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*Board Licensure Examination Reviewer
for
Psychometrician*

QUESTION & ANSWER

ABNORMAL PSYCHOLOGY



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Abnormal Psychology Question and Answer

are experts in collecting relevant information about an individual's social and family background. They also provide psychosocial support by addressing family issues that may complicate mental health illness.

- a. Psychiatry nurses
- b. Psychiatrists
- c. Psychiatry social workers
- d. Mental health counselors and family therapists

Correct answer: c. Psychiatry social workers

are medical practitioners trained in diagnosing and treating mental illnesses. They coordinate with other healthcare providers to facilitate treatment for patients. After attending graduate school, psychiatrists obtain a medical degree and finish a psychiatry residency program.

- a. Psychiatry nurses
- b. Psychiatrists
- c. Psychiatry social workers
- d. Mental health counselors and family therapists

Correct answer: b. Psychiatrists

is a form of academic dishonesty wherein a student copies answers from published and online resources

- a. Abnormal psychology
- b. Referencing style
- c. Plagiarism
- d. All of the above

Correct answer: c. Plagiarism

a set of rules that are observed in academic writing to give credit to the authors of resource materials.

- a. Abnormal psychology
- b. Referencing style
- c. Plagiarism

- d. All of the above

Correct answer: b. Referencing style

is a scientific discipline that studies unusual patterns of thoughts, emotions, and behaviors associated with mental illness.

- a. Abnormal psychology
- b. Referencing style
- c. Plagiarism
- d. All of the above

Correct answer: a. Abnormal psychology

It is human nature to adapt to its surroundings for survival. However there are adaptive behaviors that are abnormal.

- a. *Suffering*
- b. *Maladaptiveness*
- c. Statistical deviancy
- d. Violation of societal standards

Correct answer: b. *Maladaptiveness*

Rare and undesirable behaviors may be indicative of an abnormality. These actions may be considered socially unacceptable or abnormal if it is uncommonly observed in a group of individuals.

- a. *Suffering*
- b. *Maladaptiveness*

- c. Statistical deviancy
- d. Violation of societal standards

Correct answer: c. Statistical deviancy

Every society has a cultural norm that may have evolved through history. These social rules usually vary according to geographical location because of variations in history, beliefs and social background.

- a. *Suffering*
- b. *Maladaptiveness*
- c. Statistical deviancy
- d. Violation of societal standards

Correct answer: d. Violation of societal standards

Aside from social norms, there are also social rules of conduct. When an individual goes against the conventional behavior, other people will feel uncomfortable or uneasy. For example, a lady is dining alone in a restaurant with full of vacant tables. A stranger approaches her and asks to share the table. This will make the lady uncomfortable because it is abnormal to share tables with a stranger especially if there are many unoccupied tables.

- a. Social discomfort
- b. Irrationality and unpredictability
- c. Dangerousness
- d. Suffering

Correct answer: a. Social discomfort

An individual who becomes a threat to him or to others is considered abnormal. In fact this dangerous behavior is considered as an important indication for hospital confinement.

- a. Social discomfort
- b. Irrationality and unpredictability
- c. Dangerousness
- d. Suffering

Correct answer: c. dangerousness

In the late 16th century, some of the mentally ill patients exhibited functional decline, both mentally and physically. Aside from suffering from symptoms of delusions and hallucinations, some became progressively paralyzed. These patients were diagnosed to have general paresis, and unfortunately almost all of these patients do not recover their physical abilities.

- A. *Insulin Shot Shock Treatment*
- B. *Discovering Biological Origins of General Paresis and Syphilis*
- C. Electroconvulsive treatment
- D. All of the above

Correct answer : B. *Discovering Biological Origins of General Paresis and Syphilis*

Ugo Cerletti and Lucino Bini discovered electroconvulsive treatment (See Fig. 9). Initially, Cerletti investigated the use of electric shocks to reproduce convulsions as seen in epilepsy.

- A. *Insulin Shot Shock Treatment*
- B. *Discovering Biological Origins of General Paresis and Syphilis*
- C. Electroconvulsive treatment
- D. All of the above

Correct answer: C. electroconvulsive treatment

One of the mental illnesses that were prevalent during the 18th century was a condition called hysteria. Hysteria is diagnosed on individuals who suffered from functional incapacities such as paralysis or blindness, without a known biological cause.

- a. Mesmerism
- b. Prefrontal lobotomy
- c. Insulin shot shock treatment
- d. Not on the list

Correct answer: a. mesmerism

According to Freud, the mind, also referred to as the psyche can be divided into three parts: the id, ego and superego.

- a. Psychoanalysis
- b. Structure of the mind
- c. Psychoanalytic therapy
- d. All of the above

Correct answer: b. Structure of the mind

Alfred Adler founded individual psychology (See Fig. 13). He believed that individual fulfillment is derived from contributing to the growth of the society. He also emphasized the importance of individual productivity and goal-oriented task achievement. He also theorized that an individual's manner of thinking greatly affects a person's emotional and behavioral output.

- a. Individual Psychology
- b. Structure of the mind
- c. Psychoanalytic therapy
- d. All of the above

Correct answer: a. individual psychology

This is one of the learning theories that were discovered by Ivan Pavlov. Conditioning is a learning process wherein an individual eventually gives a different response due to repeated stimuli. In this theory, an event that elicits an expected response is combined with another event that does not. After repeated exposure to the event, the event that normally does not elicit a response will eventually do so.

- a. Operant conditioning
- b. Classical conditioning
- c. Positive reinforcement
- d. Negative reinforcement

Correct answer: b. classical conditioning

which is a type of learning wherein the learned behavior is an effect of a stimulus. This is also known as the principle of reinforcement, in which reinforcement is the stimuli. Skinner described a positive and a negative form of reinforcement, which consequently leads to positive and negative behavioral responses.

- a. Operant conditioning
- b. Classical conditioning
- c. Positive reinforcement
- d. Negative reinforcement

Correct answer: a. operant condition

on the other hand, removes the presence of a pleasant stimulus to strengthen a certain behavioral outcome. An example is when a child refuses to eat, and the mother takes her toy. As a result, the child will eat because a pleasant stimulus was taken away from her.

- a. Operant conditioning
- b. Classical conditioning
- c. Positive reinforcement
- d. Negative reinforcement

Correct answer: d. negative reinforcement

which applies classical and operant conditioning principles. The principle of operant conditioning that was described by Skinner is used to cause a desired behavioral change. An example of a behavioral therapy is the systematic desensitization therapy for treatment of phobias. This form of treatment alters the abnormal behavior through gradual exposure to what triggers unusual fear or anxiety.

- a. Cognitive therapy
- b. Behavior therapy
- c. Negative reinforcement
- d. Operant conditioning

Correct answer: b. behavior therapy

Contemporary psychologists believe that thinking and perception influences behavior. For example, a person who loses his job, and thinks that he is worthless will likely fall into depression. On the other hand, one who maintains a positive outlook in life is likely to look for work. In this form of therapy, psychologists identify unpleasant thoughts that need to be modified. Patients are made aware of their maladaptive perception in order to change how they feel and behave.

- a. Cognitive therapy
- b. Behavior therapy
- c. Negative reinforcement
- d. Operant conditioning

Correct answer: a. cognitive therapy

is a scientific discipline that studies unusual patterns of thoughts, emotions, and behaviors associated with mental illness.

- a. Abnormal psychology
- b. Behaviorism

- c. Behavioral therapy
- d. Cathartic method

Correct answer: a. abnormal psychology

a form of therapy that is used to relieve emotional suffering, wherein patients recalls and re-experiences their emotional trauma.

- a. Abnormal psychology
- b. Behaviorism
- c. Behavioral therapy
- d. Cathartic method

Correct answer: c. behavioral therapy

is a therapeutic principle in psychology that focuses on observed behavior.

- a. Abnormal psychology
- b. Behaviorism
- c. Behavioral therapy
- d. Cathartic method

Correct answer: b. behaviorism

a concept that is used in psychoanalysis; it is unconscious portion of personality that has been present since birth.

- a. Id
- b. Demonology
- c. Ego
- d. Operant conditioning

Correct answer: a. id

the belief that an evil spirit can cause possession of the human mind and body

- a. Id
- b. Demonology
- c. Ego
- d. Operant conditioning

Correct answer: b. demonology

a concept that is used in psychoanalysis; it is conscious portion of personality that develops from id.

- a. Id
- b. Demonology
- c. Ego
- d. Operant conditioning

Correct answer: c. ego

a manner of learning to obtain or remove a response through reinforcement.

