

2000 Human Behavior Course Midterm Examination

!! ANSWER KEY !!

PLEASE WAIT UNTIL YOU ARE INSTRUCTED TO BEGIN THE EXAM BEFORE OPENING THE TEST.

There are 92 questions on the examination. Before you turn your answer sheet in, be sure that you have marked a single response for each exam question.

You may keep this examination for future reference

!! ANSWER KEY !!

DIRECTIONS: For all of the questions on the examination, mark the single best answer from the choices given. If you are not certain which response is the correct response, make your best guess.

1. **!!TOSSED THIS QUESTION!! TRUE** statements about the well-being of military families includes all of the following **EXCEPT**:
 - A. **3** Available studies indicated that boys are affected more than girls by deployment of their fathers
 - B. **36** Data show that rates of child and spouse abuse may be lower in military families than in civilian populations
 - C. **120** Parental attitudes and family adaptation can counter the negative effects of frequent moves, deployments, and early retirement
 - D. **0** Satisfaction with military life varies as a function of rank, income, and housing
 - E. **5 XX** The overall incidence of heavy drinking among active duty personnel has declined in the last decade

2. The psychotomimetic effects of phencyclidine (PCP) are mediated by
 - A. Glycine.
 - B. Serotonin.
 - C. **XX** Glutamate.
 - D. Dopamine
 - E. Acetylcholine.

3. Parents' rules for young children inevitably conflict with the child's wishes and fantasies. Fortunately, a normal child identifies with and internalizes parents' rules and standards of behavior when:
 - A. A child develops separation anxiety or body damage anxiety when he/she begins to act on wishes to disobey.
 - B. Parents avoid negative reinforcements and punishments, allowing the child to fully explore his/her physical and social environments.
 - C. The child develops the capacity to experience guilt when he/she thinks about disobeying rules and standards of behaviors.
 - D. **XX** A and C.
 - E. All of the above

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4. The early infant is genetically programmed (innately endowed) with?
- A. Innate need to gratify physiologic requirements that maintain bodily regulation and physical survival.
 - B. Innate need to be assertive in exploring the environment.
 - C. Innate need to attach to at least one other human being in a predominantly emotionally pleasurable relationship.
 - D. Temperament.
 - E. **XX** All of the above
5. Which of the following adolescent development "ideals" predicts optimal transition from adolescence to young adulthood?
- A. Parents, authority figures, and institutions receive the displaced blame for limitations and imperfections the adolescent must face in the pursuit of his/her life goals.
 - B. Superego anxiety, while important during latency and early adolescence, is no longer necessary to guide behaviors once the emancipation process is complete.
 - C. Unpleasant childhood memories are repressed or suppressed from consciousness so that psychological predispositions toward current behaviors and beliefs is forgotten.
 - D. **XX** Relinquishment of wishes for perfection signifies the ability to set reasonable goals with an ability to tolerate not achieving every goal.
 - E. All of the above.
6. All of the following are aspects of cognitive maturation and development during early childhood (3-6 years) **EXCEPT**:
- A. Emergence of the ability to symbolize, to endow an object with qualities and meaning it does not inherently possess.
 - B. **XX** Emergence of the ability to think analytically in planning for the future, based on the capacity for introspection, self-scrutiny, and self-awareness.
 - C. The ability to remember new behaviors and imitate them at a later time (deferred imitation).
 - D. The ability to form symbolic representations, combining current perceptions, emotions, and memories.
 - E. Comprehend how direct behavioral gratifications of some fantasies will cause unpleasurable feelings.

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7. According to Vaillant's hierarchy of defense mechanisms, all of the following defenses are "immature defenses" **EXCEPT**:
- A. Projection
 - B. Fantasy
 - C. **XX** Distortion
 - D. Acting out
 - E. Hypochondriasis
8. Which of the following is **TRUE** concerning language development during early childhood (ages 3-6)?
- A. The ability to verbalize precedes the ability to comprehend language (i.e., the child knows how to say something verbally before he/she can truly comprehend what something is based on what others call it.).
 - B. **XX** The ability to comprehend precedes the ability to say it verbally (i.e., the child knows what something is based on what others call it before he/she knows how to say it verbally).
 - C. The ability to comprehend what something is and the ability to verbalize about it develop at a parallel pace.
 - D. The ability to verbalize and comprehend cannot develop until satisfactory resolution of the oedipal phase of development is completed.
 - E. The ability to verbalize and comprehend language depends on mental energy provided by anxiety about retributions from the same-gender parent that occur during the oedipal phase of development.
9. When a seven month old infant is fretful, reaches out, and seeks proximity to a parent when an unrecognized other is nearby, the infant is experiencing:
- A. **XX** Stranger anxiety.
 - B. Separation anxiety.
 - C. Assimilation anxiety.
 - D. Assommodation anxiety.
 - E. Body damage anxiety.

