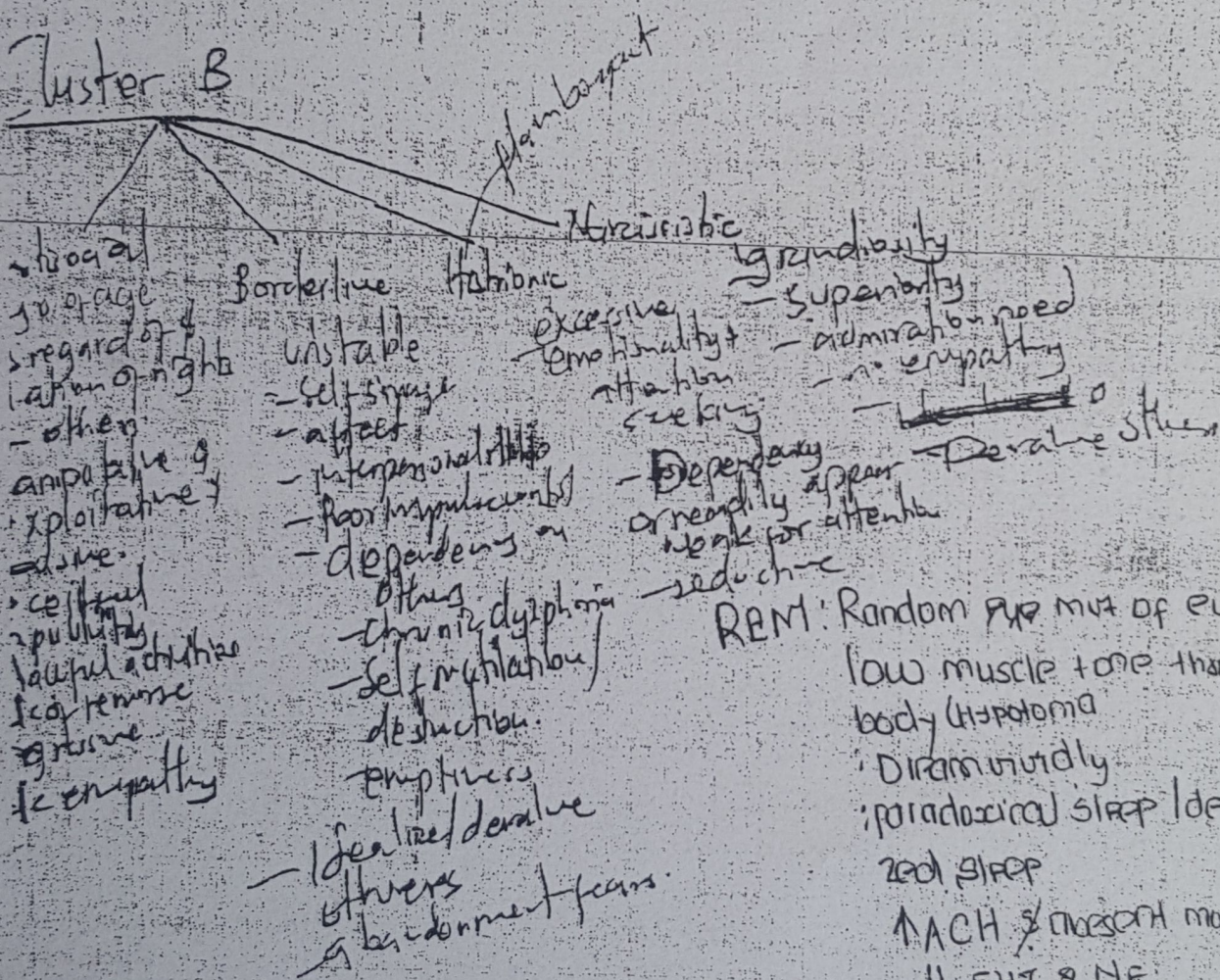
*clozapine → Resistance after all other antipsychotics*

*Vegetative symptoms*  
*- libido*  
*- sleep*  
*- bowel m/s*  
*- appetite*

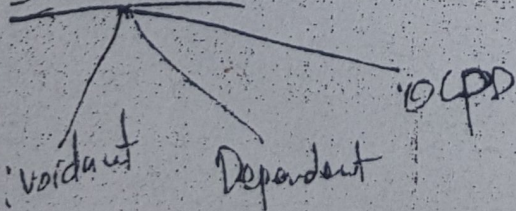
# Cluster A



# Cluster B



# Cluster C





# UNIVERSITY OF NAIROBI

UNIVERSITY EXAMINATIONS 2017/2018

LEVEL 5 EXAMINATIONS FOR THE DEGREE OF BACHELOR OF MEDICINE AND BACHELOR OF SURGERY

MCOS - PSYCHIATRY

DATE: MARCH 26, 2018

TIME: 9.00 A.M. - 11.00 A.M.

### INSTRUCTIONS

- 1) Each question contains 5 suggested responses. Select the best response to each question.
- 2) Use the answer sheet provided to circle the correct response.
- 3) There is no penalty mark for wrong answer.

1. Which ONE of the following statements is the best example of a good interview skill?

- (a) Asking closed questions during the interview ~~x~~
- (b) Being sympathetic rather than empathetic ~~x~~
- (c) Maintaining continuous eye contact ~~x~~
- (d) Premature assurances which are helpful
- ~~(e)~~ The use of non-verbal methods of communication ✓

2. Which of the following stages of Freud's theory of psychosexual development broadly coincides with Erickson's initiative versus Guilt stage?

- (a) Anal ~~x~~
- (b) Genital
- ~~(c)~~ Latency
- (d) Oral
- (e) Phallic

The following are considered founders of modern psychiatry except:

- (a) Ivan Pavlov - Classical Conditioning ✓
- ~~(b)~~ Jean Etienne Dominique Esquirol - ✓
- ~~(c)~~ Philippe Pinel - Physician ✓
- ~~(d)~~ Emil Kraepelin - Separated schizo (dementia praecox) from manic-depressing psychosis ✓
- ~~(e)~~ Eugene Bleuler - 4 As of ~~schizo~~ schizo - Association, Affect, Autism, Ambivalence ✓

ideas behind biological psych stating that @ diff mental disorder biological in nature

4. The following are associated with behaviour therapy except:

- (a) B.F Skinner ✓
- (b) Joseph Wolpe ✓
- (c) Jean Piaget ✓
- (d) J.B Watson
- ~~(e) A. Lazerus~~

5. The assertion that all behaviours are driven by antecedent events, experiences. There are no accidents; nothing happens by chance is known as:

- ~~(a) Psychic determinism~~
- (b) Learned helplessness → Passive resignation produced by repeated exposure to negative events that are perceived as unavoidable.
- (c) Unconditional positive regard → accept someone irrespective of what person says or does.
- (d) Free association → Method of exploring the unconscious. Person is free to say whatever comes to mind.
- (e) Unconscious → A reservoir of mostly unacceptable thoughts, wishes, feelings & memories.

6. What is transference?

- (a) Displacement of feelings from future experiences to past experiences ✓
- (b) Displacement of ideas from mother to child
- ~~(c) Displacement of feelings, attitudes, behavioural expectations and attributes from important childhood relationships to current ones~~
- (d) Transferring material resources to a client's bank account
- (e) Defense mechanism that helps to keep tabs on feelings of security

7. Counter transference refers to:

- ~~(a) The therapist projecting their own feelings ("issues," emotional baggage") onto their patient~~
- (b) The patient projecting their own feelings (issues, emotional baggage) onto the therapist
- (c) The child projecting his/her feelings on the parents and parental rejection of those feelings
- (d) Countering the transference made by the patient through a systematic analysis
- (e) Displacement of feelings, attitudes, behavioural expectations and attributes from important childhood relationships to current ones

8. Unselfishly assisting others to avoid negative personal feelings refers to:

- ~~(a) Sublimation - Transference of negative emotions, instincts into positive (socially acceptable)~~
- ~~(b) Altruism~~
- (c) Displacement - Transfer of emotions (usually anger) onto less threatening object to less threatening
- (d) Condensation - Combining several elements into a single manifest image.
- (e) Projection - Attributing one's unacceptable thoughts, feelings & motives to another person.

Denial - Blocking external events from awareness

Repression - Repressing threatening thoughts from being conscious.