- a. Id
- b. Demonology
- c. Ego
- d. Operant conditioning

Correct answer: d. operant conditioning

the event wherein the patient treats the psychoanalyst as significant figure in an individual's past.

- a. Transference
- b. Superego
- c. Reality principle
- d. Psychoanalytic theory

Correct answer: a. transference

in psychoanalysis, this is the principle by which ego is able to delay gratification and deal with the consequences in a rational manner.

- a. Transference
- b. Superego
- c. Reality principle
- d. Psychoanalytic theory

Correct answer: c. reality principle

in psychoanalysis, this is analogous to the mind's conscience based on perceived societal norms and acquired personal values.

- a. Transference
- b. Superego
- c. Reality principle
- d. Psychoanalytic theory

Correct answer: b. superego

in psychoanalysis, this is the principle by which id seeks immediate gratification of primitive urges.

- a. Pleasure principle
- b. Superego
- c. Reality principle
- d. Psychoanalytic theory

Correct answer: a. pleasure principle

Establishment of a universal classification enables various specialists involved in the care of mentally ill communicate with each other effectively.

- a. Communication
- b. Comprehension
- c. Control
- d. All of the above

Correct answer: a. communication

Classification of mental illnesses will allow specialists to improve treatment strategies and disease prevention.

- a. Communication
- b. Comprehension
- c. Control
- d. All of the above

Correct answer: c. control

By classifying mental illnesses, specialists will be able to understand what causes them and the processes involved in the disease course.

- a. Communication

- b. Comprehension
- c. Control
- d. All of the above

Correct answer: b. comprehension

It considers gender, sociocultural and racial diversity, allowing it to be applicable across different settings.

- a. It is reliable
- b. It is valid
- c. It is universal
- d. It is efficient

Correct answer: c. it is universal

Ideal classification systems should have an impact on recognition and treatment of mental illnesses with a consequent improvement in clinical outcomes.

- a. It is reliable
- b. It is valid
- c. It is universal
- d. It is efficient

Correct answer: d. it is efficient

It limits the errors that lead to false positive or false negative diagnosis.

- a. It is reliable
- b. It is valid
- c. It is universal
- d. It is efficient

Correct answer: a. it is reliable

It enables accurate recognition of mental illnesses.

- a. It is reliable
- b. It is valid
- c. It is universal
- d. It is efficient

Correct answer: b. it is valid

one of the first psychiatrists to classify mental illnesses from a biologic perspective. In this approach, every diagnosis is assumed to have an underlying mechanism,

- a. Categorical
- b. Dimensional
- c. Prototypal approach
- d. All of the above

Correct answer: a. categorical

classifying illnesses works on the assumption that a person's usual behavior is a cumulative end result of various aspects that lead to a person's behavior.

- a. Categorical
- b. Dimensional
- c. Prototypal approach
- d. Prototypal approach

Correct answer: b. dimensional

is a designated entity that ideally fits the categorical description of a certain disease classification. In this approach of disease classification, a prototype or a 'model disease entity' is used as a comparative standard by which other diseases are compared with using a rating scale.

- a. Categorical
- b. Dimensional
- c. Prototypal approach
- d. Prototypal approach

Correct answer: d. prototypal approach

This disorder was previously known as manic-depressive disorder. Patients with this condition manifest with two extreme disturbances in emotions.

- a. Anxiety disorder
- b. Bipolar and related disorders
- c. Obsessive-compulsive and related disorders
- d. All of the above

Correct answer: b. Bipolar and related disorders

Disorders included in this category involve abnormal coping mechanisms or pathologic responses to stressful or traumatic life events. Post-traumatic stress disorder is included in this disease category.

- a. ***Trauma-and Stressor-Related Disorders***
- b. ***Dissociative Disorders***
- c. ***Dissociative Disorders***
- d. All of the above

Correct answer: a. ***Trauma-and Stressor-Related Disorders***

In ancient Greek, the word "soma" means "body". Patients who suffer from this condition usually complain of physical illness without a known medical explanation. Patients become preoccupied with bodily symptoms causing a significant impairment in daily living. Even though symptoms are psychological in nature, the patient perceives these symptoms as real

- a. ***Trauma-and Stressor-Related Disorders***
- b. ***Dissociative Disorders***
- c. ***Dissociative Disorders***
- d. All of the above

Correct answer: c. ***Dissociative Disorders***

Those who are suffering from eating disorders usually have disturbances in their perception of body shape and image

- a. Feeding and eating disorders
- b. Elimination disorders
- c. Sleep-wake disorders
- d. Sexual dysfunctions

Correct answer: a. Feeding and eating disorders

a wide-variety of illnesses that manifest with disturbances in sleep pattern or behavior.

- a. Feeding and eating disorders
- b. Elimination disorders
- c. Sleep-wake disorders
- d. Sexual dysfunctions

Correct answer: c. sleeping-wake disorders

are those with functional abnormalities that are psychological in nature.

- a. Feeding and eating disorders
- b. Elimination disorders
- c. Sleep-wake disorders
- d. Sexual dysfunctions

Correct answer: d. sexual dysfunctions

Patients suffering from this disorder excrete fecal material or urine in an abnormal manner. These disorders can be voluntary or involuntary. Two most common disorders belonging to this category are **encopresis** and enuresis. **Encopresis** is a condition wherein the patient defecates in places other than the toilet. On the other hand, enuresis causes individuals to urinate inappropriately.

- a. Feeding and eating disorders
- b. Elimination disorders
- c. Sleep-wake disorders
- d. Sexual dysfunctions

Correct answer: b. Elimination disorders

It is normal for individuals to sometimes have an urge to engage in morally unacceptable behavior. However, normal people are usually able to control their urges and are able to resist engaging in these immoral acts. Patients suffering from these disorders are unable to resist these urges. An example is an individual who cannot resist the urge to take things that does not belong to him. This condition is commonly known as kleptomania.

- A. Gender dysphoria

- B. Disruptive impulse control and conduct disorders
- C. Substance use and addictive disorders
- D. Neurocognitive disorders

Correct answer: b. Disruptive impulse control and conduct disorders

Patients suffering from gender dysphoria are those who are not satisfied with their gender identity. These individuals are uncomfortable of their anatomical gender and they strongly believe that they should be otherwise.

- A. Gender dysphoria
- B. Disruptive impulse control and conduct disorders
- C. Substance use and addictive disorders
- D. Neurocognitive disorders

Correct answer: a. gender dysphoria

People suffering from substance abuse and addictive disorders have significant lifestyle impairments as a result of addiction to a certain substance or habit. Common substances that are often subject to abuse are marijuana, amphetamines, metamphetamines, sleeping pills and pain relievers.

- A. Gender dysphoria
- B. Disruptive impulse control and conduct disorders
- C. Substance use and addictive disorders
- D. Neurocognitive disorders

Correct answer: b. substance use and addictive disorders

People suffering for personality disorders have disturbances on how they perceive oneself and other people.

- a. Paraphilic disorders
- b. Personality disorders
- c. Other disorders
- d. All of the above

Correct answer: b. personality disorders

usually generate unusual sources of sexual arousal or interest that involves hurting, injuring, or forcing someone to do an act against his will. Some examples of disorders under this category include pedophilic disorder, sexual sadism disorder and exhibitionistic disorder.

- a. Paraphilic disorders
- b. Personality disorders
- c. Other disorders
- d. All of the above

Correct answer: a. paraphilic disorders

These are mental disturbances that do not fit any of the other categories of DSM-V.

- a. Paraphilic disorders
- b. Personality disorders
- c. Other disorders
- d. All of the above

Correct answer: c. other disorders

Disease classification Unspecified mental disorder

- a. F00-F09
- b. F10-F19
- c. F99
- d. F90-F98

Correct answer: c. F99

Disease classification Behavioral and emotional disorders with onset usually occurring in childhood and adolescence

- a. F00-F09
- b. F10-F19
- c. F99
- d. F90-F98

Correct answer: d. F90-F98

Disease classification Behavioral syndromes associated with physiological disturbances and physical factors

- a. F00-F09
- b. F10-F19
- c. F50-F59
- d. F90-F98

Correct answer: c. F50-F59

Disease classification Schizophrenia, schizotypal and delusional disorders

- a. F00-F09
- b. F10-F19
- c. F50-F59
- d. F20-F29

Correct answer: d. F20-F29

is a condition that causes individuals to urinate in places other than the toilet.

