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UNIVERSITY OF NAIROBI

College of Health Sciences
SCHOOL OF MEDICINE
DEPARTMENT OF PSYCHIATRY

MBCHB LEVEL 5 CONTINUOUS ASSESSMENT TEST
DATE 29/6/2015 TIME: 7AM- 7.45 AM

DIRECTIONS:

1. Each Question Below Contains Five Suggested Responses.
2. Select The One Best Response To Each Question.
3. Write The Answer On The Answer Sheet Provided.

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

- (A) 0.5 meq/L
- (B) 1.0 meq/L
- (C) 1.5 meq/L
- (D) 2.0 meq/L
- (E) 3.0 meq/L

0.8 - 1.2 meq/L
> 1.2 S/E -
> 1.5 toxicity - ataxia, Δ

2. Which of the following drugs is LEAST sedating?

- (A) Chlorpromazine - α 1 block
- (B) Imipramine - α 1 block
- (C) Diazepam - Benzodiazepine (Sedative-hypnotic)
- (D) Lithium - No sedative effects
- (E) Haloperidol - Butyrophenone antipsychotic (Less sedation than phenothiazines)

- caused by α 1 blockade -

3. Severe reactions and death have been reported in persons who had been taking an MAO inhibitor and then were given

- (A) Chlorpromazine
- (B) Diazepam
- (C) Lithium
- (D) Imipramine
- (E) Phenobarbital

- TCA

4. The mechanism of action of antipsychotic drugs currently is believed to involve blockage at receptor sites for which of the following compounds

- (A) Histamine
- (B) Dopamine

- (C) Acetylcholine
- (D) Epinephrine
- (E) Gamma-aminobutyric acid

5. The minimum daily dosage of chlorpromazine (Thorazine) needed to produce a therapeutic effect in most psychotic persons is 100-1000
100-300 mg 3 L/d
- (A) 10 mg
 - (B) 50 mg
 - (C) 300 mg
 - (D) 800 mg
 - (E) 1500 mg
6. The duration of action of a single dose of fluphenazine decanoate (Modectate) is
- (A) 30 minutes
 - (B) 2 hours
 - (C) 3 days
 - (D) 2 to 4 weeks
 - (E) 2 to 3 months
7. Which of the following psychotropic medications is most associated with possible psychotic delusions, manic elation, or disorientation in some patients?
- (A) Diazepam
 - (B) Lithium
 - (C) Chlorpromazine
 - (D) Phenytoin
 - (E) Amitriptyline
8. Side effects of antipsychotic drugs include all the following EXCEPT
- (A) Priapism
 - (B) Galactorrhea ✓
 - (C) Amenorrhea ✓
 - (D) Retrograde ejaculation
 - (E) Increased appetite and weight gain ✓

DIRECTIONS: the group of questions below consists of lettered heading followed by a set of numbered items. For each numbered item select the one lettered heading with which it is most closely associated.

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

Questions 9- 12.

For each patient described, select the most appropriate therapeutic intervention

- (A) Psychoanalysis
- (B) Brief individual psychotherapy
- (C) Community meeting

- (D) Behavior therapy
- (E) Family therapy

9. A young woman with no previous psychiatric history develops an incapacitating fear of driving after being involved in a minor automobile accident. **D**
10. A 40 year old married man, a successful businessman with satisfying family life, is preoccupied with thoughts of becoming involved with a young woman. He has no prior psychiatric history and no other complaints. **B**
11. A 16-year old girl begins acting out sexually. Her school performance deteriorates. These symptoms coincide with the onset of frequent arguments between her parents, who have been threatening marital separation. **F**
12. An intelligent 25 year old single woman, who has a successful career, complains of multiple failed relationships with men, unhappiness, and a wish "to sort out my life." A previous experience in individual psychotherapy had been somewhat helpful. **A**

Questions 13-14: 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.