9. Which one of these techniques is the fundamental base of any psychotherapy practice?

- (a) Psychoanalyzing
- (b) Dream analysis
- ~~(c)~~ Empathy
- (d) Punishment
- (e) Systemic desensitization

10. Which one of the following techniques is associated with behavioural psychotherapy?

- (a) Fertilization
- (b) Facial coding
- (c) Fabrication
- ~~(d)~~ Flooding - Usual for phobias, OCD, PTSD, Agoraphobia.
- (e) Psychoeducation

- + Systemic desensitization
- + Therapeutic gradual exposure
- + Participant Modelling
- + Assertiveness training
- + Social skill training
- + Xversion therapy
- + Shaping
- + Extinction
- + Premack principle
- + token economy
- + Contingency
- Contracting
- Time out

11. One of the client centered ideas given by Carl Rogers includes:

- (a) Unconscious
- (b) Preconscious
- ~~(c)~~ Existentialism - Yalom 1981
- ~~(d)~~ Unconditional Positive Regard, Empathy, Authentic.
- (e) Conditional Negative Regard

12. In selecting a client to join a group therapy, the following can lead to exclusion from the group except:

- (a) Unwillingness or low motivation to participate ✓
- (b) Extremely elevated level of distress ✓
- ~~(c)~~ Member will benefit from the group experience
- (d) Member will not be able to listen to other members
- (e) Non compliance with group rules

13. Which ONE is true about pregnancy?

- ~~(a)~~ Pregnancy affects the psychological well being of all women
- (b) Pregnancy affects the psychological well being of only those women not prepared for the pregnancy
- (c) The psychological well being during pregnancy is an only woman's affair
- (d) The psychological concerns of the pregnant woman do not need to be addressed at all
- (e) None of the above

14. The following are correct about group therapy except:
- (a) The group therapy must be run by a professionally trained mental health worker
  - ~~(b)~~ Group therapy is the same as support group
  - (c) Group therapy is effective in treatment of mental disorders
  - (d) Group therapy must be structured
  - (e) Group therapy is based on theoretical approach depending on the mental health problem
15. Exposure therapy is an effective behavioural management technique that is useful in managing all of the following mental health problems in CBT (Cognitive Behaviour Therapy) except:
- (a) Phobias
  - (b) Relationship difficulties
  - ~~(c)~~ Schizophrenia
  - (d) Sleeping disorders
  - (e) Eating disorders
16. A number of aspects of learning are used in the principles of CBT (Cognitive Behaviour Therapy). Which of the following is NOT a principle of learning during CBT?
- (a) Operant conditioning
  - ~~(b)~~ Transparent conditioning
  - (c) Classical conditioning
  - (d) Negative Reinforcement
  - (e) Social learning
17. Relaxation is shown to be effective in managing anxiety. Which of the following is NOT a relaxation exercise that has been researched on in connection with CBT (Cognitive Behaviour Therapy)?
- (a) Progressive muscle relaxation
  - ~~(b)~~ Progressive Anxiety relaxation
  - (c) Yoga
  - (d) Diaphragmatic breathing relaxation
  - (e) Imagery
18. According to CBT (Cognitive Behaviour Therapy) where do the early maladaptive schemas or bottom lines originate from?
- (a) Current negative experiences and relationships
  - ~~(b)~~ Early childhood negative experiences and relationships
  - (c) Peer pressure and friendship influences
  - (d) The cognitive behaviour therapy done in the sessions
  - (e) In early adulthood years as an adult starts managing their livelihoods



19. Behaviour therapy in CBT (Cognitive Behaviour Therapy) is based on all of the following except:
- (a) Operant conditioning
  - (b) Scientific knowledge of human nature
  - (c) Classical conditioning
  - ~~(d)~~ Only on Tradition western traditions
  - (e) Learning principles
20. Behaviour therapy in CBT focuses on all of the following except:
- (a) Self awareness
  - (b) Eliminating symptom
  - (c) Learning adaptive behavioural skills
  - ~~(d)~~ Searches of conscious conflicts
  - (e) Self evaluation
21. Seeking to understand the message of a patient by asking for more information or for elaboration on a point during CBT process is referred to as?
- (a) Social response
  - (b) Minimal cue
  - (c) False reassurance
  - ~~(d)~~ Clarification
  - (e) Amplification
22. Behavioral aspect in Cognitive Behavioral Therapy is not used to facilitate change in:
- (a) Thought stopping
  - (b) Relaxation
  - (c) Symbolisation
  - ~~(d)~~ Repeated irrational thoughts
  - (e) Examining thoughts of the client during therapy
23. One of the following psychological problems cannot be managed using CBT. Which ONE is it?
- (a) Eating disorder
  - (b) Depression
  - (c) SAD (Seasonal Affective Disorder)
  - (d) PTSD
  - ~~(e)~~ Dementia

24. Which ONE of the following is NOT a general aim in CBT?
- (a) Modifying maladaptive behaviour patterns
  - ~~(b)~~ Eliminating completely environmental conditions that may be causing or maintaining such problematic behaviors
  - (c) Improving clients' skills related to work and social interactions
  - (d) Resolve some inner conflicts and stress handicapping and disabling the client
  - (e) Restructuring a persons distorted cognition
25. Which ONE of the following statements is true about CBT?
- (a) All mentally ill persons can be managed using CBT approach
  - (b) CBT process starts with behaviour modifications before restructuring client's distorted believe system
  - (c) Some of the more responsive subjects one may not remember the process
  - (d) Clients recruited for CBT always report feeling bored
  - ~~(e)~~ CBT is applied among clients with alcohol problems so that social skills are built on concrete process
26. The following CBT techniques are applied during CBT except:
- (a) Listening as the patients talk about their emotional difficulties
  - (b) Assertive training
  - ~~(c)~~ Systematic desensitization
  - (d) Contingency management
  - (e) Token economy
27. Which of the following statements is true about aims of family therapy?
- (a) Therapist induces Arguments
  - ~~(b)~~ Therapy improves communication
  - (c) Therapy decrease autonomy for each member
  - (d) The therapy does not improve agreement about roles
  - (e) The therapy increases distress in the member who is the patient
28. Which one of the following is not true about models for family therapy?
- ~~(a)~~ One member is treated individually by another therapist
  - (b) Group therapy is carried out in a family therapy session
  - (c) Couples learn from listening to other families members
  - (d) All family members are seen together
  - (e) Individual therapy can go on with the same therapist but at different times
29. Family therapy is not indicated in following situations:
- (a) Communication problems between family members
  - (b) Role problem by the child
  - (c) Treatment of young persons with Anorexia Nervosa
  - (d) Relapse prevention in Schizophrenia
  - ~~(e)~~ Manic phase of a member with Bipolar 1 mood disorder

30. The following roles is not played by a family therapist:
- (a) Identifying the family disagreement
  - (b) Helping a family to understand and modify the rules
  - ~~(c) Identifying age of children~~
  - (d) Identify the families with distorted ways of communicating
  - (e) Identifying the family unspoken rules
31. The approach during family therapy is that:
- (a) Therapist focuses on one family member
  - (b) Therapist does not encourage family members to speak to each other
  - (c) System tasks focus on behaviours which occur rarely
  - (d) Family members are not involved in organizing a timetable indicating when this would take place, duration of it and frequency
  - ~~(e) Therapist must set up tasks and injunctions~~
32. Emil Kraepelin classified the following disorders except:
- (a) Dementia praecox
  - (b) Catatonic
  - (c) Hebephrenic
  - (d) Paranoid
  - ~~(e) Cri du chat syndrome~~
33. Your patient tells you that he has suddenly remembered being taken into hospital as a child and having a microchip implanted in his brain. Of what is this example?
- ~~(a) Autochthonous delusion~~
  - (b) Delusion of reference
  - (c) Delusion memory
  - (d) Delusion mood
  - (e) Delusion percept
34. Which ONE of the following is a 'neurological soft sign'?
- (a) Cognitive impairment
  - (b) Dysbindin genotype
  - (c) Impaired fist-edge-palm test
  - (d) Positive stroop test
  - ~~(e) Receptive dysphasia~~
35. The following are psychological treatments of depression except:
- (a) Cognitive behaviour therapy
  - (b) Group therapy
  - (c) Individual psychotherapy
  - (d) Family therapy
  - ~~(e) Electroconvulsive therapy~~

36. A woman who has lost a pregnancy can experience all of the following except:

- (a) Guilt
- (b) Personal failure
- (c) Inadequacy
- ~~(d) Positivity~~
- (e) Anger

37. Prolonged grieving due to loss of pregnancy can occur due to:

- ~~(a) The loss and grief being minimized by those around her~~
- (b) Seeing or being allowed to see the foetus or baby
- (c) Getting support from the partner
- (d) Knowing the cause of the loss of pregnancy
- (e) Not worried about future pregnancies

38. The most widely prescribed pharmacological treatment for attention deficit hyperactivity disorder (ADHD) is:

- (a) Diazepam
- ~~(b) Ritalin~~
- (c) Lithium
- (d) Risperidone
- (e) Largactil

39. Altruism, humour and sublimation are part of which of the following defence mechanisms?

- (a) Immature
- ~~(b) Mature~~
- (c) Neurotic
- (d) Narcissistic
- (e) Psychotic

40. Patients with psychogenic pain disorder have the following characteristics except:

- (a) Have ongoing pain, not due neoplastic disease
- (b) Have no significant ongoing pathophysiological mechanisms that account for the ongoing pain
- (c) Have a life history of inability to form any psychological view of life problems
- (d) Their chronic pain has become the central focus to their thoughts, feelings, behaviour and social relationships
- ~~(e) They are not amenable to cognitive behaviour theory~~

41. All of the following are specific somatoform disorders listed in DSMIV TR except:
- (a) Conversion disorder ✓
  - (b) Pain disorder
  - (c) Hypochondriasis ✓
  - (d) Body dysmorphic disorder ✓
  - ~~(e) Differentiated somatoform disorder~~
42. A 30 year old female prisoner when invited by the prison medical officer to come into the interview room takes four steps backwards from the door. She came into the room when the officer asked her to go away. Which ONE of the following behavioural disorders of schizophrenia is she exhibiting?
- (a) Advertence
  - (b) Ambitendency
  - ~~(c) Negativism~~
  - (d) Satyriasis
  - (e) None of the above
43. Which ONE is odd amongst the following?
- (a) Paroxetine
  - (b) Fluoxetine
  - (c) Fluvoxamine
  - (d) Sertraline
  - ~~(e) Risperidone~~
44. A 40 year old female with a long history of Schizophrenia relapses. On examination she holds her arm and face in a peculiar posture which is maintained for a few minutes at a time. What motor disorder is she exhibiting?
- (a) Ambitendency
  - (b) Mannerism
  - ~~(c) Schnauzkrampf~~
  - (d) Stereotypy
  - ~~(e) None of the above~~
45. A 26 year old man is diagnosed with Schizophrenia. Which one of the following predicts a poor prognosis?
- (a) Absence of negative symptoms
  - (b) Being married
  - ~~(c) Few or no episodes in the past~~
  - (d) Good premorbid personality
  - ~~(e) Gradual onset~~

A 7 year old boy is brought to you by his parents on a referral by the school where the child is in class one. The boy does not have a major discipline problem but he frequently answers questions without being called on and is often out of his seat without permission. His school work is adequate but the teacher believes, "he could do better." He has difficulty completing tasks and appears to spend most of the class time day dreaming.

