

Question 1

Biofeedback, deep breathing, mindfulness, and progressive muscle relaxation are strategies that are typically used in which of the following therapies?

- A Relaxation therapy
- B Social skills training
- C Motivational Interviewing
- D Applied behavioral analysis

Question 2

According to the APA which of the following are required to support a child's DSM-5 diagnosis?

- A The child's clinical presentation fulfills the specific symptom based diagnostic criteria.
- B The child's symptoms are not caused by other diagnoses or stressors.
- C The child's symptoms are impairing a child's functioning in at least two settings.
- D A and B

Question 3

Which of the following is NOT consistent with good sleep hygiene?

- A Allow child to keep a cell phone at bedside.
- B Establish bedtime routines and maintain consistently.
- C Limit use of electronics in the evening i.e., television, computer, etc.
- D Set and maintain a bedtime that will allow for adequate sleep.

Question 4

Which of the following antipsychotic medications have the greatest tendency to increase appetite and body weight?

- A Aripiprazole (Abilify)
- B Ziprasidone (Geodon)
- C Haloperidol (Haldol)
- D Risperidone (Risperdal)

Question 5

When assessing a child with disruptive or aggressive behavior, the clinician asks “Have you been thinking about or planning to hurt anyone?” to screen for which of the following diagnostic categories?

- A Safety
- B Bullying
- C Conduct disorder
- D Oppositional defiant disorder

Question 6

The clinician assessing substance abuse in an adolescent asks, “Did you develop more mood or anxiety problems after you started using?” to screen for which of the following diagnostic possibilities?

- A Substance use disorder
- B Substance withdrawal
- C Substance tolerance
- D Substance induced mental disorder

Question 7

When the patient lacks capacity to make a decision the nurse has the ethical responsibility to do which of the following?

- A Become a surrogate decision maker for the patient.
- B Consult a formally-designated surrogate for patient choices.