- a. Dimensional classification
- b. Enuresis
- c. Encopresis
- d. Dysphoria

Correct answer: b. enuresis

is a condition wherein the patient defecates in places other than the toilet

- a. Dimensional classification
- b. Enuresis
- c. Encopresis
- d. Dysphoria

Correct answer: c. encopresis

a state of unease or generalized dissatisfaction with a certain condition

- a. Dimensional classification
- b. Enuresis
- c. Encopresis
- d. Dysphoria

Correct answer: d. dysphoria

one of the approaches in patient assessment, wherein the patient is not categorized, rather placed in a continuum.

- a. Dimensional classification
- b. Enuresis
- c. Encopresis
- d. Dysphoria

Correct answer: a. dimensional classification

a particular illness that is inferred from a cluster of symptoms and problems.

- a. Dementia
- b. Diagnosis
- c. Diagnostic and statistical manual of mental disorder
- d. Delirium

Correct answer: b. diagnosis

is a diagnostic system of mental illnesses that was published by the American Psychiatric Association (APA), which is the standard guide for clinicians in the United States.

- a. Dementia
- b. Diagnosis
- c. Diagnostic and statistical manual of mental disorder
- d. Delirium

Correct answer: c. diagnostic and statistical manual of mental disorder

is a permanent cognitive disorder that may be caused by biological illnesses such as Alzheimer's disease or stroke

- a. Dementia

- b. Diagnosis
- c. Diagnostic and statistical manual of mental disorder
- d. Delirium

Correct answer: a. dementia

one of the approaches in patient assessment, wherein a patient is either a member of a category or not.

- a. Dementia
- b. Diagnosis
- c. Diagnostic and statistical manual of mental disorder
- d. None of the above

Correct answer : d. none of the above

one of the approaches in patient assessment, wherein a patient is either a member of a category or not.

- a. Dementia
- b. Categorical classification
- c. Diagnostic and statistical manual of mental disorder
- d. Delirium

Correct answer: b. categorical classification

is a designated entity that ideally fits the categorical description of a certain disease classification.

- a. Paraphilia
- b. Pathophysiology
- c. Prototype
- d. Methamphetamine

Correct answer: c. Prototype

the abnormal biologic processes associated with disease or injury.

- a. Paraphilia
- b. Pathophysiology
- c. Prototype

d. Methamphetamine

Correct answer: b. pathophysiology

a condition wherein a person has a sexual desire for unusual objects causing them to engage in unusual sexual activities.

- a. Paraphilia
- b. Pathophysiology
- c. Prototype
- d. Methamphetamine

Correct answer: a. paraphilia

a prohibited drug derived from amphetamine

- a. Paraphilia
- b. Pathophysiology
- c. Prototype
- d. Methamphetamine

Correct answer: d. methamphetamine

is an objective measure of the patient's psychosocial, occupational and educational impairment.

- a. Multiaxial classification system
- b. Global assessment of functioning (GAF)
- c. International classification of diseases
- d. Pathophysiology

Correct answer: b. Global assessment of functioning (GAF)

is a broad diagnostic guideline for all diseases, not limited to mental health disorders that was published by the World Health Organization

- a. Multiaxial classification system
- b. Global assessment of functioning (GAF)
- c. International classification of diseases
- d. Pathophysiology

Correct answer: c. international classification of diseases

a classification system that was previously used in DSM-IV-TR to diagnose illnesses.

- a. Multiaxial classification system
- b. Global assessment of functioning (GAF)
- c. International classification of diseases
- d. Pathophysiology

Correct answer: a. multiaxial classification system

These illnesses predominantly manifest with outward-directed behaviors, such as overactivity, impulsiveness and aggressiveness. In these behaviors, children are usually unable to control their behavior according to socially acceptable standards.

- a. Clinical manifestations
- b. Externalizing disorders
- c. Diagnosis
- d. Genetic factors

Correct answer : b. externalizing disorders

ADHD is seen in children who manifest with difficulties in carrying out task-oriented behaviors.

- a. Clinical manifestations
- b. Externalizing disorders
- c. Diagnosis
- d. Genetic factors

Correct answer : a. clinical manifestations

Based on the DSM-V criteria, children should have a persistent pattern of inattention and/or hyperactivity that interferes with functioning and development for at least 6 months. At least 6 symptoms of inattention or hyperactivity are required to be diagnosed with this disorder. These symptoms should also be present prior to 12 years of age.

- a. Clinical manifestations
- b. Externalizing disorders
- c. Diagnosis

d. Genetic factors

Correct answer : diagnosis

Studies were carried out among twins and adopted children. These studies suggest that there is a genetic component to the development of this disorder. Heritability estimates were as high as 70-80% in some studies. Genes associated with the neurotransmitter, dopamine, were also found to be associated with the development of this disorder.

- a. Clinical manifestations
- b. Externalizing disorders
- c. Diagnosis
- d. Genetic factors

Correct answer :d. genetic factors

Studies suggest that children with ADHD have a different brain structure from children who behave normally. Parts of the brain that produce dopamine were found to be smaller in children with ADHD. Dopamine is an important neurotransmitter for movement and intellectual function.

- a. Psychological factors
- b. Neurobiological factors
- c. Perinatal and prenatal factors
- d. Environmental toxins

Correct answer : b. Neurobiological factors

Children who were born from mothers who abused alcohol and tobacco were found to be more likely to develop symptoms of ADHD. Several studies also suggest that low birth weight is a predictor of the development of ADHD.

- a. Psychological factors
- b. Neurobiological factors
- c. Perinatal and prenatal factors
- d. Environmental toxins

Correct answer : c. Perinatal and prenatal factors

Substances that were investigated include food additives (food coloring), lead exposure and exposure to nicotine via maternal smoking. Despite these researchers,

no conclusive evidence exists to establish direct causation of exposure to these substances to the development of ADHD.

- a. Psychological factors
- b. Neurobiological factors
- c. Perinatal and prenatal factors
- d. Environmental toxins

Correct answer : d. Environmental toxins

Studies link peer rejection to the development of aggressive behavior. Children who are associated with socially deviant peers are also likely to imitate the same behavior.

- a. Peer influence
- b. Sociocultural factors
- c. Psychological factors
- d. Environmental toxin

Correct answer: a. peer influence

Higher levels of juvenile delinquency were found among children who grew up in impoverished environments.

- a. Peer influence
- b. Sociocultural factors
- c. Psychological factors
- d. Environmental toxin

Correct answer: b. sociocultural factors

Children with separation anxiety disorder are constantly worried that they will be harmed once they are left alone away from their parents.

- a. Clinical manifestation
- b. Diagnosis
- c. Not on the list
- d. All of the above

Correct answer: a. clinical manifestation

Studies show that anxiety behaviors may be heritable in as much as 29-50% of cases. However, socio-cultural also contribute to the development of anxiety disorders in children. For example, results from one study show that there is increased risk of developing anxiety and depression among immigrant Latino youth.

- a. Medications
- b. Psychological factors
- c. Genetic and socio-cultural factors
- d. All of the above

Correct answer: a. genetic and socio-cultural factors

relieves symptoms in patients with anxiety disorders. However, patients should be carefully evaluated for the presence of other conditions that may be aggravated with the use of anti-anxiety medications.

- a. Medications
- b. Psychological factors
- c. Genetic and socio-cultural factors
- d. All of the above

Correct answer: a. medications

Parenting practices may also play a role in the development of anxiety disorders. Overprotectiveness and parental control are associated with childhood anxiety. Problems with emotion-regulation and insecure attachment during infancy are also theorized to be psychological factors that may contribute to the development of anxiety disorders.

- a. Medications
- b. Psychological factors
- c. Genetic and socio-cultural factors
- d. All of the above

Correct answer: b. psychological factors

This condition is less common than enuresis, with a prevalence rate of 1% among 5 year-olds. Children with encopresis have poor toileting habits. They frequently soil their clothing especially when they are under stress. This is usually diagnosed after the age of 4, wherein children are expected to have undergone toilet training.

- A. Sleep-walking disorder
- B. Encopresis

- C. Tic disorders
- D. All of the above

Correct answer: b. encopresis

In the DSM-V, sleep-walking disorder is classified under the category of parasomnias. In children, this disorder usually occurs between the ages of 6 to 12. Children affected with this disorder are observed to walk unconsciously during sleeping hours. According to studies, sleep-walking is fairly common, and an estimated 10-30% of children can experience a single episode of sleep-walking.

- A. Sleep-walking disorder
- B. Encopresis
- C. Tic disorders
- D. All of the above

Correct answer: a. sleep-walking disorder

This disorder commonly occurs between ages of 2 and 14. At times, children with tic disorders may perform certain actions repetitively without being fully aware of it. An example of a severe form of a tic disorder is Tourette's disorder, wherein repetitive movements involve multiple motor and vocal patterns. Children affected with this disorder suffer from uncontrollable urges to do stereotypical movements such as moving their heads, or a particular part of their body. Children may also produce unusual sounds while doing the uncontrollable movements. This disease produces impaired social skills and other behavioral problems.

