

What is a person's risk of schizophrenia if both parents have schizophrenia?

Select one:

- a. 60%
- b. 15%
- c. 5%
- d. 25%
- e. 45%

Which of the following is the endocrine abnormality most commonly seen in depression?

Select one:

- a. Hypothyroidism
- b. Hypercortisolaemia
- c. Hypocortisolaemia
- d. Hypopituitarism
- e. Hyperprolactinemia

You are asked to see a patient in A&E that has been brought in by the police after arresting him for a minor offence. He is 20 years old, has slept rough since leaving home aged 15 and freely admits to heroin use. He describes three unknown voices that talk about plans they are making to hurt him and is convinced that cigarette packets contain messages that only he can see. Nothing is noted on examination. What is the most likely diagnosis?

Select one:

- a. Drug induced psychosis
- b. Schizo affective disorder
- c. Schizophrenia
- d. Personality disorder
- e. Bipolar disorder

Which of the following is not a connection between thoughts as seen in flight of ideas?

Select one:

- a. Derailment
- b. Distracting stimuli
- c. Verbal associations
- d. Chance relationships
- e. Clang associations

Which one of the following statements about mental state examination is true?

Select one:

- a. Insight refers to the patients' awareness of his/her illness.
- b. Judgment is assessed using a proverb.
- c. Appearance and behavior during the interview process are not significant
- d. Mood is described using the patient's own words.
- e. Attention is assessed using a proverb.

Which one of the following is false regarding obsessive compulsive disorder (OCD)?

Select one:

- a. Clomipramine may be tried if SSRIs do not prove effective
- b. The chance of developing OCD is increased if you have a first degree relative
- c. Cognitive Behaviour Therapy is an effective treatment
- d. The dose of Selective Serotonin Reuptake Inhibitor (SSRI) needed to treat OCD is lower than depression
- e. Surgery on the cingulate cortex is a last resort but effective treatment in 30% of patients

Cluster B personality disorders include:

Select one:

- a. Schizotypal personality disorder
- b. Dependent personality disorder
- c. Histrionic personality disorder
- d. Paranoid personality disorder
- e. Schizoid personality disorder

Transference

Select one:

- A. Therapist should ignore it and proceed with therapy
- B. Is similar to counter transference
- C. Therapist should counter it with counter transference
- D. May hinder treatment progress if not properly addressed
- E. Occurs in short term psychotherapy

Which of the following combinations is NOT paired correctly?

Select one:

- a. Haloperidol: butyrophenones
- b. Acamprosate: opiates
- c. Clozapine: hypnotic
- d. Phenytoin: anticonvulsant
- e. Alprazolam: benzodiazepines

Which of the following statements is false regarding prognosis in bipolar affective disorder?

Select one:

- a. 90% of patients with mania experience further episodes
- b. Rapid-cycling disorders have a poorer prognosis
- c. The interval between episodes increases with increasing age and number of episodes
- d. The long-term outcome is worse than for unipolar depression
- e. Bipolar II disorders have a better prognosis than bipolar I disorders

Which of the following developmental stages would not understand illness?

Select one:

- a. Six years
- b. Four years
- c. Under two
- d. Three years
- e. Five years

Which one statement is true regarding patients with substance use disorders?

Select one:

- a. CAGE is a useful assessment tool in primary health care
- b. Should receive treatment only in specialized institutions for substance use treatment.
- c. Suicide is a complication.
- d. Usually come from stable families
- e. May have genetic predisposition to substance use.

One of the following psychological problems cannot be managed using Cognitive Behaviour Therapy (CBT)

Select one:

- a. SAD (Seasonal Affective Disorder)
- b. Depression
- c. Dementia
- d. Eating disorder
- e. PTSD

Which of the following is not routinely included in a mental state examination?

Select one:

- a. Observation of a patient's gross movements
- b. Test of intelligence
- c. Assessment of insight
- d. Mood and affect
- e. Description of thought process

The following are true about bereavement, except:

Select one:

- a. Denial is an initial reaction.
- b. Social support is important.
- c. Depression is a stage.
- d. Is a traumatic event
- e. PTSD is not a concern.

The following are correct about children below the age of 7 years in relation to understanding death in the family, except:

Select one:

- a. Has limited ability to verbalize their feelings.
- b. Can express their feelings in play therapy.
- c. Cannot comprehend the irreversibility of death.
- d. The children tend towards magical thinking and egocentricity.
- e. The children are sensitive about being "different" from their peers.