46. Which additional piece of information would support the most likely etiology for his symptoms?

- (a) A history of head injuries \*
- (b) A history of neurological symptoms \*
- (c) A history of tics
- (d) His medication history
- (e) Family psychiatry history

47. The most likely diagnosis is:

- (a) Attention deficit hyperactivity disorder (ADHD)
- (b) Conduct disorder
- (c) Post Traumatic Stress Disorder \*
- (d) Intellectual disability \*
- (e) Autism spectrum disorder.

48. Regarding treatment the best advice to the family would be that:

- (a) He has a diagnosable disorder so he should not be held accountable for his symptoms
- (b) He should alter his diet immediately
- (c) He needs intensive, probably long term psychotherapy
- (d) Medication might be helpful
- (e) They should probably NOT discuss his diagnosis with the teacher as it might be stigmatizing

49. Which of the following is among the most common projective techniques used in a child mental health interview in order for the child to express concerns indirectly?

- (a) Asking questions about specific symptoms
- (b) Drawing
- (c) Have the child climb stairs to assess gross motor development
- (d) Asking the child how he feels
- (e) Assessing fund of knowledge

50. The psychiatric assessment of the child commonly differs from the assessment of adults in all of the following ways except:

- (a) The child and the clinician are at different developmental levels such that they may have difficulties in communication
- ~~(b)~~ The clinician need only focus on the assessment and treatment of the child
- (c) The child may function differently at different settings
- (d) The child's presenting problems must be examined in a developmental context
- (e) There are developmental differences in the presentation of mental illness as categorized in DSM-IV TR / DSM 5

51. Which of the following is considered the single strongest predictor of adolescent substance abuse?

- (a) Parental permissiveness
- ~~(b)~~ Having friends who use drugs
- (c) Low socio economic status
- (d) History of poor academic performance
- (e) Parental attitudes towards drinking and their drinking habits

~~52.~~ Symbolic functioning, structure, content and expressions of and control of aggression are characteristics of which component of the population – appropriate mental status exam for toddlers and infants?

- (a) Self-regulation
- ~~(b)~~ Intellectual functioning
- (c) Play ✓
- (d) Affect and mood ✗
- (e) Relatedness ✓

53. An advantage of having a set of toys available in the office versus having the child bring toys from home is:

- (a) Observation frustration with toys too difficult for the child's developmental level
- (b) The child will be uninterested in new toys and more engaged with interview
- ~~(c)~~ The child will feel more at ease if the child is playing
- (d) The child will have to adapt to the evaluator ✓
- (e) Limited distractions from the child's favourite toys

54. Which of the following is associated with better outcomes in childhood-onset Schizophrenia?

- (a) Early age of onset = late onset
- ~~(b)~~ Non-acute insidious onset = acute onset
- ~~(c)~~ Presence of affective symptoms ✓
- (d) Low IQ
- (e) Long duration of untreated psychosis = early adequate Rx ✓

55. In people with intellectual disability, psychiatric disorders:

- (a) Are often over diagnosed
- (b) Diagnostic overshadowing completely explains the difference in prevalence
- (c) Diagnostic overshadowing is not due to bias of clinician
- (d) Diagnostic overshadowing is deliberate
- (e) Are often under diagnosed

56. Which ONE of the following is true regarding childhood schizophrenia?

- (a) Low socioeconomic status has been well documented to be a risk factor for childhood onset Schizophrenia
- (b) Bipolar disorder in children is frequently misdiagnosed as having Schizophrenia
- (c)  Abuse or neglect does not affect one's risk for developing psychosis
- (d)  Children with Autism Spectrum disorder possess pervasive hallucinations, delusions, and thought disorder characteristics similar to Schizophrenia
- (e) Hallucinations in autism are typically chronic

57. Which of the following would NOT be considered to be an essential part of a neuropsychological assessment of child?

- (a) Medical history
- (b) Social history
- (c) Behavioral observations of the child
- (d) Psychological testing
- (e) Magnetic Resonance Imaging (MRI)

58. A 7 year old girl is referred for an assessment due to worsening performance at school. She was recently diagnosed with epilepsy and her medications have required frequent adjustments to keep seizures under control. She is also noted to have become more socially withdrawn and spends less time with friends. What is the most likely contributor to her recent poor school performance?

- (a) Brain tumour
- (b) Depression
- (c) Medication side effect
- (d) Hydrocephalous
- (e) Substance abuse



59. With regards to the parents of the child being evaluated, a child psychiatrist should take all of the following considerations except:
- (a) The expectations as well as feelings about the evaluation should be elicited from the child's parents
  - (b) Parents may bring a mixed heritage of guilt, shame, concern and fear of being judged in seeking help for their child
  - (c) Parents may have unrealistically optimistic fantasies of "absolution" of unconscious guilt of hopes of quick cures
  - (d) Parents generally inform the child of the nature of the evaluation prior to arrival
  - ~~(e)~~ Parents generally have a well-formed understanding of psychiatric assessment and treatment from mass media sources
60. In which of the following situations would the risk of developing Schizophrenia be the lowest for a child?
- (a) A child's Schizophrenic parent 12% has a non Schizophrenic identical twin 0%
  - (b) A child's non Schizophrenic parent 0% has a Schizophrenic identical twin 4%
  - (c) A child's Schizophrenic parent 12% has a non Schizophrenic fraternal twin 0%
  - (d) A child's non Schizophrenic parent 0% has a Schizophrenic fraternal twin 4%
  - ~~(e)~~ A child's non-Schizophrenic parent 0% has a non Schizophrenic sibling 0%
61. The following are correct about children below the age of 7 years in relation to understanding death in the family except:
- (a) Cannot comprehend the irreversibility of death
  - (b) Can express their feelings in play therapy
  - (c) Has limited ability to verbalize their feelings
  - (d) The children tend towards magical thinking and ego centrality
  - ~~(e)~~ The children are sensitive about being 'different' from their peers
62. In attention deficit hyperactivity disorder (ADHD), which of the following is NOT classified as a problem relating to poor attention?
- (a) Appears routinely forgetful
  - ~~(b)~~ Experiences difficulties in waiting in turn
  - (c) Dislikes tasks involving mental effort e.g. homework
  - (d) Easily distracted
  - (e) Appears not to listen, when spoken to

63. The following are depot antipsychotic preparations except:
- (a) Fluphenazine decanoate ✓
  - (b) Haloperidol decanoate ✓
  - ~~(c)~~ Olanzapine pamoate
  - (d) Zucopenthixol decanoate ✓
  - ~~(e)~~ Clozapine decanoate
64. Regression of milestones is a common presentation of childhood disorders. Which of the following medical conditions is associated with regression?
- (a) Central Nervous System infections
  - (b) Phenylketonuria
  - (c) Hypothyroidism
  - (d) Seizure disorder
  - ~~(e)~~ All of the above
65. HIV/AIDS is a risk factor for all of the following disorders except:
- ~~(a)~~ Schizophrenia
  - (b) Alcohol use disorder
  - (c) Depression
  - (d) Adjustment disorder
  - ~~(e)~~ Anxiety disorder
66. In addition to clinical and family history, a near confirmatory diagnostic test for tic disorder is:
- (a) Magnetic Resonance Imaging
  - (b) Single photon emission computed tomography
  - ~~(c)~~ Electroencephalogram
  - (d) Blood dopamine level
  - (e) None
67. In the Four P's Model of psychiatric formulation, which domain of factors is concerned with features that make the presenting condition endure, such as the severity of the condition or compliance issues?
- (a) Predisposing ^
  - (b) Precipitating ^
  - ~~(c)~~ Perpetuating
  - (d) Protective ^
  - (e) Persecutory f
68. What is the strongest risk factor for youth suicide?
- ~~(a)~~ Major depression
  - (b) Bipolar disorder
  - (c) Substance use disorder
  - ~~(d)~~ Prior history of a suicide attempt
  - (e) Borderline personality disorder

69. What is a simple alternative to the bell and pad method for the treatment of enuresis?

- (a) Waking up the child using a bull horn
- ~~(b)~~ Setting an alarm clock after 2 to 3 hours of sleep when the bladder may be reaching full capacity
- ~~(c)~~ Keeping the lights on at night to aid arousal when the bladder signals full capacity
- (d) Restricting fluids after 4 pm
- (e) None of the above

70. The psychiatrist assessment of children commonly differs from the assessment of adults in ALL of the following ways except:

- (a) The child's behaviour may cause greater distress to the adults than to the child
- (b) Children may not recognize their behaviour as problematic to others
- ~~(c)~~ Children often seek out psychiatric assessment or treatment for themselves
- (d) Children may attribute problems to others and be unwilling to accept their own personal contribution to the problem
- (e) The adult's expectation for the child may exceed the child's abilities

71. Which of the following symptoms of ADHD (Attention Deficit Hyperactivity Disorder) is most likely to be outgrown when a child matures to adulthood?

- (a) Inattention *- remains*
- ~~(b)~~ Hyperactivity
- (c) Impulsivity *- remains*
- (d) Distractibility
- ~~(e)~~ Both hyperactivity and impulsivity

72. A 74 year old man presents with memory impairment and behaviour that is out of character. Which of the following cognitive tests is appropriate to test frontal lobe function?