13. The presence of a personality disorder would be reported on
- (A) Axis I
 - (B) Axis II
 - (C) Axis III
 - (D) Axis IV
 - (E) Axis V
-
14. A physical illness that was relevant to either diagnosis or management would be reported on
- (A) Axis I
 - (B) Axis II
 - (C) Axis III
 - (D) Axis IV
 - (E) Axis V
15. 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
16. 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

17. The condition of "waxy flexibility" is encountered during the physical examination of patients with
- (A) Alcoholic hallucinosis
 - (B) Mania
 - (C) A hallucination
 - (D) Delirium tremens
 - (E) Schizophrenia

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

- (A) Concrete thinking
- (B) Abstract thinking
- (C) Delusional thinking
- (D) Intellectualization - *Defense mechanism, para-reasoning to block out emotion*
- (E) Rationalization - *(making excuses) Defense mechanism*

SUMMARY AND DIRECTIONS for Questions 19-24

A	B	C	D	E
1, 2, 3	1, 3	2, 4	4	All are
Only	only	only	only	correct

19. A token economy involves which of the following therapeutic principles?

- (1) Systematic desensitization
- (2) Extinction
- (3) Reciprocal inhibition
- (4) Operant conditioning ✓

20. The use of marital therapies generally is contraindicated if

- (1) One or both partners have secrets they do not want revealed
- (2) One or both partners are extremely paranoid
- (3) One partner is anxious or fearful and refuses to participate
- (4) One partner has a history of psychosis

21. Therapeutic measures used during brief psychotherapy can include

- (1) Crisis intervention
- (2) Use of psychotropic medication
- (3) Anxiety-suppressing techniques
- (4) Anxiety-provoking techniques

22. Resistance that develops during analysis can be described by which of the following statements?

- (1) It may be manifested by acting out ✓
- (2) It encompasses all the defensive operations presented by the patient ✓
- (3) It may be ego-alien or egosyntonic ✓
- (4) It is easily recognized ✓

23. In most sex therapies, treatment of premature ejaculation involves which of the following techniques

- (1) Sensate focus ✓
- (2) Stop-start techniques ✓
- (3) Squeeze techniques ✓
- (3) Use of anesthetic ointments ✓

24. Behavior therapy employs which of the following techniques?

- (1) Flooding ✓
- (2) Systematic desensitization ✓
- (3) Modeling ✓
- (4) Relaxation training ✓

25. 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 ✓

* 26. All the following are true statements about nocturnal penile tumescence (erection) EXCEPT

- (A) It typically occurs during REM sleep ✓
- (B) It is commonly measured to assist the differential diagnosis of organic versus functional importance ✓
- (C) Its presence rules out an organic basis for male erectile disorder ✓
- ~~(D) It is commonly combined with measurement of penile rigidity~~
- (E) It may be affected by depression ✓ True

Urinary →

27. The differential diagnosis of obsessive-compulsive personality disorder includes all the following conditions EXCEPT

- (A) Depression ✓
- (B) Anxiety disorder ✓
- (C) Phobias ✓
- ~~(D) Schizophrenia~~
- (E) Impulse disorder ✓ *eg. pathological gambling, trichotillomania, kleptomania*

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

- (A) Aortic aneurysm ✓
- (B) Brain tumor ✓
- (C) Coronary artery disease ✓

- Pregnancy
 None of the above

29. A diagnosis of bipolar disorder might be appropriate for patients who have all the following EXCEPT
- (A) Recurrent depressions and history of mania ✓
 - (B) Recurrent depressions without a history of mania
 - (C) Mania now and a history of a depressive episode ✓
 - (D) Mania now without a history of past affective disturbances ✓
 - (E) A history of several manic episodes without depression ✓
30. A 55 year old, married professor without a previous psychiatric history is early in her menopause. In addition to experiencing "hot flashes" and some irritability, she complains of episodes of dizzy spells and memory lapses, which she had experienced on several occasions earlier in life. She denies depressive symptoms either now or in the past. In particular, she would be evaluated for possible
- (A) Schizophrenia
 - (B) Major depression
 - (C) Psychomotor epilepsy
 - (D) Dysthymia
 - (E) Panic disorder
31. While delusions of any variety can occur in major depressive disorder with psychotic features, the most common delusions are
- (A) Mood- incongruent
 - (B) Mood-congruent
 - (C) Mood-unrelated
 - (D) Mood-controlling
 - (E) None of the above
32. All the following statements about rapid eye movement (REM) sleep are true EXCEPT
- (A) REM sleep is associated with hypotonia ✓
 - (B) The amount of REM sleep declines between adolescence and old age. ✓
 - (C) REM sleep is the only state in which dreams occur. ✗ → MOST
 - (D) A person is more apt to awaken after REM than non-REM (NREM) sleep.
 - (E) Penile erections commonly occur during REM sleep. ✓
33. Sleepwalking is correctly characterized by all the following statements EXCEPT
- (A) It occurs most frequently late in the sleep cycle ✓
 - (B) It often disappears as the person reaches adolescence or adulthood
 - (C) It occurs during the same period of sleep cycle as sleep terrors.
 - (D) It is associated with difficulty in awakening the sleepwalker ✓
 - (E) It is associated with full amnesia for the event. usually
34. Battered and abused children are
- A. Usually from poor families