- A. Sleep-walking disorder
- B. Encopresis
- C. Tic disorders
- D. All of the above

Correct answer: c. tic disorders

Several studies suggest that there is an inherent neurological abnormality in patients with autism spectrum disorder.

- a. Behavioral treatment
- b. Neurobiological factors
- c. Medications
- d. All of the above

Correct answer: b. neurobiological factors

In the past, some specialists prescribe anti-depressants, anti-psychotic medications and stimulants. However, evidence does not support their use unless there are no other ways to control a child's behavior.

- a. Behavioral treatment
- b. Neurobiological factors
- c. Medications
- d. All of the above

Correct answer: c. medications

The pioneer in this form of treatment is Ivan Lovaas. His intervention involves one-on-one teaching sessions with children. This is usually conducted in the children's homes instead of an institution. He used the principles of operant conditioning by giving positive reinforcements when the child behaves well and negative reinforcements in the form of a punishment when the child behaves poorly. Parents are also involved wherein they are taught on how to engage their children in social interactions. This form of treatment improved intellectual functioning in children with autism. However, one of the disadvantages of this treatment is that it requires a therapist to work with the child for at least 40 hours per week for 2 years.

- a. Behavioral treatment
- b. Neurobiological factors
- c. Medications
- d. All of the above

Correct answer: a. behavioral treatment

illnesses predominantly manifest with outward- directed behaviors, such as overactivity, impulsiveness and aggressiveness.

- a. Habit reversal treatment
- b. Desensitization
- c. Externalizing disorders
- d. Internalizing disorders

Correct answer: c. externalizing disorders

a form of therapy wherein repeated exposure to a stimuli will result to a reduced adverse reaction to it.

- a. Habit reversal treatment
- b. Desensitization

- c. Externalizing disorders
- d. Internalizing disorders

Correct answer: b. desensitization

a form of treatment for tic disorders that involves awareness-training, relaxation training, developing appropriate responses and modification of patient's over all action.

- a. Habit reversal treatment
- b. Desensitization
- c. Externalizing disorders
- d. Internalizing disorders

Correct answer: a. habit reversal treatment

illnesses predominantly manifest with inward- focused behaviors such as social withdrawal, depression and anxiety.

- a. Habit reversal treatment
- b. Desensitization
- c. Externalizing disorders
- d. Internalizing disorders

Correct answer: d. internalizing disorders

the ability to pay attention when communicating with another person.

- a. Parent management training
- b. Join attention
- c. Tic
- d. Multisystemic treatment

Correct answer: b. join attention

a form of treatment for children with conduct disorders that involves comprehensive therapy in the community setting, which gives focus on the child and his social relationships with his family, peers and school administrators.

- a. Parent management training
- b. Join attention
- c. Tic
- d. Multisystemic treatment

Correct answer: d. multisystemic treatment

a form of treatment for patients with conduct disorder wherein parents are oriented on how to modify their responses to their children so that social behavior is enhanced.

- a. Parent management training
- b. Join attention
- c. Tic
- d. Multisystemic treatment

Correct answer: a. parent management training

a repetitive and persistent localized muscle twitch or spasm

- a. Parent management training
- b. Join attention
- c. Tic
- d. Multisystemic treatment

Correct answer: c. tic

was derived from a Latin term, which literally means being out of track. It is a mental state that is intermediary between normal **sensorium** and **stupor or comatose** state.

- a. Major neurocognitive disorder
- b. Mild neurocognitive disorder
- c. Delirium
- d. None of the above

Correct answer: c. delirium

This is a more acceptable term with less negative connotation. As the name implies, major neurocognitive disorders manifest with a predominant decline in cognitive function. These are evident in various executive functions of the brain such as memory, attention, language, social cognition, and perception.

- a. Major neurocognitive disorder
- b. Mild neurocognitive disorder
- c. Delirium
- d. None of the above

Correct answer: a. major neurocognitive disorder

Delirium is most commonly seen in cases of withdrawal or intoxication from medications. It can also occur due to metabolic disturbances or nutritional imbalance. These are usually seen in patients with chronic illnesses such as poorly controlled diabetes, renal, liver or heart failure, and malnutrition. Symptoms of delirium can also be seen in patients who suffered from head injuries or an epileptic attack. Uncontrolled fever due to varying infections can also give rise to symptoms of delirium.

- a. Clinical manifestation
- b. Etiological considerations
- c. Treatment
- d. None of the above

Correct answer: b. etiological considerations

is provided for the patient's family and caregivers, in order to train them in coping with patients disabling impairment. This therapy is designed to improve social relationships and decrease anxiety when caring for patients afflicted with this disorder.

- a. Amnesic disorders
- b. Psychosocial support therapy
- c. Late-onset Alzheimer's disease
- d. Brain abnormalities

Correct answer: b. psychological support therapy

Beta amyloid protein is released by the neurons of the brain. Normally this is broken down, and is cleared within the central nervous system. However, in patients with Alzheimer's disease, these proteins accumulates and builds up within the brain.

- a. Amnesic disorders
- b. Psychosocial support therapy
- c. Late-onset Alzheimer's disease
- d. Brain abnormalities

Correct answer: d. brain abnormalities

which is a condition that manifests with impaired memory. **Short-term memory** is characteristically impaired, wherein a patient is unable to recall recent events that happened few minutes prior. Typically, **remote memory** is preserved, and patients can recall their address, phone number, and other details of their life that has been present for a long time.

- a. Amnesic disorders
- b. Psychosocial support therapy
- c. Late-onset Alzheimer's disease
- d. Brain abnormalities

Correct answer: a. amnesic disorders

altered mental status which manifests with lethargy and Traumatic brain injury - brain damage that results from accidents

- a. Stupor
- b. Parkinson's disease
- c. Sensorium
- d. Neurofibrillary tangles

Correct answer: a. stupor

the ability to process sensory stimuli

- a. Stupor
- b. Parkinson's disease
- c. Sensorium
- d. Neurofibrillary tangles

Correct answer: c. sensorium

a neurodegenerative disease that manifests with tremors, rigidity and slow movements.

- a. Stupor
- b. Parkinson's disease
- c. Sensorium
- d. Neurofibrillary tangles

Correct answer: b. Parkinson's disease

nerve filaments that are seen in cut sections of the brain in patients with Alzheimer's disease

- a. Stupor
- b. Parkinson's disease
- c. Sensorium
- d. Neurofibrillary tangles

Correct answer: d. neurofibrillary tangles

temporary fluctuation to a normal state

- a. Huntington's diseases
- b. Lucid interval
- c. Delusion
- d. Comatose

Correct answer: b. lucid interval

a hereditary neurodegenerative disease that manifests with cognitive decline and abnormal writhing movements.

- a. Huntington's diseases
- b. Lucid interval
- c. Delusion
- d. Comatose

Correct answer: a. Huntington's disease

false beliefs about things that are not present in reality

- a. Huntington's diseases
- b. Lucid interval
- c. Delusion
- d. hallucinations

Correct answer: d. hallucinations

false belief from what is present in reality

- a. Huntington's diseases
- b. Lucid interval
- c. Delusion
- d. Comatose

Correct answer: c. delusion

a severe form of impairment in awareness

- a. Huntington's diseases
- b. Lucid interval
- c. Delusion
- d. Comatose

Correct answer: d. comatose

a group of medications that enhances the activity of inhibitory neurotransmitter, gamma-amino butyric acid

- a. Amnesia
- b. Amyloid plaques
- c. Benzodiazepines
- d. All of the above

Correct answer : c. benzodiazepines

deposits of beta-amyloid that are usually found in brains of patients with Alzheimer's disease

- a. Amnesia
- b. Amyloid plaques
- c. Benzodiazepines
- d. All of the above

Correct answer: b. amyloid plaques

loss of memory

- a. Amnesia
- b. Amyloid plaques
- c. Benzodiazepines
- d. All of the above

Correct answer: a. amnesia

is a phenomenon wherein undesirable symptoms appear as a result of an abrupt discontinuation of substance use.

- a. Substance abuse
- b. Tolerance
- c. Withdrawal
- d. Addictive behavior

Correct answer : b. tolerance

is demonstrated when an individual has a pathological need for a certain substance. This type of behavior is one of the most common, yet challenging mental health disorders that our society is facing today.

- a. Substance abuse
- b. Tolerance
- c. Withdrawal
- d. Addictive behavior

Correct answer : d. addictive behavior

is a condition wherein there is excessive utilization of a particular substance that results in potentially harmful behavior, such as drunk driving, continued utilization despite the substance is known to pose a significant psychological, occupational or health concern.