- (a) Benton Visual retention test *- measures visual perception & visual memory*
- (b) National adult reading test *- estimating premorbid IQ = intelligence levels of English speakers*
- (c) Rey-Osterrieth Complex figure test *- for drawing from memory*
- (d) Rorschach ink-blot test *- tests of emotional functioning*
- ~~(e)~~ Wisconsin Card Sorting test *- higher level cognitive function - higher level persistence*

73. A 76 year old woman suffers a stroke due to a ruptured berry aneurysm in the anterior cerebral artery and the parietal lobe is affected. Which ONE of the following tests would you expect to be abnormal?

- (a) Colour vision testing
- (b) Copying intersecting pentagons *-*
- ~~(c)~~ Lurias motor test
- (d) Semantic memory
- (e) Three object recall *✓*

74. Which ONE of the following was the first effective somatic therapy for Schizophrenia or bipolar disorder?
- (a) Chlorpromazine
  - ~~(b) ECT~~
  - (c) Hypnotherapy
  - (d) Insulin coma therapy
  - (e) Pyrotherapy
75. Which ONE of the following antidepressants is most suitable in a patient who is suffering from depression and has recently also had myocardial infarction?
- (a) Amitriptylline
  - (b) Duloxetine
  - (c) Mirtazapine
  - (d) Paroxetine
  - ~~(e) Sertraline~~
76. Which of the following Neurotransmitters promotes sleep?
- (a) Acetylcholine
  - (b) Dopamine
  - (c) Histamine
  - (d) Noradrenaline
  - ~~(e) Serotonin~~
77. Which ONE of the following can be used to reduce alcohol consumption in patients who are still consuming alcohol?
- (a) Acamprosate
  - (b) Bupropion
  - ~~(c) Disulfiram~~
  - (d) Nalmefene
  - (e) Naltrexone
78. About the use of antipsychotics in the management of bipolar disorder, which of the following induces a metabolic syndrome?
- (a) Lamotrigine
  - ~~(b) Lithium~~
  - (c) Lorazepam
  - (d) Olanzapine
  - (e) Sodium valproate
- Z  
O  
R  
A  
C  
Q
79. In bipolar disorder, which of the following is useful in acute mania?
- (a) Bupropion
  - ~~(b) Carbamazepine~~
  - (c) Imipramine
  - (d) Sertraline
  - (e) Tranylcypromine

86. Neuroleptic malignant syndrome is characterized by all of the following signs and symptoms except:
- (a) High fever
  - (b) Nausea and vomiting
  - ~~(c)~~ Automatic instability
  - (d) Muscle breakdown
  - (e) Elevated creatinine phosphokinase titres
87. Risk factors for suicide may include all except:
- (a) Low income ✓
  - ~~(b)~~ Being an atheist
  - (c) Family history of suicide ✓
  - (d) Chronic physical illness ✓
  - (e) Single and divorced marital status ✓
88. Recognised roles of a physician does not include which ONE of these?
- (a) Promote well being
  - ~~(b)~~ Prevent disease/disorder
  - ~~(c)~~ To always provide custodial care for the sick
  - (d) Enhance recovery
  - (e) Promote human rights
89. Voluntary Kenya Community based organizations that are directly used as therapeutic agencies in mental health include the following except:
- (a) Alcoholic anonymous
  - (b) Narcotic anonymous
  - ~~(c)~~ Bipolar anonymous
  - ~~(d)~~ Kenya association for the welfare of epileptics
  - (e) Schizophrenic foundation
90. The national government has the following roles in organization of mental health services:
- (a) To improve government's responsiveness to local needs
  - (b) Enhance effectiveness and efficiency of hospitals management
  - ~~(c)~~ A B D E are all true
  - (d) Increase the role of local community in management of hospitals/facilities
  - (e) Reduce mortality, morbidity and disability for persons with psychological/physical disorders
91. Examples of psychiatric emergencies include the following except:
- (a) Violent aggressive patient
  - ~~(b)~~ Last stages of remission
  - (c) Suicidal patient
  - (d) Patient in coma or semi coma
  - (e) Psychosocial crisis

80. Which of the following statements is true concerning lithium?
- (a) Has its main effects on noradrenaline systems in the brain
  - ~~(b)~~ Works by affecting secondary messenger systems in the cell
  - (c) Increases the rate of formation of cAMP
  - (d) Works best with rapid cycling patients
  - (e) Is not absorbed from the kidney
81. Side effects of lithium include the following except:
- (a) Leucocytosis
  - ~~(b)~~ Acne
  - (c) Alopecia
  - (d) T wave inversion and QRS narrowing
  - (e) Memory impairment
82. Side effect of carbamazepine include all the following except:
- (a) Ataxia
  - (b) Diplopia
  - ~~(c)~~ SIADH
  - (d) Agranulocytosis
  - (e) Leucocytosis
83. The following are early signs (plasma levels 1.5 – 2 mEq/l) of lithium toxicity except:
- (a) Anorexia
  - ~~(b)~~ Vomiting
  - (c) Diarrhoea
  - ~~(d)~~ Coarse tremor
  - (e) Nystagmus
84. The following statements are true about carbamazepine except:
- ~~(a)~~ Is a GABA agonist
  - (b) Affects calcium channels
  - (c) Induces its own metabolism
  - (d) Has a short half life
  - (e) Affects brain 5-HT function
85. Which statement is FALSE concerning lamotrigine?
- ~~(a)~~ Seems to be more effective in treating depressive episodes of bipolar
  - (b) Used less than other anticonvulsants for Bipolar Disorder
  - (c) Voltage-gated sodium channel agonist
  - (d) Inhibits the release of glutamate
  - (e) Does not cause a rash as one of the main side effects

98. Which of the following is a protective factor for good mental health?
- ~~(a)~~ Exercise
  - (b) Low social class
  - (c) Urbanization
  - (d) Economic recession
  - (e) Early pregnancy
99. Barriers to access to mental health services include the following except:
- (a) Lack of knowledge about the services
  - (b) Lack of finance
  - (c) Stigma and discrimination
  - (d) Inaccessibility
  - ~~(e)~~ Fear of mental health workers
100. Which of the following is NOT a primary prevention of mental illness?
- (a) Social networks
  - (b) Being married
  - (c) Positive self image
  - (d) Advice from family members
  - ~~(e)~~ Effective treatment
101. Which ONE of the following would you consider the commonest sexual dysfunction in males?
- (a) Low desire
  - (b) Arousal problem
  - ~~(c)~~ Premature ejaculation
  - (d) Anorgasmia
  - (e) Pain disorders
102. Which one of the following would you consider the commonest sexual dysfunction in females?
- (a) Low desire
  - (b) Arousal problem
  - (c) Premature ejaculation
  - (d) Aversion
  - ~~(e)~~ Pain disorder
103. Sexual anxiety may predispose an individual to all the following except:
- (a) Dyspareunia
  - (b) Premature ejaculation
  - ~~(c)~~ Multiple orgasms
  - (d) A life of abstinence
  - (e) Vaginismus

92. The following are illness causing behaviour except:
- (a) Cigarette smoking
  - (b) Obesity
  - (c) Promiscuity
  - ~~(d)~~ Physical exercise
  - (e) High fat diet
93. The capacity to form concepts and generalize items is called:
- (a) Concrete thinking
  - ~~(b)~~ Abstract thinking
  - (c) Delusional thinking
  - (d) Intellectualization
  - (e) Rationalization
94. Psychological disorders are influenced by the following except:
- (a) Learned helplessness
  - (b) Trauma
  - (c) Role problems
  - (d) Stress
  - ~~(e)~~ Cohesiveness
95. Children with ADHD are known to have deficits in which of the following brain areas:
- (a) Perception
  - (b) Motor functioning
  - ~~(c)~~ Attention
  - (d) Memory
  - (e) Sensory functioning
96. Which of the following perinatal risk factors are not associated with attention deficit hyperactivity Disorder (ADHD)?
- (a) Low birth weight
  - (b) Maternal alcohol misuse
  - ~~(c)~~ Measles, mumps and rubella vaccines
  - (d) Parents who smoke during pregnancy increase the risk of having a child with ADHD
  - (e) Maternal stress
97. The following are signs of alcohol dependence except:
- (a) Tolerance
  - (b) Withdrawal symptoms
  - ~~(c)~~ Hypersomnia
  - (d) Change of priorities
  - (e) Reinstatement to dependence after a period of abstinence



104. The following are known causes of sexual dysfunction in males except:

- (a) Diabetes mellitus
- (b) Hypertension
- (c) Antidepressants
- ~~(d) Vasectomy~~
- (e) Antihypertensives

105. The following are known causes of dyspareunia in females except:

- (a) Poor arousal technique
- (b) Inadequate vaginal secretions
- (c) Use of drying herbs in the vagina
- (d) Vaginitis
- ~~(e) Use of female condoms~~

### Questions 106 – 108

Mary, aged 15 years has lost 10kg in 6 weeks. She is very thin but excessively concerned about being overweight. Her daily intake is 10 cups of coffee:

106. Mary might have the following symptoms except:

- (a) A reduced sex drive
- ~~(b) Increased sporting activities~~
- (c) Amenorrhea
- ~~(d) May find herself very sexually attractive~~
- (e) Increased body hair.