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

Select one:

- a. Dysarthria
- b. Seizures
- c. Ataxia
- d. Tremor
- e. Confusion

Which of the following is a butyrophenone?

Select one:

- a. Clozapine
- b. Risperidone
- c. Haloperidol
- d. Chlorpromazine
- e. Quetiapine

Which of the following is a risk factor for schizophrenia?

Select one:

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

Which of the following is not an immature defence mechanism?

Select one:

- a. Projection
- b. Acting-out
- c. Splitting
- d. Denial
- e. Undoing

Which of the following is not a risk factor for completed suicide?

Select one:

- a. Male gender
- b. Young age
- c. Depressive illness
- d. Alcohol
- e. Family history

A 38-year-old woman presents with a 2 month history of reduced energy, low mood and poor concentration. Investigations show a raised serum calcium level. What is the most likely diagnosis?

Select one:

- a. Hypoparathyroidism
- b. Pheochromocytoma
- c. Hyperthyroidism
- d. Cushing's syndrome
- e. Hyperparathyroidism

What treatment should not be administered to an aggressive, potentially psychotic patient with no history of mental illness?

Select one:

- a. Diazepam
- b. Lorazepam
- c. Clozapine
- d. Haloperidol
- e. Quetiapine

The following are causes of psychological problems amongst parents with premature babies except:

Select one:

- a. Infants are medically fragile and may suffer from many complications.
- b. Some may require frequent medical visits and re-hospitalization in the early years of life.
- c. Wondering what the outcome of the child will be.
- d. The parents have been given both physical and psychological support by the extended family to look after the child.
- e. Many parents also feel guilty about the circumstances of the delivery.

A 22-year-old man is brought to the hospital. He appears confused and when asked his occupation he replies "I am the son of God. I come in peace. Jesus was a carpenter. I want some tea." What name is given to this presentation?

Select one:

- a. Tangentiality
- b. Flight of ideas
- c. Hallucination
- d. Looseness of association
- e. Ideas of reference

A 30-year-old man is accused of murdering his neighbor. The court refers him for psychiatric assessment. Which of the following statements is true? The role of the psychiatrist is to:

Select one:

- a. Establish his level of dangerousness.
- b. Determine if he fully understands the nature of his illness
- c. Involve relatives in bailing him out
- d. Establish his testamentary capacity
- e. Establish if he is able to follow through court proceedings.

One of the following in the cognitive model in Cognitive Behaviour Therapy (CBT) does not directly appeal to patient's reasoning:

Select one:

- a. The therapist trying to train patients to adopt a more logical and more emotional approach to life
- b. Increasing awareness of patients' dysfunctional thought processes
- c. The therapist intellectually explaining the patients' symptoms
- d. The therapist trying to persuade the patients to run away from problems instead of facing them
- e. Therapist training patients to rationally confront maladaptive thoughts/behaviors by giving home assignments so that they are encouraged to have new experiences and break negative chains of behaviour

A 25-year-old woman who recently had an extramarital affair feels that her physician disapproves strongly of her behavior, which is not objectionable. This is an example of the defense of

Select one:

- a. Denial
- b. Reaction formation
- c. Repression
- d. Isolation
- e. Projection

Which of the following is not a feature of Parkinsonism?

Select one:

- a. A festinant gait
- b. Cogwheel rigidity
- c. Postural abnormalities
- d. Waxy flexibility
- e. A resting tremor

Which of the following is not a specific feature of catatonic schizophrenia?

Select one:

- a. Psychological pillow
- b. Waxy flexibility
- c. Palilalia
- d. Tardive dyskinesia
- e. Logoclonia

Which of the following is true regarding Alzheimer's dementia?

Select one:

- a. Is a subcortical dementia
- b. Aetiology is hyperactivity of acetylcholine and norepinephrine in the brain
- c. Is a non-progressive disorder characterized by memory loss and impaired consciousness
- d. Histological features include senile plaques and neurofibrillary tangles
- e. Diet is of much value in treatment

A 67-year-old man is brought by his daughter with history of forgetfulness, hostility and change in personality. Which of the following statements is true about his management plan?