- a. Substance abuse
- b. Tolerance
- c. Withdrawal
- d. Addictive behavior

Correct answer : a. substance abuse

is a phenomenon wherein undesirable symptoms appear as a result of an abrupt discontinuation of substance use.

- a. Substance abuse
- b. Tolerance
- c. Withdrawal
- d. Addictive behavior

Correct answer : c. withdrawal

is a condition wherein an individual demonstrates a marked physiologic need for a certain substance. Usually, this physiologic need gradually increases to achieve the desired physiologic effect.

- a. Substance abuse
- b. Tolerance
- c. Substance-dependence
- d. Addictive behavior

Correct answer: c. substance-dependence

is a specific condition that is seen in abrupt discontinuation of alcohol, wherein patients present with muscular tremors as a result of an abrupt decrease in blood alcohol levels.

- a. Short-term effects of alcohol
- b. Long-term effects of alcohol
- c. Delirium tremens
- d. None of the above

Correct answer: c. delirium tremens

Alcohol provides many calories, which causes reduced dietary intake among heavy drinkers. However, these calories do not contain any nutritional value, which can result to malnutrition.

- a. Short-term effects of alcohol
- b. Long-term effects of alcohol
- c. Delirium tremens
- d. None of the above

Correct answer: b. long-term effects of alcohol

Once alcohol is ingested, it is absorbed into the blood stream. It is then transported to various parts of the body.

- a. Short-term effects of alcohol
- b. Long-term effects of alcohol
- c. Delirium tremens
- d. None of the above

Correct answer: a. short-term effects of alcohol

Barbiturates are depressants, which significantly causes a reduction in performance of cognitive tasks. After ingestion of barbiturates, individuals usually gain a sense of overt relaxation and cognitive slowing. Individuals become sluggish, with slowed speech and

impaired thinking abilities. It may induce sleep or sedation depending on the dose that was given.

- A. Stimulants
- B. Clinical manifestation
- C. Amphetamines
- D. sedatives

Correct answer : d. sedatives

substances that enhance alertness and motor activity through its effect on the brain and sympathetic nervous systems. This is one of the most commonly used substances. In this section, we will discuss amphetamines, metamphetamines and cocaine.

- A. Stimulants
- B. Clinical manifestation
- C. Amphetamines
- D. sedatives

Correct answer : a. stimulants

synthetic stimulants that cause the release of neurotransmitters norepinephrine and dopamine.

- A. Stimulants
- B. Clinical manifestation
- C. Amphetamines
- D. sedatives

Correct answer : c. amphetamines

synthesized from MDMA (methylenedioxymetamphetamine), which is an appetite suppressant during the World War I. The psychoactive component of MDMA was only discovered in the 1970's. Ecstasy is an "entactogen", which is a term that denotes a combination of hallucinogenic and stimulatory properties.

- A. LSD
- B. Hallucinogens
- C. Ecstasy
- D. All of the above

Correct answer: c. ecstasy

is an acronym that stands for d-lysergic acid diethylamide. This chemical was first manufactured in 1938 by Albert Hoffman, a Swiss chemist. This is the prototype of all hallucinogens. Users experience a "trip", which is a term that is used to denote a sense of heightened awareness or expansion of consciousness.

- A. LSD
- B. Hallucinogens
- C. Ecstasy
- D. All of the above

Correct answer: a. LSD

psychoactive medications that causes perceptual disturbances, mood changes, disturbances in thought process, and hallucinations. In this module, we will discuss LSD, Ecstasy, and Phencyclidine.

- A. LSD
- B. Hallucinogens
- C. Ecstasy
- D. All of the above

Correct answer: b. hallucinogens

This substance is also called "angel dust". This was originally used as a veterinary anesthetic for large animals such as horses. It acts by inhibiting N- methy-D-aspartate (NMDA) receptors in the brain. NMDA receptors are the receptors for glutamate, which is an excitatory neurotransmitter in the brain.

- A. Marijuana
- B. Phencyclidine (PCP)
- C. Ecstasy
- D. LSD

Correct answer: b. Phencyclidine (PCP)

is one of the most frequently abused substance. It is prepared from dried leaves of Cannabis sativa, a flowering plant (See Fig 6.). Marijuana can be smoked or chewed. It can also be consumed by being incorporated in tea or baked goods. A stronger form of marijuana is called Hashish. This is produced by drying the resin exudate of cannabis sativa. Marijuana contains an active ingredient, called delta-9-tetrahydrocannabinol, which is responsible for its clinical effects.

- A. Marijuana
- B. Phencyclidine (PCP)
- C. Ecstasy
- D. LSD

Correct answer: a. marijuana

is the first step in treatment of substance use disorder. Discontinuation of substances leads to physical and psychological withdrawal symptoms. Detoxification from substance use is ideally done in hospitals for adequate supervision. The duration of treatment varies depending on the presence of complications of persistent withdrawal symptoms. Although this form of treatment is ideal, it is expensive, which is a significant limiting factor. Some studies show that in-hospital treatment do not lead to superior results than home detoxification. In this regard, home detoxification remains to be an alternative option.

- A. Support groups
- B. Cognitive behavioral therapy
- C. Motivational interventions
- D. Detoxification

Correct answer: d. detoxification

This form of treatment involves educating people and their relatives to reinforce behaviors that will favor abstinence from consumption of alcohol. Positive reinforcements are given in terms of vouchers and tokens that can be exchanged for things that a person would like to have in lieu of alcohol abstinence. This form of treatment also aims to improve social skills, wherein refusal of alcoholic drinks is being taught. Patients are also taught to look for jobs and establish social relationships.

- A. Support groups
- B. Cognitive behavioral therapy
- C. Motivational interventions
- D. Detoxification

Correct answer: b. cognitive behavioral therapy

The largest international self-help group is **Alcoholics Anonymous (AA)**, which have members in over 100 countries. In every region, this support group holds regular meetings to share inspiring stories, support and counselling services. This group holds on to the belief that alcohol dependence is an incurable disease, and one has to remain vigilant on developing resistance against returning back to the old habit. Studies show

that participation in this support group is beneficial for participants in maintaining abstinence from alcohol.

- A. Support groups
- B. Cognitive behavioral therapy
- C. Motivational interventions
- D. Detoxification

Correct answer: a. support groups

is a medication that is given to alcohol users because it causes severe vomiting when taken with alcohol. This drug works by discouraging alcohol drinkers from drinking again. However, this medication cannot be used chronically. Another medication that can be used for alcohol drinkers is **Naltrexone**. It is an opiate antagonist that blocks the activity of endorphins during alcohol consumption, thereby leading to reduced alcohol cravings. **Acamprosate** is another medication that can be given for alcohol users. Its exact mode of action is unknown but it was thought to reduce cravings by interfering with glutamate and GABA neurotransmitter systems.

- A. Cognitive behavioral therapy
- B. Detoxification
- C. Disulfiram
- D. None of the above

Correct answer: c. disulfiram

Therapy can be used in conjunction with medications in the treatment of substance disorders. In cocaine use disorder, an example of a cognitive behavioral therapy regimen includes educating patients on avoidance of high-risk situations, recognizing substance lure, and developing alternatives to using cocaine. This was done while patients are being given anti-depressant medications. Studies have shown that this form of treatment is beneficial, especially for people with a high degree of substance dependence.

- A. Cognitive behavioral therapy
- B. Detoxification
- C. Disulfiram
- D. None of the above

Correct answer: a. cognitive behavioral therapy

Similar to treating other forms of addictive disorders, treatment of drug use disorders start with detoxification. Detoxification from illicit drug use may be particularly challenging because of the varying degrees of withdrawal symptoms. In this form of treatment, therapists enables drug users to function after detoxification treatment.

- A. Cognitive behavioral therapy
- B. Detoxification
- C. Disulfiram
- D. None of the above

Correct answer: b. detoxification

brain damage that results from accidents

- a. Traumatic brain injury
- b. Withdrawal
- c. Tolerance
- d. Substance

Correct answer: a. traumatic brain injury

a phenomenon wherein undesirable symptoms appear as a result of an abrupt discontinuation of substance use.

- a. Traumatic brain injury
- b. Withdrawal
- c. Tolerance
- d. Substance

Correct answer: b. withdrawal

a phenomenon where in individual requires an incremental dose of a certain substance to achieve the desired effect.

- a. Traumatic brain injury
- b. Withdrawal
- c. Tolerance
- d. Substance

Correct answer: c. tolerance

a condition wherein an individual demonstrates a marked physiologic need for a certain substance.