107. The most likely diagnosis would be:

- (a) Fetishism
- (b) Body dysmorphic disorder
- (c) Generalised anxiety disorder
- (d) Bulimia Nervosa
- ~~(e) Anorexia Nervosa~~

108. The following have been suggested in the etiology of the above disorder except:

- (a) Hereditary factors ✓
- (b) Socio cultural factors ✓
- (c) History of sexual abuse
- (d) Intellectual factors
- ~~(e) Racial factors~~

109. The following is true of alcohol intoxication and sexual performance except:

- (a) It impairs sexual performance ✓
- ~~(b)~~ It causes poor erections
- (c) It decreases sexual desire
- ~~(d)~~ It reduces sperm motility
- (e) It increases sexual risk taking ✓

110. Under the following condition, variation in sexual behaviour is considered pathological – Sexual Activity involving:-

- (a) Bonding in consenting adults
- (b) A 65 year old woman and a 22 year old boy
- ~~(c)~~ Consenting adult members of a nuclear family
- (d) A 65 year old man and a 22 year old boy
- (e) A consenting stranger

111. The following statements are true with regards to paraphilias except:

- (a) Most paraphilias are very resistant to treatment
- (b) Some are considered crimes in most countries
- (c) Antidepressants particularly the selective serotonin reuptake inhibitors (SSRIs)
- ~~(d)~~ Other forms of treatment include – ECT
- (e) Drugs that reduce testosterone levels in males may be used to treat some forms of paraphilias

112. A 45 year old married man has a telescope which he uses to watch women undressing in the opposite block at night. This behaviour is disrupting his marriage. The most likely diagnosis is:

- (a) Exhibitionism
- (b) Paedophilia
- (c) Impotence (erectile dysfunction)
- ~~(d)~~ Voyeurism
- (e) Sexual sadism

113. About 50% of all cases of sexual abuse develop PTSD. The main features of PTSD include the following except:

- (a) Re experiencing
- (b) Intrusive thoughts
- ~~(c)~~ Victimization
- (d) Avoidance
- (e) Hyperarousal

119. Subcortical dementias include the following except:

- (a) Parkinson's disease
- (b) Huntington's disease
- (c) Wilson's disease
- ~~(d)~~ Pick's disease
- ~~(e)~~ Binswanger's disease

120. The commonest cause of dementia is:

- (a) Dementia with Lewy body
- (b) Frontal temporal dementia
- ~~(c)~~ Alzheimer's dementia
- (d) Vascular dementia
- (e) Creutzfeldt – Jacob disease

121. Predisposing factors to Alzheimer's disease include the following except:

- ~~(a)~~ Male sex
- ~~(b)~~ Head injury ✓
- ~~(c)~~ Down's syndrome ✓
- ~~(d)~~ Positive family history ✓
- (e) Post menopausal estrogen decline

122. Clinical features of Lewy body dementia include the following except:

- ~~(a)~~ Prominent auditory hallucinations
- ~~(b)~~ Vivid visual hallucinations ✓
- (c) Delirium
- ~~(d)~~ Parkinsonism features ✓
- ~~(e)~~ Disturbed rapid eye movement (REM)

123. Potentially reversible causes of dementia include the following except:

- (a) Normal pressure hydrocephalous ✓
- (b) General paralysis of the insane
- (c) Myxoedema ✓
- ~~(d)~~ Semantic dementia
- (e) Subdural hematoma ✓

124. Combinations of antipsychotic drugs:

- (a) Should never be used
- ~~(b)~~ Can be used in special cases
- (c) Are invariably toxic
- (d) Increase the risk of relapse directly
- (e) Should be used to treat recent onset or newly diagnosed schizophrenia

114. The following are specific strategies that are commonly used during psychosexual therapy except:

- (a) Sensate Couple focus
- (b) Exploration of different coitus positions
- (c) Use of lubricants
- (d) Semaan's technique
- ~~(e) Exchanging partners~~

115. NOT TRUE: Perpetrators of sexual abuse are usually:

- ~~(a) Mentally ill~~
- ~~(b) Plan and plot overtime if known to child~~
- (c) Usually target children who are shy and have low self esteem
- (d) Males close to and known to the children
- (e) Are represented in all socio economic groups

116. Which one of the following is correctly matched in terms of degree of risk of transmission of HIV:

- (a) Anal sex - Moderate risk
- (b) Vaginal sex - Higher risk than anal sex
- (c) Oral sex - Moderate risk
- (d) Scarification - No risk
- ~~(e) Sharing needles - High risk~~

117. Which of the following is not true of cultural practices that have been implicated in the transmission of HIV?

- (a) Female genital mutilation
- (b) Polygamous marriages
- (c) Marriage of adolescent girls by older men
- ~~(d) Sharing ceremonial beer from one drinking utensil~~
- (e) Wife inheritance

118. Social interventions for the management of an episode of schizophrenia include all of the following except:

- (a) Addressing need for time off work/school
- (b) Protection of the patients social support networks
- (c) Providing public education that decrease/prevent mental illness related stigma
- (d) Improving social networks
- ~~(e) Limit contact with family during the whole period of time that a patient is symptomatic~~

125. Regarding the treatment of anxiety disorders:

- (a) Antipsychotic drugs remain the first line choice ✓
- (b) Antidepressants when used correctly, offer rapid relief ✓
- (c) Benzodiazepines should never be used because of their addictive properties ✓
- (d) The dose of tricyclic antidepressants should be reduced gradually to avoid rebound effects ✓
- (e) An apparent worsening of symptoms may be seen when starting treatment with antidepressants ✓

126. Useful interview techniques include: except

- (a) Summation ✓
- (b) Silence ✓
- ~~(c) Missing appointments~~
- (d) Homework ✓
- (e) Directive questioning ✓

127. In reviewing a psychotic patient the following are important: Choose the best response

- ~~(a) Medications used, their doses and side effects~~
- (b) Social needs ✓
- (c) The history from the caretaker ✓
- (d) Suicidal tendencies ✓
- (e) Physical health ✓

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

- (a) Agitated behaviour ✓
- (b) Loud snoring ✓
- ~~(c) Sleep walking~~
- (d) Gasping ✓
- (e) Bed wetting ✓

129. Regarding a person with alcohol abuse of the following are true except:

- (a) Recurrent legal problems related to alcohol ✓
- (b) Continued use despite recurrent interpersonal or social problems ✓
- (c) Failure to fulfill role obligation at work or home because of recurrent drinking ✓
- ~~(d) Stop to abuse alcohol if advised to stop~~
- (e) Accidents are common ✓

130. All of the following are symptoms of depression except:

- (a) Anhedonia → Inability to feel pleasure in normally pleasurable activities ✓
- (b) Terminal insomnia ✓
- ~~(c) Thought broadcasting~~
- (d) Loss of interest to all pleasurable activities ✓
- (e) Nihilistic delusions ✓

131. 'Maternity blues' is accurately characterized by which of the following?

- mild depression / irritability*
- (a) It is more acute than post partum depression
  - (b) It is usually a chronic and relapsing syndrome
  - (c) It affects 50 – 80% of all new mothers *25-50%*
  - (d) It is characterised by persistent apathy
  - (e) It is not associated with sleep disturbance

132. 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

133. The following investigation is not mandatory before electroconvulsive therapy:

- (a) EEG
- (b) Liver function test
- (c) Urea and electrolytes
- (d) Urinalysis
- (e) Fasting blood sugar

134. Electroconvulsive therapy is contraindicated in:

- (a) Pregnancy
- (b) Persons with recent myocardial infarction
- (c) Persons with controlled hypertension
- (d) Persons with history of febrile convulsions in childhood
- (e) Persons aged above 75 years

135. The following is a parasomnia:

- (a) Nightmare disorder
- (b) Narcolepsy
- (c) Primary insomnia
- (d) Breathing related sleep disorder
- (e) Primary hypersomnia

136. Hypersomnia is likely to be due to:

- (a) Depression
- (b) Schizophrenia
- (c) Mania
- (d) Bone fracture
- (e) Anxiety disorder

137. In treatment of insomnia:

- (a) High doses of hypnotics are recommended for most patients
- (b) Dependence rarely occur
- (c) Patient should not know what drug they are on since they are likely to abuse it
- (d) Zolpidem may be used
- (e) There is little or no need for investigations

138. Postpartum psychosis:

- (a) Is an example of psychotic disorder not otherwise specified
- (b) Poses no danger to the patient and others
- (c) There is no relationship between the disorder and Bipolar 1 Mood disorder
- (d) Hormonal treatment has been found to be effective
- (e) Most women develop the disorder during their third or more delivery

139. A clinical feature of post partum psychosis is:

- (a) Delirium *least com*
- (b) Confabulation *Depression - most common*
- (c) Hypersomnia *Schizophrenia - lucid symptoms*
- (d) Passivity phenomena *Mania*
- (e) Delusion *Delirium*

140. A delusion can best 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 is presented
- (e) Dissociative reaction

141. In Schizophrenia psychotic symptoms such as hallucination, delusion disorganized speech and grossly disorganized or catatonic behaviour are known as:

- (a) Positive symptoms
- (b) Negative symptoms
- (c) Mediating symptoms
- (d) Catastrophic symptoms
- (e) Perpetuating symptoms

142. In order to assume the sick role, intentionally produced physical or psychological symptoms are known as:

- (a) Factitious disorder
- (b) Conversion disorder
- (c) Somatization disorder
- (d) Hypochondriasis
- (e) Obsessive disorder

143. Choose the correct answer with regard to delirium:

- (a) Delirium is characterized by a disturbance of consciousness and a change in cognition that develop over a short period of time
- (b) Tremor, nystagmus, incoordination and urinary incontinence are common neurological symptoms
- (c) Abnormalities in mood, perception and behaviour are common psychiatric symptoms
- (d) Symptoms are worse at night
- (e) All of the above are true

144. All of the following are psychotic disorders except:

- (a) Antisocial personality disorder
- (b) Schizophrenia
- (c) Schizophreniform disorder
- (d) Delusional disorder
- (e) Brief psychotic disorder

145. Psychoeducation after an acute psychotic episode should include:

- (a) Information to the patient and primary care providers in the home
- (b) Information about anticipated side effects of medications
- (c) Information on course of illness
- (d) Information on the diagnosis
- (e) All of the above are true

Theme: Hallucinations (For Questions 146 – 150)

- A. Autoscopic
- B. Extracampine
- C. Hygric
- D. Hypnagogic
- E. Hypnapompic
- F. Kinesthetic
- G. Reflex
- H. Second person auditory
- I. Thermic



Down  
- Schizo  
- bipolar  
- Anxiety

5750

10



4th year paper

**UNIVERSITY OF NAIROBI**  
**UNIVERSITY EXAMINATIONS 2015/2016**

**EXAMINATIONS FOR THE DEGREE OF BACHELOR OF MEDICINE AND  
BACHELOR OF SURGERY**

**HPS 400: PSYCHIATRY**

**MULTIPLE CHOICE QUESTIONS**

DATE: JUNE 28, 2016

TIME: 2.00 P.M. - 4.30 P.M.