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10. Gabbard, Menninger, and Coyne's study of medical marriages ("The time of our lives: sources of conflict in the medical marriage") found that:
- A. **XX** More than half of medical marriages surveyed had sought marital counseling or seriously considered marital counseling
 - B. Few medical marriages seemed happy
 - C. Unrealistic expectations of the medical marital relationship were the norm
 - D. Usually husband and wife pairs agreed on sources of marital conflict
 - E. Thinking about or having sought marital counseling was related to a greater duration of direct marital communication each day.
11. Which of the following is the primary source of serotonergic neurons to the central nervous system?
- A. Nucleus basalis of Meynert, located in the globus pallidus
 - B. Locus coeruleus, located near the midline of the brainstem
 - C. **XX** Raphe nuclei, located near the midline of the brainstem
 - D. Nucleus basalis of Meissner, located near the midline of the brainstem
 - E. Nucleus basalis of Meynert, located in the reticular core of the brainstem
12. A woman being seen in the emergency department after being raped says, "I can't think about it right now. I have to get myself back together first." She is using the psychological defense mechanism of:
- A. Denial.
 - B. Displacement.
 - C. Repression.
 - D. Sublimation.
 - E. **XX** Suppression
13. **TOSS QUESTION AND USE 58 INSTEAD** - Which of the following response(s) is (are) **TRUE**?
- A. Erikson thought that mid-life transition is the most important stage of personality development.
 - B. Levinson thought that adolescent identity crisis is the most crucial stage of personality development.
 - C. Barring serious health problems, intelligence remains static throughout adulthood.
 - D. All of the above.
 - E. **XX** None of the above

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14. At what age does a person normally transition from reliance on action dominance (expressing wishes and feelings in behaviors) to verbal dominance (expressing wishes and feelings in words) to get his/her innate needs met?
- A. Ages 1-3.
 - B. **XX** Ages 3-6.
 - C. Ages 7-9.
 - D. Ages 10-12.
 - E. Ages 13-17.
15. The single best example of projection is...
- A. "I hate him because he hates me."
 - B. "If I hate him, he will think I am a bad person."
 - C. "If he hates me, I should also hate him."
 - D. **XX** "I don't hate him, he hates me."
 - E. "I hate him."
16. Normal limbic system functions such as vigilance and scanning of the environment can become pathologically exaggerated and result in paranoid psychosis. Mesolimbic tract neurons that mediate this effect terminate on receptors for what neurotransmitter?
- A. NMDA.
 - B. Acetylcholine.
 - C. **XX** Dopamine.
 - D. Norepinephrine.
 - E. Serotonin.
17. The enzyme localized on the outer membrane of the mitochondria and that metabolizes catecholamines is
- A. Protein kinase.
 - B. **XX** Monoamine oxidase (MAO).
 - C. Catechol-O-methyltransferase (COMT).
 - D. Acetylcholinesterase.
 - E. All of the above.

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18. The prominent normal developmental anxiety during the ages 3-6 is:
- A. Stranger anxiety.
 - B. Separation anxiety.
 - C. Sexual performance anxiety.
 - D. **XX** Body damage anxiety
 - E. Superego anxiety.
19. Which of the following are warning signs that there may be marital problems in a medical (or other) marriage?
- A. **163** The couple are no longer "best friends".
 - B. **1 XX** Short-term fantasies of separation that last for minutes or several hours.
 - C. Increased number of affectionate gestures.
 - D. Increased emotional availability within the marriage.
 - E. Increased sexual interest and activity.
20. A common psychological defense for adolescents is
- A. **XX** Projection
 - B. Isolation of affect.
 - C. Sublimation.
 - D. Regression.
 - E. None of the above.
21. Some important factors that determine a child's reaction to the absence of a parent include:
- A. Length of the absence
 - B. The remaining parent's ability to expand their parental role
 - C. The quality of the relationship between the child and the departed parent
 - D. The quality of the relationship between the child and the remaining parent
 - E. **XX** All of the above