- a. Stimulants

- b. Substance dependence
- c. Polydrug abuse
- d. Pancreatitis

Correct answer: b. substance dependence

a condition wherein there is excessive utilization of a particular substance that results in potentially harmful behavior.

- a. Stimulants
- b. Substance dependence
- c. substance abuse
- d. Pancreatitis

Correct answer: c. substance abuse

substances that enhance alertness and motor activity through its effect on the brain and sympathetic nervous systems

- a. Stimulants
- b. Substance dependence
- c. substance abuse
- d. Pancreatitis

Correct answer: a. stimulants

a condition wherein more than one substance is actively abused at a time.

- a. Polydrug abuse
- b. Pancreatitis
- c. Liver-cirrhosis
- d. Hallucinogens

Correct answer: a. polydrug abuse

an inflammatory condition of the pancreas that can be caused by heavy alcohol consumption

- a. Polydrug abuse
- b. Pancreatitis
- c. Liver-cirrhosis
- d. Hallucinogens

Correct answer: b. pancreatitis

a terminal illness of the liver, wherein the liver loses its important synthetic, metabolic and excretory functions.

- a. Polydrug abuse
- b. Pancreatitis
- c. Liver-cirrhosis
- d. Hallucinogens

Correct answer: c. liver-cirrhosis

psychoactive medications that causes perceptual disturbances, mood changes, disturbances in thought process, and hallucinations.

- a. Polydrug abuse
- b. Pancreatitis
- c. Liver-cirrhosis
- d. Hallucinogens

Correct answer: d. hallucinogens

an excitatory neurotransmitter that is important for normal brain function.

- a. Fetal alcohol syndrome
- b. GABA
- c. Entactogen
- d. Glutamate

Correct answer: d. glutamate

an inhibitory neurotransmitter. Its chemical designation is gamma- amino-butyrac acid

- a. Fetal alcohol syndrome
- b. GABA
- c. Entactogen
- d. Glutamate

Correct answer: b. GABA

a condition wherein infants develop physical and cognitive defects because of maternal alcohol consumption during pregnancy.

- a. Fetal alcohol syndrome
- b. GABA
- c. Entactogen
- d. Glutamate

Correct answer: a. fetal alcohol syndrome

a class of psychoactive drugs that has a combination of hallucinogenic and stimulatory properties

- a. Fetal alcohol syndrome
- b. GABA
- c. Entactogen
- d. Glutamate

Correct answer: c. entactogen

the first step in treatment of substance use disorder, which involves discontinuation of substances leads to physical and psychological withdrawal symptoms.

- a. Addictive behavior
- b. Delirium tremens
- c. Detoxification
- d. All of the above

Correct answer: c. detoxification

a specific condition that is seen in abrupt discontinuation of alcohol, wherein patients present with muscular tremors as a result of an abrupt decrease in blood alcohol levels.

- a. Addictive behavior
- b. Delirium tremens
- c. Detoxification
- d. All of the above

Correct answer: b. delirium tremens

a behavior that is observed in individuals with a pathological need for a certain substance

- a. Addictive behavior
- b. Delirium tremens
- c. Detoxification
- d. All of the above

Correct answer: a. addictive behavior

are beliefs that are not congruent with reality. Despite the availability of evidence that negates those false beliefs, people who are delusional still choose to believe such. Although this symptom is common among patients with schizophrenia, it can also be seen in other mental health disorders.

- A. Persecutory delusion
- B. Delusion
- C. Thought insertion
- D. Thought broadcasting

Correct answer : b. delusion

is a false belief, which involves transmission or broadcast of one's thoughts. An example of this is when a person believes that his thoughts are being heard by his coworkers.

- A. Persecutory delusion
- B. Delusion
- C. Thought insertion
- D. Thought broadcasting

Correct answer : d. thought broadcasting

is a delusional belief an individual's thoughts are not his own because their minds have been manipulated by an external source. An example of this is the delusion that someone placed a microchip in an individual's brain with the intention of manipulating his thoughts.

- A. Persecutory delusion
- B. Delusion
- C. Thought insertion
- D. Thought broadcasting

Correct answer : c. thought insertion

a behavioral manifestation wherein an individual lacks motivation or interest in routine activities of daily living. This is seen in patients who lose interest in their own personal hygiene, or in socializing with other people. Patients suffering from avolition are usually found sitting around without doing anything.

- a. Negative symptoms
- b. Asociality
- c. Avolition
- d. Alogia

Correct answer: c. avolition

behavioral manifestation wherein an individual loses interest in spending time with other people. Individuals who manifest this symptom usually prefer to be alone, lacking the interest to spend time with their family, friends and significant others.

- a. Negative symptoms
- b. Asociality
- c. Avolition
- d. Alogia

Correct answer: asociality

Individuals who manifest with anhedonia loses the ability to experience pleasure. Two types of pleasure that are involved in anhedonia are consummatory pleasure and anticipatory pleasure.

- a. Blunted affect
- b. Anhedonia
- c. Alogia
- d. All of the above

Correct answer: b. anhedonia

An effect is an emotion or a feeling. In this regard, having a blunted affect means lacking the expression of an emotion or a feeling. Patients with blunted affect usually lack a facial expression. When they communicate, their voices lack intonation and are flat. Individuals with blunted affect usually do not look at the person they are talking to. This causes a significant impairment in social relationships of patients with schizophrenia.

- a. Blunted affect
- b. Anhedonia
- c. Alogia
- d. All of the above

Correct answer: a. blunted affect

Some patients with schizophrenia are often silent, and they do not engage in conversations. This symptom is called alogia, which is a decrease in the amount of spontaneous speech. During dialogues between a clinician and a schizophrenic patient, sometimes they may utter a word or two, but nothing more than that. Conversations usually lack content or detail. For example, when patient is asked to describe his favorite hobby, he patient may just say, "reading".

- a. Blunted affect
- b. Anhedonia
- c. Alogia
- d. All of the above

Correct answer: c. alogia

are designed to help relatives cope with having a family member who has schizophrenia. They are taught about schizophrenia, the symptoms of a possible relapse, possible causes and treatment strategies.

- a. Cognitive behavior therapy
- b. Cognitive remediation therapies
- c. Family therapy
- d. All of the above

Correct answer: c. family therapy

approaches can also be used in treatment for patient with schizophrenia. This form of treatment is designed to decrease positive symptoms, prevent relapse and improve social interaction. This involves discussion of the patient's delusions, hallucinations and other thought disturbances.

- a. Cognitive behavior therapy
- b. Cognitive remediation therapies
- c. Family therapy
- d. All of the above

Correct answer: a. cognitive behavior therapy

designed to improve executive domains, such as memory, attention among, problem solving and processing speed patients with schizophrenia. Impairment in these cognitive domains contribute to poor social interaction and adaptation.

- a. Cognitive behavior therapy
- b. Cognitive remediation therapies
- c. Family therapy
- d. All of the above

Correct answer: b. cognitive remediation therapies

In the United States, community treatment programs take in the form case management. This treatment involves formation of a multidisciplinary team composed of case managers, nurses and mental health professionals who provides collaborative care for patients with schizophrenia.

- a. Residential treatment
- b. Case management

- c. All of the above
- d. None of the above

Correct answer: b. case management

homes are good options for patients who do not necessitate in-hospital management, but are in need of monitoring and therapy. These are also referred to as "halfway houses", which are protected living units that provides services. Staff members of these treatment homes include mental health specialists that conduct group therapy sessions and rehabilitative programs that improve individual skills of every patient. An example of a rehabilitative program includes vocational rehabilitation wherein marketable skills are honed to help patients gain successful employment later on.

- a. Residential treatment
- b. Case management
- c. All of the above
- d. None of the above

Correct answer: a. residential treatment

a delusional belief an individual's thoughts are not his own because their minds have been manipulated by an external source

- a. Thought insertion
- b. Though broadcasting
- c. Loosening of associations
- d. Toxoplasma gondii

Correct answer: a. thought insertion

a false belief, which involves transmission or broadcast of one's thoughts

- a. Thought insertion
- b. Though broadcasting
- c. Loosening of associations
- d. Toxoplasma gondii

Correct answer: b. though broadcasting

a symptom that manifests with lack of a linear form of thought

- a. Thought insertion
- b. Though broadcasting
- c. Loosening of associations
- d. Toxoplasma gondii

Correct answer: c. loosening of associations

an obligate intracellular parasite that causes an infection.