**INSTRUCTIONS:**

1. This paper contains 100 multiple choice questions.
2. Only one Answer is correct.
3. Select the Best Answer out of the 5 choices.
4. Mark the correct answer on the answer sheet provided.
5. Follow the instructions on the answer sheet and do not tamper with it.

1. According to DSMIV the following are anxiety disorders except:
- (a) Post traumatic stress disorder ✓
  - ~~(b) Conversion disorder~~
  - (c) Obsessive compulsive disorder ✓
  - (d) Substance induced anxiety disorder ✓
  - (e) Anxiety disorder due to hyperthyroidism ✓

2. The key features in diagnosing posttraumatic stress disorder includes the following except:
- (a) History of significant traumatic event ✓
  - ~~(b) Brain injury~~
  - (c) Persistent Hyper arousal ✓
  - (d) Re-experiencing of the trauma ✓
  - (e) Avoidance of reminders ✓
- PTSD has:  
• Flashbacks & nightmares.  
• Avoidance.  
• Arousal symptoms - E.g. hypervigilance, exaggerated startle response, insomnia, poor conc.

- \*3. In Treatment of post traumatic stress disorder the following are predictors of good prognosis except:
- (a) Rapid onset of symptoms ✓
  - (b) Short duration of symptoms ✓
  - (c) Strong social support ✓
  - (d) Good premorbid functioning ✓
  - ~~(e) Presence of schizophrenia in the patient~~

GA

4. Clinical features of generalized anxiety disorders include the following except:

- ~~(a) Emotional numbing (PTSD)~~
- (b) Anxiety ✓
- (c) Automatic hyperactivity ✓
- (d) Cognitive vigilance ✓
- (e) Motor tension ✓

3 WZ - cortisone  
thiaz - post. 104  
Bellini  
5. Regarding electroconvulsive therapy, the following are true except:

- (a) May be used in treatment of manic episodes ✓
- ~~(b) It is safe treatment for depressed elderly patients unless there are contraindications~~
- (c) It is safe treatment for all pregnant mothers ✓
- ~~(d) It has been in use since 1930's~~ 1938 ✓
- (e) It requires short acting anaesthesia ✓ → Methohexital  
Thiopental  
Ketamine

6. It is risky to conduct electroconvulsive therapy on patients with conditions listed below except:

- ~~(a) Controlled hypertension~~ → PT uncontrolled HT ✓
- (b) Cerebral aneurysm ✓ (rel. vascul. def.)
- (c) Space occupying lesion ✓
- (d) Cerebral oedema ✓
- (e) Recent myocardial infarction ✓

① Major depression  
Not respon to AT  
Psychotic sy  
Failure to react to  
Represser stops  
Schizoaffect ✓  
Catechol schizophrenics  
Post partum psychosis  
③ More  
Episodes

7. In electroconvulsive therapy the following is true

- (a) It was discovered by BF Skinner ✓ (C. Miller & 4400 Bird 1934)
- ~~(b) Temporary memory loss may occur~~ ✓
- (c) It is one of the dangerous psychiatric treatments ✓ (0.01 Mortality)
- (d) It is a pharmacotherapy ✓ (Pharmac. agent)
- (e) Bone fracture is one of the side effects ✓ → Muscle relaxant  
Succinylcholine  
Pseudothionamide → Curare

8. Signs of alcohol dependence includes the following except:

- (a) Tolerance ✓
- (b) Withdrawal syndrome ✓
- ~~(c) Improved priority setting~~
- (d) Stereotyped pattern of use ✓
- (e) Relieve drinking ✓

9. The manifestation of Wernicke-Korsakoff syndrome is basically due to:

- (a) Brain drainage ✓
- ~~(b) Thiamine deficiency~~ ✓ (Alcohol)
- ~~(c) Dementia~~
- (d) Vitamin C deficiency ✓
- (e) Deranged renal functioning ✓

10 Delirium tremens in alcohol dependence

- (a) Is rare ~~✓~~ *→ 5%*
- 5-10 (b) Occurs 6-8 days following alcohol withdrawal *2-4 days* ~~3 days~~ *3 days*
- (c) The patients consciousness is unaffected ~~✓~~ *- affect*
- ~~(d) Disorientation is common ✓~~
- (e) Hallucination are not a feature *why not*

11. Alcohol use may induce the following except:

- (a) Mood disorder ✓
- (b) Certain Anxiety disorders ✓
- (c) Sleep disorders ✓
- ~~(d) Pathological Jealousy~~ *depression syndrome*
- ~~(e) Increase libido~~

12. Regarding Licit alcohol the following is true except:

- (a) Is a mind altering substance ✓
- ~~(b) Has an antidepressant properties~~
- (c) It's a drug ✓
- (d) Has mood altering properties *Depressive*
- ~~(e) It is methanol compound ✓~~

13. A delusion can best be defined as a:

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

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

- (a) A delusion - *unshakable belief not consistent with persons intelligence or cultural beliefs*
- (b) A hallucination *false sensory perception not associated with stimuli*
- ~~(c) An illusion~~ *false interpretation of stimuli as a result of fantasy, intense emotion, or perceptual clarity*
- (d) Déjà vu
- (e) Dissociative reaction

*disruption in unitary state of self*

For Question 15-16:

15. As part of the mental status examination an interviewee is asked for meaning of the proverb "people in glass houses should not throw stones." They will break the windows".
- (a) Idiosyncratic thinking
  - ~~(b) Concrete thinking~~
  - (c) Bizarre ideation
  - (d) Loose associations
  - (e) None of the above

16. Patients who interpret proverbs in this way most often have a diagnosis of:
- (a) Dysthymia
  - (b) Paranoid personality
  - (c) Panic disorder
  - (d) Dementia
  - ~~(e) Schizophrenia~~

Questions 17-18

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.

17. The presence of Autism would be reported on:
- ~~(a) Axis I - Clinical disorders & Personality & mental retardation~~
  - (b) Axis II - Personality & mental retardation
  - (c) Axis III - Gen. medical conditions connected to mental disorders
  - (d) Axis IV - Psychological & environmental <sup>Social</sup>
  - (e) Axis V - Global assessment
18. A physical illness that was relevant to either diagnosis or management would be reported on:
- (a) Axis I - Clinical syndrome
  - (b) Axis II - Personality, Mental Retardation
  - ~~(c) Axis III - Physical illness~~
  - (d) Axis IV - Stressors
  - (e) Axis V - GAF
19. 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

Appearance & behavior  
Conversation  
Thought process  
Mood and affect  
Abnormal perception  
Dementia & cognitive fx

20. 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) A hallucination~~
  - (d) An idea of reference
  - (e) A flight of ideas

Question 21 - 24

Match the following:

- (a) Magical thinking *denies fallacious attribution of causal relationships b/w action & event*
  - (b) Thought Blocking *stop speaking suddenly & without explanation*
  - (c) Looseness of associations *series of ideas presented with loosely apparent or completely inapparent logical connections*
  - (d) Derealization *one's surroundings are not real*
  - (e) Depersonalization *diverting someone or something of her/his characteristic or individuality*
- C. 21. Discontinues and illogical stream of thoughts - looseness of associations
- A. 22. A belief that thought alone can result in the accomplishment of certain wishes or activities Magical thinking
- B. 23. Sudden cessation of thinking in the middle of discussion or sentence. Thought Blocking
- E. 24. The feeling that one is standing apart from oneself and observing one's own actions Depersonalization

25. The following drug is commonly used in the treatment of attention deficit disorder:

- (a) Olanzapine
- (b) Carbamazepine
- ~~(c) Methylphenidate~~ - *stimulant (atomoxetine - non-stimulant)*
- (d) Clozapine
- (e) Aripiprazole

26. The most common psychiatric disturbances with Cushing's Syndrome is:

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

27. Which of the following statements about visual hallucinations is true

- (a) They are common than auditory hallucinations in schizophrenia *x Auditory x*
- (b) They are always frightening to the patients *x*
- ~~(c) They are more common in schizophrenia than in organic brain disorders~~ - *7*
- (d) They are common occurrence in schizotypal personality disorder
- ~~(e) They are common in patients with substance use disorders~~

*66*

- <sup>Atypical anti-psychotic</sup>
28. Clozapine is a drug used to relieve chronic symptoms of
- (a) Bipolar disorder
  - (b) Major depression
  - ~~(c) Chronic schizophrenia~~
  - (d) Alzheimer's disease
  - (e) Panic disorders

29. The most common side effects associated with chlorpromazine include all the following except:
- (a) Extra pyramidal effects
  - (b) Sedation
  - (c) Agranulocytosis
  - ~~(d) Hypersalivation~~
  - (e) Seizures