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22. The personality make-up of physicians, to the extent that generalizations are possible, is typified by all of the following **EXCEPT**:
- A. A need to control others, especially when intimacy is involved.
 - B. Compulsiveness
 - C. Medical practice has become a way of giving to others the sort of care and attention they feel is lacking for themselves.
 - D. Perfectionism
 - E. **XX** Regular and appropriate gratification of personal emotional needs
23. Which of the following is **FALSE**?
- A. At the sensory-motor stage, an infant is embedded in a trial-and-error world.
 - B. **133** Reasoning begins during the sensory-motor stage.
 - C. **2** Internalization of actions begins during the preoperational stage.
 - D. **4** At the formal operational stage, the rules of logic of language are established.
 - E. **24 XX** None of the above
24. Which of the following are sources of stress and conflict in medical marriages?
- A. Disparity between the personal limits and demands for perfection
 - B. The specter of malpractice
 - C. Market driven clinical practice changes
 - D. Self-imposed pressures or stressors
 - E. **XX** All of the above are correct
25. Counter-conditioning (systematic desensitization) is effective for phobias (e.g. pathological fear of closed spaces). Which of the following is **NOT TRUE** of systematic desensitization?
- A. Substitutes an emotional response to a situation that is adaptive for one that is maladaptive.
 - B. Uses learning principles to train the patient to substitute one behavior or cognition for another.
 - C. Targets maladaptive anxiety through the substitution of relaxation for anxiety.
 - D. **XX** Analyzes early life experiences for clues about maladaptive behavior or fear.
 - E. Uses negative reinforcement when maladaptive behaviors do not occur.

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26. "Warning signs" of marital problems in marriages involving physicians include:
- A. Nothing to say to one another when together
 - B. Increasingly parallel or divergent lives
 - C. Loss of sexual interest
 - D. Arguing that escalates to verbal insults or name-calling
 - E. **XX** All of the above
27. The defense mechanism of regression
- A. Helps separate affect from memory.
 - B. Explains hand washing secondary to fantasies of soiling.
 - C. **XX** Is not uncommon in medically ill patients.
 - D. Is an invalidation of an unpleasant or unwanted piece of information.
 - E. None of the above.
28. Which of the following is a **TRUE** statement regarding classical conditioning?
- A. The more frequently a conditioned stimulus and an unconditioned stimulus are paired, the weaker the conditioned response becomes.
 - B. Conditioned responses cannot be "unlearned."
 - C. The less frequently a conditioned stimulus and an unconditioned stimulus are paired, the better a subject will remember the learning later on.
 - D. An "extinguished response" is always completely forgotten.
 - E. **XX** Conditioning is fastest when the conditioned stimulus is presented before the unconditioned response.
29. Which of the following is the primary source of noradrenergic neurons to the central nervous system?
- A. nucleus basalis of Meynert, located in the reticular core of the brainstem
 - B. **XX** locus coeruleus, located in the pons
 - C. raphe nuclei, located in the pons
 - D. nucleus basalis of Meissner, located in globus pallidus
 - E. none of the above

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30. Which of the following statement(s) is (are) **FALSE**?
- A. Single medical students experience less stress than do married medical students.
 - B. Available data suggest that women in medical school experience more stress if they are married than if they are not.
 - C. Research strongly suggests that male medical students experience more stress if they are married than if they are not.
 - D. About half of all physicians and half of the spouses of physicians have sought marital counseling at some point.
 - E. **XX** A and C are false
31. Which of the following is an example of negative reinforcement in a 9 year old child?
- A. Extra weekly allowance is given when chores are completed every day that week.
 - B. Allowance is withheld if chores aren't completed every day that week.
 - C. **XX** Mother stops complaining when the child cleans her room.
 - D. Weekly allowance stays the same despite threats to withhold it, even though all chores aren't completed every day that week.
 - E. Weekly allowance is stopped and never restarted after a week of not doing chores.
32. Which choice provides the best description of the behavioral technique called "shaping"?
- A. Exposing an individual to others manifesting a behavior so as to teach the same or a similar behavior to the observer.
 - B. **XX** Systematic reinforcement using gradual approximations ("baby steps") toward a target behavior that the patient is unable to perform all at once.
 - C. The patient is taught to relax body muscles sequentially in an attempt to shape an overall relaxation response.
 - D. The clinical application of techniques derived from the experimental analysis of behavior.
 - E. The use of behavioral techniques to reduce excess body weight.
33. Conditioning occurs fastest when the conditioned stimulus (CS) is applied:
- A. Simultaneously with the unconditioned stimulus (UCS).
 - B. **XX** Immediately before the UCS.
 - C. Immediately after the UCS.
 - D. The sequence does not matter.
 - E. None of the above because the UCS is applied, not the CS