- a. Thought insertion
- b. Thought broadcasting
- c. Loosening of associations
- d. Toxoplasma gondii

Correct answer: d. toxoplasma gondii

the expected pleasure that are thought to arise from future activities

- a. anticipatory pleasure
- b. anhedonia
- c. blunted affect
- d. grandiose delusions

correct answer: a. anticipatory pleasure

a condition wherein individuals lose the ability to experience pleasure.

- a. anticipatory pleasure
- b. anhedonia
- c. blunted affect
- d. grandiose delusions

correct answer: b. anhedonia

a symptom that manifests with the lack of emotional expression.

- a. anticipatory pleasure
- b. anhedonia
- c. blunted affect
- d. grandiose delusions

correct answer: c. blunted affect

the amount of pleasure that is experienced in an activity.

- a. anticipatory pleasure
- b. anhedonia
- c. consummatory pleasure

- d. grandiose delusions

correct answer: c. consummatory pleasure

This phenomenon is referred to as cyclothymic personality or temperament. However, persistent symptoms may herald a diagnosis of cyclothymic disorder, which is characterized by cyclic mood disturbances for at least two years

- a. bipolar disorder
- b. cyclothymic disorder
- c. none on the list
- d. of of the above

correct answer: b. cyclothymic disorder

are called as such because of their chemical structure. The prototype drug of this group is imipramine, which acts by increasing the neurotransmitter activity of norepinephrine and serotonin. However this medication has multiple side effects such as dry mouth, sexual dysfunction and constipation, which limits its use. Also, these medications are toxic when taken excessively

- a. monoamine oxidase inhibitors (MAOIs)
- b. tricyclic antidepressants
- c. selective serotonin reuptake inhibitor
- d. all of the above

correct answer: b. tricyclic antidepressants

are medications that act by increasing serotonin levels. Compared to MAOIs and tricyclic antidepressants, SSRIs have fewer side effects and is less toxic. Because of its safety profile, SSRIs are most commonly prescribed for varying degrees of depression

- a. monoamine oxidase inhibitors (MAOIs)
- b. tricyclic antidepressants
- c. selective serotonin reuptake inhibitor
- d. all of the above

correct answer: c. selective serotonin reuptake inhibitor

are the first medications that are developed for depression. As the name of the drug category implies, these medications work by inhibiting monoamine oxidase, the enzyme that is essential for the metabolism of serotonin and norepinephrine. Inhibition of monoamine oxidase increases the levels of serotonin and norepinephrine, which are neurotransmitters that are thought to be involved in the development of depression as discussed earlier

- a. monoamine oxidase inhibitors (MAOIs)
- b. tricyclic antidepressants
- c. selective serotonin reuptake inhibitor
- d. all of the above

correct answer: monoamine oxidase inhibitors (MAOIs)

This form of treatment requires neurosurgical intervention in implanting an electrode in the brain that is then stimulated to produce improvement of symptoms. Because this form of treatment is invasive, it is reserved for severely depressed patients who are unresponsive to other forms of therapy.

- a. Deep brain stimulation
- b. Cognitive behavioral therapy
- c. Electroconvulsive therapy (ECT)
- d. None of the above

Correct answer: a. deep brain stimulation

This form of treatment is usually used with severe symptoms of depression that require immediate intervention to prevent harming oneself and others. Moreover, patients who do not improve with medications can benefit from this form of treatment in controlling their symptoms. Treatment protocols vary, but generally symptomatic improvement is seen after 6-12 treatments. ECT is usually given every other day to prevent unwanted side effects such as seizures, impaired cognition and slowed responses.

- a. Deep brain stimulation
- b. Cognitive behavioral therapy
- c. Electroconvulsive therapy (ECT)
- d. None of the above

Correct answer: c. electroconvulsive therapy (ECT)

process by which people explain perceived antecedent causes of an event

- a. Monoamine oxidase
- b. Attribution
- c. Depression
- d. Mania

Correction answer: a. attribution

a mood that which manifests with unusual sadness and exaggerated melancholia

- a. Monoamine oxidase
- b. Attribution
- c. Depression
- d. Mania

Correction answer: c. depression

a mood that manifests with extraordinary and unrealistic feelings of elation and euphoria

- a. Monoamine oxidase
- b. Attribution
- c. Depression
- d. Mania

Correction answer: d. mania

an enzyme that metabolizes serotonin and norepinephrine

- a. Monoamine oxidase
- b. Attribution
- c. Depression
- d. Mania

Correction answer: a. monoamine oxidase

as a form of thinking that has the increased propensity to focus on sad experiences and thoughts repeatedly.

- a. Psychomotor retardation
- b. Psychomotor agitation
- c. Rumination
- d. Specifiers

Correct answer: c. rumination

abnormal movements that are characterized by marked slowness

- a. Psychomotor retardation
- b. Psychomotor agitation
- c. Rumination
- d. Specifiers

Correct answer: a. psychomotor retardation

abnormal movements that are characterized by uneasiness and fidgeting

- a. Psychomotor retardation
- b. Psychomotor agitation

- c. Rumination
- d. Specifiers

Correct answer: b. psychomotor agitation

additional clinical features that may be seen in a certain disorder.

- a. Psychomotor retardation
- b. Psychomotor agitation
- c. Rumination
- d. Specifiers

Correct answer: d. specifiers

a condition seen in patients who develop depressive symptoms, but do not meet the criteria for any unipolar depressive disorder.

- a. Psychomotor retardation
- b. Psychomotor agitation
- c. Subclinical depression
- d. Specifiers

Correct answer: c. subclinical depression

In panic attacks, there are physiologic manifestations of sympathetic overactivity, which involves the release of norepinephrine in the brain. The main source of norepinephrine in the brain is the **locus ceruleus**, which is located in the brainstem. In experiments conducted on primates, there is a demonstrable high activity in the locus ceruleus when they are exposed to threatening triggers, such as snakes. In subsequent experiments, electrical stimulation of the locus ceruleus in monkeys trigger panic attacks. In human studies, drugs that decrease that decrease the activity of the locus ceruleus decrease the risk of panic attacks.

- A. Neurobiological factors
- B. Cognitive factors
- C. Panic disorder
- D. None of the above

Correct answer: a. neurobiological factors

is a disorder that is characterized by marked anxiety about being placed in situations wherein it would be extremely by embarrassing or tedious to escape if anxiety symptoms start to manifest. It is the irrational fear of crowded or public places. It is a common complication of a panic disorder. This disorder has a slight gender predilection for women, and 80- 90% of those with severe symptoms are female. This can be explained by cultural expectations, wherein men are expected to be less emotionally reactive than women. The true incidence of agoraphobia is unknown because this has been traditionally classified as a subtype of panic disorder in the previous DSM classification.

- A. Neurobiological factors
- B. Cognitive factors
- C. Panic disorder
- D. agoraphobia

Correct answer: d. agoraphobia

such as those that are given in mood disorders can also be given in patients with anxiety disorders, especially for those patients who are suffering from both conditions.

- a. Antidepressants
- b. Benzodiazepines
- c. None of the above
- d. All of the above

Correct answer: a. antidepressants

work by enhancing the activity of gamma-amino butyric acid (GABA), which an inhibitory neurotransmitter. Through inhibition of excitatory neural impulses, a calming effect is produced. Some examples of this medication are alprazolam, midazolam and diazepam. They may be administered via oral, intravenous and intramuscular routes.

- a. Antidepressants
- b. Benzodiazepines
- c. None of the above
- d. phobias

Correct answer: b. benzodiazepines

Systemic desensitization therapy is commonly being used for

- a. Antidepressants
- b. Benzodiazepines
- c. None of the above
- d. phobias

Correct answer: d. phobias

involves **psychodynamic treatment** wherein patients undergo several treatment sessions wherein emotions and meanings during panic attacks are examined closely (See Fig 10). Therapists help clients to cope with the affective component of panic attacks by correcting irrational beliefs. Psychodynamic treatments are usually used combined with medication therapy with anti- depressants.

- a. Antidepressants
- b. Benzodiazepines

- c. Panic disorders
- d. phobias

Correct answer: c.. panic disorders

Cognitive behavioral therapy for agoraphobia is similar to social anxiety disorders. However, instead of exposure to the public, specific anxiety triggers are identified. Also, treatments involve educating families or relatives of patients whom they live with to encourage the patient to leave the house.