30. 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's psychosis is most often treated with neuroleptic medication
  - (d) The schizophrenic's psychosis is episodic while mania is generally continuous
  - ~~(e) None of the above~~

31. 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 for Questions 32-35*

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 3 are correct
- (d) If 4 is correct
- (e) If 1, 2, 3, and 4 are correct

32. The DSM-IV criteria for schizophreniform disorder include

- (1) All the psychotic symptom criteria for schizophrenia except for duration ✓
- (2) Schizophrenia-like symptoms caused by hallucinogens. F ✓
- (3) An illness that lasts less than 6 months ✓
- (4) Severe affective symptoms with thought disorders but no other signs of schizophrenia ✓

33. Correct statements regarding ~~paranoid~~ (delusional) disorder include that they

- (1) Are more common than schizophrenia ✓
- (2) Are associated with delusions that are usually bizarre and fragmented than in schizophrenia ✓
- (3) Are associated with delusions of persecution, but not of jealousy ✓ *Jealousy is there*
- (4) Usually are not associated schneiderian first-rank symptoms ✓

34. Signs and symptoms that are more likely to be associated with the catatonic type of schizophrenia than with other types include

- (1) Neologisms ✓
  - (2) Psychomotor ~~disturbance~~ ✓ *Psychomotor*
  - (3) ~~Disturbance~~ ✓
  - (4) Word Salad ✓
  - (5) Excitement and stupor ✓
1. Psychomotor ✓
  2. Neologisms ✓
  3. Word salad ✓
  4. Excitement & stupor ✓

*Neolog + disorder  
+ disturbed  
+ suicidal*

35. Some researchers have divided symptoms of schizophrenia into negative and positive.

~~Negative~~ <sup>These</sup> symptoms include

- (1) Hallucinations ✓
- (2) Blunted affect ✓
- (3) Delusions ✓
- (4) Social withdrawal ✓

~~A~~ A

Questions 36-37

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, difficult concentrating, sudden fits of crying, suicidal thoughts and early morning waking.

36. The most likely diagnosis would be:

- (a) Major depression ✓
- (b) Dysthymia ✓
- (c) Post traumatic stress disorder ✓
- (d) Uncomplicated bereavement ✓

*Post Traumatic*

37. Appropriate possible treatment approaches include all the following except:

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

5

38. 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 ✓

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

- ~~(a) Seizure activity -~~
- ~~(b) Electrical stimulation of the brain -~~
- (c) Memory loss \*
- (d) Depressed patient's attitude towards ECT -
- (e) Depressed patient's wish for punishment \*

40. "Maternity blues" (post partum 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

41. A diagnosis of bipolar disorder might be made for patients who have all the following except:

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

BMD - 1 - depression MDD  
2 - hypomania + 2 depressive

42. 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) Pre-existing personality pattern \*

43. True statements about depression that concomitantly with a medical illness include all the following except:

- (a) It may be the result of medication ✓
- ~~(b) It may be 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 ✓



44. 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 up to 1 year

45. The most common finding in patients with factitious disorder is: *medication*

- (a) An associated major mental disorder *medication*
- (b) An aggressive assertive personality style
- ~~(c) Frequent signing out of hospital → C~~
- ~~(d) Self administered injection or self medication -~~
- (e) Lack of medical training \*

46. 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 ✓

47. 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 ✓ *M. by Strabismus*
- (c) Confabulation ✓
- ~~(d) Loss of remote memory ✓ *Anterograde & retrograde*~~
- (e) Confusion ✓

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

- ~~(a) Bradycardia - *Tachycardia, Sweating*~~
- (b) Tremor ✓
- (c) Vivid Visual hallucination + *Illusion*
- (d) Disorientation in time and place ✓

*For Questions 49 - 52*

Match the following:

- (a) Tolerance *receptor down active site effect*
- (b) Potentiation
- (c) Withdrawal syndrome
- (d) Dependence
- (e) Codependence

49. Is a cluster of physiological behaviour and cognitive phenomena associated with substance use

*(A)*

*BE*

50. Requirement of a large dose of the drug to obtain the same effect **A**
51. A relationship that is primarily responsible for the maintenance of addictive behaviour in one of the other person. **E**
52. A syndrome of clinically significant symptoms following cessation of substance use **C**
53. In psychoanalytic psychotherapy the occurrence of counter transference 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
54. In general, group therapy is intended to enable individuals to do all the following except:
- (a) Learn new models of behaviour ✓
  - (b) Discover that their problems are not unique ✓
  - (c) Developed a sense of belonging ✓
  - (d) Developed "basic trust" ✓
  - ~~(e) Change their behaviour to comply with group models~~
55. The assertion that all behaviours are driven antecedent events, experiences. There are no accidents: nothing happens by chance is known as
- ~~(a) Psychic determinism~~
  - ~~(b) Learned Helplessness~~
  - (c) Unconditional positive regard
  - (d) Free Association
  - (e) Unconscious
56. Symptoms serve a purpose: they function to decrease intra-psychic conflict and distress by keeping such unpleasanties form conscious awareness can be seen which one of the following phenomenon?
- ~~(a) Primary gain~~
  - (b) Secondary gain
  - (c) Positive regard
  - (d) Psychic conflict
  - (e) Psychodynamics
57. What is transference?
- (a) Displacement of feelings form future experience to past
  - (b) Displacement of ideas from mother to child
  - ~~(c) Displacement of feelings, attitudes, behavioural expectations and attributes from important childhood relationships to current ones~~
  - (d) Transferring material resources to a client's bank account
  - (e) Defense mechanism that helps to keep tab on feelings of security

58. Counter transference refers to:

- ~~(a) The therapist projecting their own feeling ("issues", "emotional baggage") on to their patient~~
- (b) The patient projecting their own feelings (issues emotional baggage) onto the therapist ✓
- (c) The child projecting his/her feelings on the parents and parental rejection of those feelings ✓
- (d) Countering the transference made by the patient through a systematic analysis ✓
- (e) Displacement of feelings, attitudes, behavioural expectations and attributes from important childhood relationships to current ones -- Transference

59. Unselfishly assisting others to avoid negative personal feelings refers to:

- ~~(a) Sublimation~~
- ~~(b) Altruism ✓~~
- ~~(c) Displacement ✓~~
- (d) Condensation
- (e) Projection ✓

60. The following are true regarding risk factors for depression in the elderly except:

- ~~(a) Sensory impairment increases the risk ✓~~
- (b) Past history of depression increases the risk ✓
- ~~(c) Caring for ill relatives increases the risk~~
- (d) Being widowed or divorced ✓
- (e) Family history of depression is more important in depression of late onset compared to that of early onset

61. The following is true regarding depression in the elderly except:-

- (a) Depressive delusions are common -
- ~~(b) Typical depressive symptoms rarely occur~~
- (c) Hallucinations may occur and are often accusatory or obscene ✓
- (d) It may present with severe agitation ✓
- (e) Nihilistic delusions may occur ✓

62. Risk factors for delirium include the following except:

- ~~(a) Lack of pain~~
- (b) Visual impairment -
- (c) Polypharmacy ✓
- (d) Surgical procedures ✓
- (e) Dementia ✓

A  
B  
C  
D  
E  
Psychomotor  
Sleep

Infections  
Withdrawal  
Acute metabolic changes  
Trauma  
CNS pathology  
Hypoxia  
Deficiencies  
Endocrine/renal  
Acute vascular  
Toxins & drugs  
Heavy metals

69

63. The following are true regarding antipsychotics except:

- (a) First generation antipsychotics are more likely to cause extrapyramidal side effects compared to second generation antipsychotics
- (b) The second generation antipsychotics are better tolerated compared to the older antipsychotics

~~(c) In acute emergencies chlorpromazine may be given intravenously for fast action~~

~~(d) Examples of atypical antipsychotics include quetiapine, clozapine and risperidone~~

~~(e) Depot preparations of antipsychotics are available locally~~

64. The following is not correctly matched

~~(a) Worry about disease: somatisation~~

~~(b) Loss of function: conversion~~

(c) Deliberate deception: malingering ✓

(d) Dislike of body parts: body dysmorphic disorder ✓

(e) Worry about disease: hypochondriasis ✓

65. Which of the following is a core symptom of depression

(a) Disturbed sleep

(b) Decreased appetite

(c) Guilt self-reproach

~~(d) Decreased energy or fatigue~~

(e) Deliberate self-harm or suicidal ideation

66. A 27 year old man admits that he has persistent thoughts of curse words while he is attending church. Although he does not want to have these thoughts, and is bothered by them, he cannot seem to stop them. He does not act on saying them out loud. Which of the following is the best description of this type of thinking?