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34. A child speaks with a 20- to 50-word vocabulary at approximately
- A. 6 months.
 - B. 12 months.
 - C. **XX** 18 months.
 - D. **XX** 24 months.
 - E. 30 months.
35. An adult pattern of sleep is typically established on a physiological level by
- A. 6 months.
 - B. 9 months.
 - C. **XX** 12 months.
 - D. 15 months.
 - E. 18 months.
36. Which is **TRUE** about puberty?
- A. Menarche is frequently followed by irregular anovulatory periods for 12-18 months.
 - B. Females reach puberty before males.
 - C. Females have a height spurt before males.
 - D. Girls achieve menarche at a mean age of approximately 13 years.
 - E. **XX** All of the above.
37. The age at onset of stranger anxiety is typically
- A. **153 XX** 5 months.
 - B. **10 XX** 7 months.
 - C. 9 months.
 - D. 11 months.
 - E. **1** 13 months.
38. Which of the following is **TRUE**?
- A. **1** Wariness of strangers is apparent by 3 months.
 - B. **5 XX** Achievement of three- to six-word mean length of utterance is accomplished by 3 years of age.
 - C. **131 XX** Females reach puberty 2 years earlier than males.
 - D. **22** All of the above.
 - E. **5** None of the above.

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39. Which of the following is **MOST TRUE** about infants' attachments with their parents?
- A. The amount an infant cries is the best indicator of degree of attachment problems with one or both parents.
 - B. Fathers' attachment styles to infants tends to foster assimilation more than mothers' attachment styles.
 - C. **XX** Mothers tend to provide more soothing-calming and enveloping interchanges with infants than do fathers.
 - D. Fathers' attachments to infants is almost impossible to achieve during the first two years of life.
 - E. Smiles are innately given preferentially to mothers during the first six months of life by infants.
40. During the Eriksonian stage of life known as "integrity versus despair," all of the following are **TRUE EXCEPT**
- A. There is reflection upon one's life and how it has been lived
 - B. **XX** When one reflects on his or her life and sees a series of missed opportunities, they do not fear death.
 - C. When one reflects on his or her life with satisfaction and few regrets, they develop a sense of integrity and of having lived totally.
 - D. The individual with a final sense of integrity looks at death with an attitude of acceptance rather than defeat.
 - E. The past nature of an individual's life experiences has a significant impact on how he or she negotiates this final phase of human development.
41. Studies into the mechanism of action of antipsychotic medications have revealed all of the following are **TRUE EXCEPT**:
- A. The standard antipsychotic drugs are equally effective
 - B. **XX** The D1 dopamine receptor blockade is responsible for the therapeutic effect of standard antipsychotics
 - C. Sedation alone does not explain the therapeutic efficacy of antipsychotics
 - D. There is a 50-fold range in the clinical potency of standard antipsychotics
 - E. The phenothiazine chemical structure was not sufficient for antipsychotic activity

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42. Erikson's first psychosocial task of life (birth to eighteen months of age) is to:
- A. Acquire the cognitive ability for evocative memory so the infant can compare past and present and generate ideas about what may occur in the future.
 - B. Be able to generate expectations about what happens during the parent's absence and upon the parent's return.
 - C. Develop the ability to bar from consciousness those thoughts and memories associated with unpleasurable emotional experiences.
 - D. Learn that there are limits on assertive will.
 - E. **XX** Form a basic trust in others which must override mistrust.
43. Behavioral signs of abnormal distress in an infant include all of the following **EXCEPT**:
- A. Excessive crying.
 - B. Pushing parents away.
 - C. Turning away from parents.
 - D. **XX** Seeking proximity to parents when a stranger appears.
 - E. Averting gaze with parents when parents are trying to engage with the infant.
44. Gradual de-idealization of both parents becomes a main focus of teenagers' relationship with his/her parents. All of the following are **TRUE** regarding this de-idealization process **EXCEPT**:
- A. De-idealization of parents eventually leads to more acceptable, adult-like, and human view of them.
 - B. De-idealization of parents is important to attaining a sense of having an emancipated identity.
 - C. The adolescent must gradually give up residual childhood wishes to have perfect and all-powering parents.
 - D. The de-idealization process is characterized by alternating patterns of idealizing and then being excessively critical of parents.
 - E. **XX** The process of de-idealization of parents is inhibited by cultural and developmental pressures for teenagers to increasingly make his/her own decisions.
45. Which of the following is the major source of cholinergic neurons to the cerebral cortex?
- A. Nucleus basalis of Meynert, located in the reticular core of the brainstem
 - B. Locus coeruleus
 - C. Raphe nuclei
 - D. **XX** Nucleus basalis of Meynert, located in the globus pallidus
 - E. Nucleus basalis of Meissner, located in the nigrostriatum