- a. agoraphobia
- b. Benzodiazepines
- c. Panic disorders
- d. phobias

Correct answer: a. agoraphobia

In the previous edition of the DSM manual, body dysmorphic disorder was categorized under somatoform disorder. However, because it is comparable to OCD, body dysmorphic disorder is now grouped together with OCD

- a. hoarding disorder
- b. body dysmorphic disorder
- c. trichotillomania
- d. none of the above

correct answer : b. body dysmorphic disorder

Patients who suffer from this disorder are those who refuse to dispose of objects that are no longer useful. As a result, individuals with this disorder usually live in homes cramped with old possessions leaving little functional living space

- a. hoarding disorder
- b. body dysmorphic disorder
- c. trichotillomania
- d. none of the above

correct answer : a. hoarding disorder

have a compulsion in pulling out their hair from different body parts. Common body parts that are affected in this condition are the scalp, arms, and eyebrows. Patients with trichotillomania have bald spots and localized hair losses as a result of compulsive hair pulling.

- a. hoarding disorder
- b. body dysmorphic disorder
- c. trichotillomania
- d. none of the above

correct answer : c. trichotillomania

a component of the nervous system that controls involuntary functions of the body.

- a. Depersonalization
- b. Agoraphobia
- c. Behavioral inhibition
- d. Autonomic nervous system

Correct answer: d. autonomic nervous system

a disorder that is characterized by marked anxiety about being placed in situations wherein it would be extremely by embarrassing or tedious to escape if anxiety symptoms start to manifest

- a. Depersonalization
- b. Agoraphobia
- c. Behavioral inhibition
- d. Autonomic nervous system

Correct answer: b. agoraphobia

a behavioral pattern seen in individuals who become distressed when placed in new and unfamiliar situations

- a. Depersonalization
- b. Agoraphobia
- c. Behavioral inhibition
- d. Autonomic nervous system

Correct answer: c. behavioral inhibition

a sensation of being outside one's body Derealization - a perception that the world is unreal

- a. Depersonalization
- b. Agoraphobia

- c. Behavioral inhibition
- d. Autonomic nervous system

Correct answer: a. depersonalization

a voluntary increased sensory sensitivity in anticipation of a perceived threat

- a. Locus coeruleus
- b. Hypervigilance
- c. In vivo
- d. Interoceptive conditioning

Correct answer: b. hypervigilance

a condition wherein an individual experiences the physiological component of fear or anxiety following an initial panic attack

- a. Locus coeruleus
- b. Hypervigilance
- c. In vivo
- d. Interoceptive conditioning

Correct answer: d. interoceptive conditioning

within the body

- a. Locus coeruleus
- b. Hypervigilance
- c. In vivo
- d. Interoceptive conditioning

Correct answer: c. in vivo

a brain structure located in the pontine part of the brainstem that produces norepinephrine

- a. Locus coeruleus
- b. Hypervigilance
- c. In vivo
- d. Interoceptive conditioning

Correct answer: a. locus coeruleus

one of the division of the autonomic nervous system that is involved in the "fight or flight response" of the body that is commonly triggered by life-threatening situations.

- a. Prepared learning

- b. Paresthesia
- c. Sympathetic nervous system
- d. All of the above

Correct answer: c. sympathetic nervous system

a type of learning that may have stemmed from evolutionary roots

- a. Prepared learning
- b. Paresthesia
- c. Sympathetic nervous system
- d. All of the above

Correct answer: a. prepared learning

a sensation of numbness or tingling sensations

- a. Prepared learning
- b. Paresthesia
- c. Sympathetic nervous system
- d. All of the above

Correct answer: b. paresthesia

seen in individuals who display a predominant suspiciousness and distrust of others.

- a. Schizoid
- b. Personality disorder
- c. Schizotypal
- d. Paranoid personality disorder

Correct answer: d. paranoid personality disorder

a maladaptive behavior of a specified type, typically manifest by the time one reaches adolescence and causing long-term difficulties in personal relationships or in functioning in society.

- a. Schizoid
- b. Personality disorder
- c. Schizotypal
- d. Paranoid personality disorder

Correct answer: b. personality disorder

personality disorder that is characterized by lack of emotional expression and inability to form interpersonal relationships.

- a. Schizoid
- b. Personality disorder

- c. Schizotypal
- d. Paranoid personality disorder

Correct answer: a. schizoid

personality disorder that is similar to a schizoid personality disorder with the addition of perceptual and cognitive distortions with eccentric behaviors.

- a. Schizoid
- b. Personality disorder
- c. Schizotypal
- d. Paranoid personality disorder

Correct answer: c. schizotypal

seen in individuals who exhibit hostility and cruelty towards others.

- a. Catecholamines
- b. Grandiosity
- c. Borderline personality disorder
- d. Antisocial personality disorder

Correct answer: d. antisocial personality disorder

seen in individuals who exhibit impulsive and unstable behaviors.

- a. Catecholamines
- b. Grandiosity
- c. Borderline personality disorder
- d. Antisocial personality disorder

Correct answer: c. borderline personality disorder

a set of chemicals which serve as hormones and neurotransmitters

- a. Catecholamines
- b. Grandiosity
- c. Borderline personality disorder
- d. Antisocial personality disorder

Correct answer: a. catecholamines

the tendency to think too overestimate an individual's personal capabilities

- a. Catecholamines
- b. Grandiosity
- c. Borderline personality disorder
- d. Antisocial personality disorder

Correct answer: b. grandiosity

seen in individuals who manifest with an exaggerated sense of self-importance and self-love

- a. Histrionic personality disorder
- b. Narcissistic personality disorder
- c. Borderline personality disorder
- d. Antisocial personality disorder

Correct answer: b. narcissistic personality disorder

seen in people who engage in attention-seeking behaviors though showing overly dramatic and theatrical behaviors.

- a. Histrionic personality disorder
- b. Narcissistic personality disorder
- c. Borderline personality disorder
- d. Antisocial personality disorder

Correct answer: a. histrionic personality disorder

seen in individuals who harbor feelings of social inadequacy and incompetency, leading to impairment in social relationships and interpersonal interaction.

- a. Dialectical behavioral therapy
- b. Obsessive compulsive personality
- c. Dependent personality disorder
- d. Avoidant personality disorder

Correct answer: d. avoidant personality disorder

seen in individuals who rely too much on others because of feelings of inadequacy and incompetency.

- a. Dialectical behavioral therapy
- b. Obsessive compulsive personality
- c. Dependent personality disorder
- d. Avoidant personality disorder

Correct answer: c. dependent personality disorder

psychotherapy for borderline personality disorders, which focuses on addressing self-harm.

- a. Dialectical behavioral therapy
- b. Obsessive compulsive personality
- c. Dependent personality disorder
- d. Avoidant personality disorder

Correct answer: a. dialectical behavioral therapy

seen in individuals who display perfectionism with a dysfunctional desire for control.

- a. Dialectical behavioral therapy
- b. Obsessive compulsive personality
- c. Dependent personality disorder
- d. Avoidant personality disorder

Correct answer: b. obsessive compulsive personality

a life-threatening disorder that is caused by the lack of granulocytes, a form of white blood cells that are important for fighting infections.

- a. Behavioral therapy
- b. Flooding
- c. Aversion therapy
- d. Agranulocytosis

Correct answer: d. agranulocytosis

a form of treatment involves behavioral modification through the use of punishment

- a. Behavioral therapy
- b. Flooding
- c. Aversion therapy
- d. Agranulocytosis

Correct answer: c. aversion therapy

A form of treatment for abnormal behaviors that involves unlearning of maladaptive behaviors and ineffective coping mechanisms.

- a. Behavioral therapy
- b. Flooding
- c. Aversion therapy
- d. Agranulocytosis

Correct answer: a. behavioral therapy

a type of exposure therapy wherein exposure to a stimulus is applied at full strength

- a. Behavioral therapy
- b. Flooding

- c. Aversion therapy
- d. Agranulocytosis

Correct answer: b. flooding

a form of psychosocial therapy that uses a holistic approach in the treatment of abnormal behaviors.

- a. Motivational interviewing
- b. Gestalt therapy
- c. Rational emotive therapy
- d. Humanistic-experiential therapies

Correct answer: b. gestalt therapy

treatment modality that works on the assumption that individuals are responsible for their own behavior.

- a. Motivational interviewing
- b. Gestalt therapy
- c. Rational emotive therapy
- d. Humanistic-experiential therapies

Correct answer: d. humanistic-experiential therapies

a form of humanistic approach to treatment that aims to help patients resolve personal barriers about making a commitment on making a positive change in their lives

- a. Motivational interviewing
- b. Gestalt therapy
- c. Rational emotive therapy
- d. Humanistic-experiential therapies

Correct answer: a. motivational interviewing

a form of cognitive behavioral therapy wherein maladaptive thoughts are altered in order to change maladaptive emotional responses and behavior.

- a. Motivational interviewing
- b. Gestalt therapy
- c. Rational emotive therapy
- d. Humanistic-experiential therapies

Correct answer: c. rational emotive therapy

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