~~(a) Delusional - belief that is clearly false, not accounted for by culture, religion or intelligence~~

~~(b) Derealization - one's surroundings are not real~~

~~(c) Obsessional~~

~~(d) Preservation Perseveration - repetition of a response regardless of absence or cessation of stimulus~~

(e) Referential view - innocuous stimuli as having specific meaning for self & is assoc with personality traits & disorders

67. What is the key difference between psychiatric assessment of children and adults?

(a) A mental status examination can only be done with adults ✓

(b) Children should be interviewed conjointly with parents ✓

(c) Diagnosis cannot be made reliably in children x

(d) The evaluation of a child is generally initiated by the child's parents or other adults involved in his care

~~(e) None of the above is true~~

Convergent  
thought  
Mood affected  
Abnormal perception  
Delusion & cognition

68. A clinical mental status examination includes ALL but which of the following?

- (a) Appearance and behaviour ✓
- (b) Intellectual functioning <sup>thought</sup>
- (c) Judgment and insight <sup>thought</sup>
- (d) Insight <sup>thought</sup>
- (e) Educational history

69. Pharmacokinetic factors include all of the following except:

- (a) The effects of the rates and extent of absorption
- (b) Range of distribution in various bodily compartments (tissues and fluids)
- (c) Modification of membrane permeability - <sup>ADME</sup>
- (d) The rate and extent of excretion
- (e) All are false

70. Which of the following adverse effects is most associated with Tricyclic antidepressants?

- (a) Oculogyric crisis
- (b) Nystagmus
- (c) Torticollis
- (d) Epistaxis
- (e) Urinary retention - <sup>Nervous ↓d.</sup>

71. Which of the following adverse effects is most associated with anti psychotics?

- (a) Hyperprolactinaemia
- (b) Optic neuritis
- (c) Coarsening of facial features
- (d) Cold peripheries
- (e) Hyponatraemia

72. With personality disorders, the following are true except:

- (a) Cluster 'C' represents the 'anxious and fearful' group of personality disorders
- (b) Personality disorder is an 'Axis III' diagnosis ✗
- (c) Both Antisocial and Histrionic personality disorders are found in cluster 'B'
- (d) A person with Avoidant personality disorder is socially withdrawn but actually would like to have friends
- (e) Antisocial personality is also referred to as psychopath

73. A female librarian comes for advice. Her colleagues find her inflexible in her approach to work. She easily becomes annoyed if her systems are interfered with and generally likes to work by herself, using lists and rules to structure her day. This is a stereo typical history of:

- (a) Dependent personality disorder ✗
- (b) Histrionic personality disorder ✗
- (c) Schizoid personality disorder ✗
- (d) Obsessive compulsive personality disorder
- (e) Antisocial personality disorder

7c

74. A young man is seen with his mother. She is concerned that he is socially withdrawn. He is bright and is doing his job well as an engineer. During the consultation he seems emotionally cold and has little interest in either praise or criticism. This is stereotypical history of:

- (a) Schizotypal personality disorder
- ~~(b) Schizoid personality disorder~~
- (c) Narcissistic personality disorder
- ~~(d) Avoidant personality disorder~~
- (e) Antisocial personality disorder

75. A 32 year old woman is seen in an out patient psychiatry clinic. Her chief complaint is depressed mood for 4 months. During the interview, she gives very long, complicated explanations and many unnecessary details before answering the original questions. Which of the following psychoactive findings best describes this style of train of thought?

- (a) Loose association *no logical connection*
- ~~(b) Circumstantiality~~
- (c) Neologism - *new words*
- (d) Preservation - *repetition of response*
- (e) Flight of ideas

76. A woman presents to her male family doctor wearing a low cut top and a very short skirt. She constantly tries to flirt with the doctor. The consultation filled with drama and she becomes annoyed when the centre of attention shifts from her.

This is a stereotypical history of

- ~~(a) Histrionic personality disorder~~
- (b) Dependent personality disorder
- (c) Narcissistic personality disorder
- (d) Schizotypal personality disorder
- (e) Avoidant personality disorder

77. A 48 year old woman with a past history of recurrent psychotic depression is admitted to a lock ward during a relapse. She is put on Amitriptyline 50mg and Risperidone 2 mg at bed time. 2 weeks later, she reports with great concern that her nipples are leaking. Which class of medications is most commonly known to cause this condition?

- (a) Benzodiazepines
- ~~(b) Antipsychotics~~
- ~~(c) Serotonin reuptake inhibitors~~
- (d) Anti seizure medication with mood stabilizing properties
- (e) Beta blockers

*Imipramine - Tricyclic*  
*Sertraline - SSRI*

78. Which of the following reactions is associated with the plateau phase of sexual response?

- (a) Erection of the penis begins
- (b) The refractory period occurs
- (c) The breasts enlarge in size
- ~~(d) The clitoris retracts~~
- (e) The testicles descend

79. Which of the following is an absolute contraindication to Electroconvulsive therapy (ECT)?

- (a) Post partum psychosis
- (b) Major depressive stupor in an adolescent
- (c) History of epilepsy
- (d) Schizoaffective disorder
- ~~(e) None of the above~~

80. Regarding mental retardation, the following statements are true, except:

- (a) The impairment should be of early onset ✓
- (b) The impairment should be long term ✓
- ~~(c) The child's IQ should be less than 80 ✓~~
- (d) The child should be functionally impaired in everyday life skills
- (e) Moderate intellectual disability IQ ranges from 35-55

81. The following criteria are used to define mental retardation, **except** which one?

- (a) Significant impairment in two or more areas of adaptive behaviour
- (b) Must be evident before 18 years of age ✓
- ~~(c) Consanguinity of the parents~~
- (d) The person must show both poor intellectual functioning and defects in everyday skills ✓
- (e) Intelligence Quotient (IQ) at or below 70 ✓

82. Which of the following is an example of a specific learning disability?

- ~~(a) Pervasive Developmental Disorder~~
- ~~(b) Dyscalculia~~
- (c) Mental Retardation
- (d) Dysphasia
- (e) Asperger syndrome

83. In specific learning disabilities the name for reading disorders is

- (a) Dysarthria ✗
- (b) Dyspraxia ✗
- ~~(c) Dysgraphia ✗~~
- ~~(d) Dyslexia~~
- (e) Dysphagia ✗

84. In DSM-IV, Severe Mental Retardation, is represented by an IQ score between:

- (a) 80 - 85 to 90 - 95 ✓
- (b) 10 - 15 to 20 - 25 ✗
- (c) 35 - 50 to 50 - 55 ✗ Moderate
- ~~(d) 20 - 25 to 35 - 40 -~~
- (e) 5 - 10 to 15 - 20 ✓

85. In Autism Spectrum Disorder communication defects, when individual exhibits immediate imitation of words or sounds they have just heard. This is known as:

- (a) Neologisms
- ~~(b) Echolalia~~
- (c) Savant syndrome
- (d) Echopresis
- (e) Thought echo

86. Children with ADHD are known to have deficits in which of the following?

- (a) Motor functioning
- (b) Enduring dysphoric mood ×
- ~~(c) Executive function (Planning, Organizing, focusing, attending)~~
- (d) Pathological pattern of substance use ×
- (e) Somatic symptoms of anxiety

87. The following characteristics are present in conduct Disorder except:

- (a) Vandalism or damage to property ✓
- ~~(b) Become attached to inanimate objects~~ → aggression to people/animals
- (c) Cruelty towards other people or animals ✓
- (d) Violent or aggressive behaviour ✓
- ~~(e) Viciousness callousness and lack of remorse - 13~~

88. Which is the most common form of stimulant medication for ADHD?

- (a) Atomoxetine (strattera) ← Non-stimulant
- (b) Amitriptyline (Laroxyl)
- ~~(c) Methylphenidate (Ritalin)~~ — and atomoxetine
- (d) DDAVP desmopressin
- (e) Vitalin (folic acid)

89. Mental state examination of a 10 year old patient should include all the following except:

- (a) Assessment of appearance and behaviour ✓
- (b) Assessment of speech ✓
- ~~(c) Family History~~
- (d) Assessment of insight ✓
- (e) Assessment of cognition ✓

90. The presence of mental disorder can be explained in terms of all the following except:

- (a) Protective factors
- (b) Predisposing factors
- ~~(c) Petulant factors~~ — childish (insolent or w. spe)
- (d) Precipitating factors
- (e) Perpetuating factors



91. Which of the following is true of Gender Identity disorder (GID)?

- (a) Hermaphroditism is synonymous with GID - *NO!*
- (b) GID usually occurs in adulthood ✓
- (c) Most people with GID desire to have a sex exchange ✓
- (d) GID is synonymous with transgender ✓
- (e) GID is a culture bound syndrome - *Gender identity.*

92. Although sexual abuse can provoke the onset of any type of psychiatric disorder, common psychological consequences include all the following except:

- (a) Acute stress disorder and PTSD ✓
- (b) Schizophrenia -??
- (c) Dissociative disorders ✓
- (d) Depression ✓
- (e) Substance abuse ✓

93. Which of the following is more likely to cause vaginismus?

- (a) Religion
- (b) Being an only girl in a family of boys
- (c) Female genital maturation mutilation ✓
- (d) Early menarche
- (e) Frequent masturbation

*involuntary muscle spasm of the lower third of the vagina*

94. Which one is not a common feature of the female sexual response cycle?

- (a) Excitement phase ✓
- (b) Plateau ✓
- (c) Orgasm-single or multiple ✓
- (d) Refractory phase ✓
- (e) Resolution phase ✓

95. Psychiatric disorders commonly associated with HIV status include the following except:

- (a) Major depressive disorders ✓ *depressive*
- (b) Bipolar affective disorder ✓ *delirium*
- (c) Panic attacks ✓ *Minor cognitive & motor deficits*
- (d) Schizophrenia ✓ *Dementia*
- (e) Substance use and abuse ✓

96. Which of the following is not a dissociative disorder?

- (a) Dissociative Amnesia ✓
- (b) Dissociative Fugue ✓
- (c) Multiple personality Disorder ✓
- (d) Depersonalisation disorder ✓
- (e) Dactualisation ✓

\* 97. Dissociative states have been found to associate with all the following except:

- (a) Childhood abuse ✓
- (b) Having an alcoholic mother ✓
- (c) Combat ✓
- (d) Hostage situations ✓
- (e) Extreme Religious states ✓

98. 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) ✓
- (e) Sleep apnea

99. 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

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

- (a) They rarely communicate their intent
- (b) They seldom have close family members who died by suicide
- (c) They are almost always psychotic
- (d) They rarely have history of previous suicide attempts
- (e) None of the above is correct. ✓

