

Question 1

1 out of 1 points



From a biological perspective, all of the following neurotransmitters are implicit in the anxiety response except:

Selected Answer:



Dopamine

Answers:

Gamma-aminobutyric acid

Norepinephrine

Serotonin



Dopamine

Response Feedback:

(d) is the correct answer. While dopamine is clearly implicating the mental health disorders, such as schizophrenia, it is not among the neurotransmitters linked to the anxiety response.

Question 2

1 out of 1 points



Mr. Kendall is a 47-year old male who is presented to care by his younger sister, Megan. Mr. Kendall has spent his entire adult life living in an apartment that was attached to his parents' home. His mother died a few weeks ago, and the property is listed for sale. Mr. Kendall will have to move, and while discussing this with him, Megan became very concerned. He has apparently been considered odd all his life, has never married or even dated as far as Megan knows, but she had no idea how odd he was. When his mother died, he seemed disconnected from reality and had episodes of talking to people who weren't present. Megan says that sometimes she does not even understand what he is talking about. He seems to think he has psychic powers, and that he doesn't need to move because he knows the house will not be sold. When considering a diagnosis of schizotypal disorder, the PMHNP expects which of the following to be present in the history?

Selected Answer:



A history of schizophrenia of a first-degree relative

Answers:



A history of schizophrenia of a first-degree relative

Sustained psychosis predating his mother's death

Comorbid Asperger's syndrome

Apparent frank thought disorder

Response Feedback:

(a) is the correct answer. A strong family history of schizophrenia supports a diagnosis of schizotypal personality disorder. Sustained psychosis and frank thought disorder are consistent with schizophrenia and help differentiate it from schizotypal personality. Comorbid Asperger's syndrome is not associated with this disorder but is sometimes a differential diagnosis in patients with schizoid personality disorder.

Question 3

1 out of 1 points



Becci is a 31-year-old female who presents to the PMHNP for evaluation after being referred by her friend who is a patient of the practice. She describes a relatively acute, recent onset of panic attacks. Becci says that "out of the blue" her heart starts to race, her mouth gets dry, she gets shaky, and feels like she cannot get her breath. She is afraid because her friend has panic disorder and Becci knows that before her friend got treatment, she basically would not leave the house in case an attack happened. The PMHNP recognizes that the immediate priority in assessment for Becci is:

Selected Answer:



A thorough physical examination

Answers:



A thorough physical examination

A family history of mental health disease

A urine drug screen

An assessment for phobic disorder

Response

(a) is the correct answer. While these are elements of a panic attack, there are a variety of organic conditions that can

Feedback: cause these symptoms. Becci needs a physical examination and appropriate laboratory assessment to rule out physiologic causes of her symptoms, such as thyroid disease. The remaining elements above will all be part of the mental health assessment once physical health is determined.

Question 4

1 out of 1 points



The PMHNP is working on a graduate program in which he is hoping to develop a new personality assessment tool. After an exhaustive review of the literature and many months of work, he developed a tool to use in a research study and needs to establish its psychometric properties. He distributes the tool to four different professionals in the field and asks that they assess whether the questions appear to measure what they are purported to measure. This is an assessment of:

Selected Answer: Face validity

Answers: Internal consistency reliability
 Parallel form reliability
 Construct validity
 Face validity

Response Feedback: (d) is the correct answer. Assessing whether the items measure what they appear to measure is face validity. Construct validity uses data outside of the test to measure validity. Reliability evaluates whether the tests measure what it is supposed to measure consistently.

Question 5

1 out of 1 points



Among the various psychotherapeutic techniques available for treating post-traumatic stress disorder, which mechanism achieves its effect by having patients work through the traumatic event while in a deep state of relaxation?

Selected Answer: Eye movement desensitization and reprocessing therapy

Answers: Eye movement desensitization and reprocessing therapy
 Implosive therapy
 Systematic desensitization
 Relaxation and cognitive techniques

Response Feedback: (a) is the correct answer. EMDR is a technique in which the patient focuses on the lateral movement of the clinician's finger while maintaining a mental image of the trauma. Implosive therapy is an intense desensitization program, while systematic desensitization is graded exposure via video or other methods of simulation. Relaxation and cognitive techniques teach coping mechanisms as well as thought-altering approaches.

Question 6

1 out of 1 points



Alexa is a 27-year-old female who has come to group therapy while she is in the city jail. She was arrested for vagrancy because she was sleeping in her car in a parking lot at a local shopping center. She could not post bail, so she is sentenced to 14 days in jail. During group, she contributes that none of this is her fault. Her mother is totally evil because she would not let Alexa stay in the family home. She has some other family, but they are all jerks because they won't help her. Alexa's friend Melanie is the absolute best person in the world, but she can't help because her boss fired her for no reason. Alexa has a history of arrests for buying illegal drugs and prostitution. The last time she was in jail, her sentence was extended for 30 days because she got into a fight with another inmate and beat her up so badly she had to be admitted to the hospital for 6 days. The PMHNP considers which of the following personality disorders?

Selected Answer: Borderline

Answers: Histrionic
 Narcissistic