Select one:

- a. The daughter should consider relocating her father to her house in the city for monitoring
- b. Sedatives and antipsychotics have a role in his management
- c. Sedatives and antipsychotics have no role in his management
- d. A CT scan and MRI are very vital in the diagnosis
- e. Donezepil will help reverse the memory loss

A 52-year-old man presents with the chief complaint of feelings of hopelessness and helplessness, loss of interest, and poor sleep for the past 3 weeks. He is 25lb overweight and smokes a pack of cigarettes a day. One month ago he was started on antihypertensive for his moderate hypertension of 150/95 mmHg. He reports being fired from his job of 18 years 6 weeks ago. Appropriate management of his hypertension should include

Select one:

- a. A weight reduction program
- b. A reduction of salt intake
- c. A regular exercise program with smoking reduction
- d. A rechecking of his blood pressure
- e. None of the above

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- d. The daughter should consider relocating her father to her house in the city for monitoring
- e. Sedatives and antipsychotics have a role in his management

What is the approximate concordance rate of schizophrenia in monozygotic twins?

Select one:

a. 45%

b. 20%

c. 5%

d. 10%

e. 65%

Which of the following is not considered an act of sexual violence by the World Health Organisation (WHO)?

Select one:

- a. Adult prostitution
- b. Acts to traffic women 's sexuality using coercion, threats of harm or physical force
- c. Unwanted sexual comments or advances
- d. Child Pornography
- e. Attempt to obtain a sexual act without consent

Which of the following does not commonly occur during manic illness?

Select one:

- a. Irritability
- b. First rank symptoms
- c. Auditory hallucinations
- d. Grandiose ideas
- e. Elation

The following are factors associated with maternal stress, except:

Select one:

- a. Single motherhood
- b. Hypoxia
- c. Diagnosis of HIV/AIDS
- d. Poverty
- e. Crisis intervention

In regard to epilepsy, which one of the following is true?

Select one:

- a. Hormonal changes cannot trigger a seizure
 - b. Does not respond to carbamazepine.
 - c. Unlikely to present with a schizophrenia-like state
 - d. 30% of the cases of epilepsy are idiopathic
 - e. Persons with Autism are at a higher risk of developing epilepsy
-

A 36-year-old woman refuses to leave her house to attend daily chores unless she is accompanied by a friend or a relative. She claims to develop palpitations, difficulty breathing and dizziness whenever she is in public. Which one of the following statements is true about her condition:

Select one:

- a. Antidepressants have no role in her treatment
- b. Hypertension could be a probable cause
- c. She suffers from social phobia
- d. Systemic sensitization is useful.
- e. She has asthma

What is the approximate concordance rate of schizophrenia in monozygotic twins?

Select one:

- a. 10%
- b. 65%
- c. 5%
- d. 20%
- e. 45%

The following are correct, except:

Select one:

- a. Delirium is characterized by a disturbance of consciousness and a change in cognition that develop over a long period of time
- b. Advanced age is a major risk factor for development of delirium
- c. Delirium is a key symptom of dementia
- d. A and C above
- e. Delirium has a sudden onset, a brief and fluctuating course, and a rapid improvement when the causative factor is identified and eliminated

A 52-year-old man presents with the chief complaint of feelings of hopelessness and helplessness, loss of interest, and poor sleep for the past 3 weeks. He is 25lb overweight and smokes a pack of cigarettes a day. One month ago he was started on antihypertensive for his moderate hypertension of 150/95 mmHg. He reports being fired from his job of 18 years 6 weeks ago. This patient's differential diagnosis should include

Select one:

- a. Major depression
- b. Adjustment disorder with depressed mood.
- c. Bipolar mood disorder
- d. Dysthymia
- e. Organic mood syndrome

Which of the following is not a personality test?

Select one:

- a. Rorschach inkblot test
- b. 16PF
- c. Benton Visual Retention Test
- d. MMPI
- e. Thematic Apperception Test.

Heroin withdrawal symptoms includes all the following, except:

Select one:

- a. Shivering
- b. Piloerection
- c. Running nose
- d. Pin-point pupils
- e. Agitation

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

Select one:

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

Which of the following is not a movement disorder?

Select one:

- a. Stereotypy
- b. Verbigeration
- c. Athetosis
- d. Mitmachen
- e. Ambitendency

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Select one:

- a. Adjustment disorder with depressed mood.
- b. Bipolar mood disorder
- c. Major depression
- d. Organic mood syndrome
- e. Dysthymia

Which of the following statements about mental state examination is true?

Select one:

- a. Judgment is assessed using a proverb
- b. Attention is assessed using serial subtraction
- c. Mood is the observed emotion of the patient
- d. Affect is assessed by asking the patient what he feels
- e. Speech usually reveals the patients affect

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

Select one:

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