- B. Most frequently affected from ages 6 to 8
- C. Commonly born to parents who were themselves abused
- D. Most often abused by their fathers
- E. Most frequently female.

35. The state of cataplexy

- (A) May be precipitated by an orgasm
- (B) Is associated with unconsciousness
- (C) Involves a sudden loss of muscle tone
- (D) Often lasts for 1 to 2 h
- (E) Is usually treated with neuroleptics

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

- (A) Sleep ✓
 - (B) Appetite ✓
 - (C) Memory ✓
 - (D) Sexual behavior ✓
 - (E) Fear
- part of limbic system*
- Temp
 - Thirst
 - Fatigue
 - Circadian rhythm

37. "Maternity blues" is accurately characterized by which of the following

- (A) It is more acute than postpartum depression ✓
- (B) It is usually a chronic and relapsing syndrome ✗
- (C) It affects 50-80 percent of all new mothers ✗
- (D) It is characterized by persistent apathy ✗
- (E) It is not associated with sleep disturbance ✗

38. 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 ✗

39. Anticonvulsants in Psychiatry may be used in the treatment following conditions except

- (A) Schizophrenia ✓ *carbamazepine*
- (B) Alcohol withdrawal syndrome ✓
- (C) Mania ✓
- (D) Bipolar mood disorder
- (E) Tics ✓

40. The following statements about ECT are correct except

- (A) Treatment should continue until a point of maximum therapeutic response is reached
- (B) It was developed by Cerletti and Lucio Bini in 1938 ✓ *True*
- (C) It affects virtually all the neurotransmitters
- (D) It is a safe treatment for depressed pregnant mothers ✓
- (E) The most common side effect is bone fracture

41. Electroconvulsive Therapy

- (A) Is an obsolete treatment
- (B) is similar to Transmagnetic stimulation
- (C) EEG is mandatory before procedure
- (D) Causes permanent memory loss ~~X~~
- (E) Informed consent is mandatory before the procedure

42. The percentage of new mothers who develop postpartum depression is believed to be approximately.

- (A) 0.5 to 1 percent
- (B) 10 to 15 percent
- (C) 25 to 30 percent
- (D) 35 to 40 percent
- (E) In excess of 50 percent

43. True statements about disturbance of sleep associated with mood disorders include all the following EXCEPT

- (A) Patients often complain of early morning awakening ✓ *in man*
- (B) Depressed patients with bipolar illness often complain of excessive sleep - True
- (C) Sleep latency (time from sleep onset to REM sleep) is often reduced *(increased)*
- (D) Sleep deprivation may induce a temporary remission of depression ✓
- ~~(E) Manic patient generally require excessive amount of sleep because of their hyperactivity~~ ✓

44. Phobias would be LEAST likely to occur in conjunction with or as manifestations of which the following disorders?

- (A) Schizophrenia
- (B) Depersonalization states
- (C) Sociopathy
- (D) Obsessive states
- (E) Anorexia nervosa

45. The following is not a symptom/ sign of depression

- (A) Catatonia ✓
- (B) Psychomotor retardation ✓
- (C) Cognitive dysfunction ✓
- (D) Erotomania
- (E) Nihilistic delusions ✓