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46. Puberty is defined as:

- A. Emergence of the belief in the power of analytic thinking in planning for the future.
- B. Development of a gender identity.
- C. Emergence of an emancipated identity.
- D. **XX** Emergence of secondary sexual characteristics.
- E. Development of a rebellious attitude toward parents and other authority figures.

47. Stranger anxiety

- A. Along with body damage anxiety, are the predominant fears of pre-schoolers.
- B. First appears at 8-10 months of age.
- C. Is associated with later development of panic disorder.
- D. Is unusual in a child with an "easy" temperament.
- E. **XX** Requires the cognitive capability of object permanence.

48. All of the following statements are **TRUE** of cognitive theory **EXCEPT**:

- A. The mental framework around which an individual makes sense of experiences is central to understanding that individual's behavior and emotions.
- B. It acknowledges the importance of thoughts more than behavioral theory.
- C. Distorted beliefs or schemas lead to maladaptive behaviors.
- D. **XX** The structural model lays out the mental framework mentioned in response A.
- E. Magnification, personalization, selective abstraction, and catastrophic thinking are examples of cognitive distortions.

49. The rate-limiting enzyme in catecholamine synthesis is

- A. **XX** Tyrosine hydroxylase.
- B. Dopa decarboxylase.
- C. Dopamine B-hydroxylase.
- D. Phenylethanolamine-N-methyltransferase.
- E. None of the above.

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50. Major tasks of toddlerhood (18 months - 3 years) include:
- A. Emergence of language.
 - B. Gender identity development.
 - C. Beginning to develop an autonomous identity or sense of self.
 - D. Toilet training as a social tasking.
 - E. **XX** All of the above
51. Which is the proper sequence of normal adult development according to Erikson's stages?
- A. **XX** Intimacy versus Isolation, Generative Sense versus Stagnation, Integrity versus Despair
 - B. Industry versus Intimacy, Generative Sense versus Stagnation, Integrity versus Despair
 - C. Mistrust versus Intimacy, Generative Sense versus Stagnation, Integrity versus Despair
 - D. Generative Sense versus Stagnation, Industry versus Intimacy, Integrity versus Despair
 - E. None of the above are correct
52. The factors that Vaillant cites as contributing to the development of more mature defense mechanisms over time include all the following **EXCEPT**:
- A. Close personal support network
 - B. **XX** A focus on achievement resulting in career successes
 - C. Nervous system development
 - D. Parenting experiences early in life
 - E. Presence of suitable models for identification
53. The normal roles of the pre-adolescent "chum" (ages 8-11) include which of the following?
- A. Helps the child adopt a moral code of fairness in his/her relationships with peers.
 - B. Provides a chance to admit failures and limitations and still feel accepted and admired by one's chum. This helps make the child less perfectionistic.
 - C. Provides a chance to share guilt and shame about not living up to one's standards, and helps a child relinquish behavior standards that are unrealistic.
 - D. A and C.
 - E. **XX** A, B, and C

!! ANSWER KEY !!

54. An advantage of functional MRI (fMRI) over positron emission tomography (PET) and single-photon emission computed tomography (SPECT) is
- A. **0** Less exposure to ionizing radiation.
 - B. **1** Improved measurement of cortical blood flow in the brain.
 - C. **1** Superior spatial/temporal resolution.
 - D. **41 XX** A and C.
 - E. **141** All of the above.
55. Which of the following is **NOT TRUE** concerning rebellion versus conformity developmental pressures during adolescence?
- A. Moderate adolescent rebellion is normal.
 - B. Certain people and cultures overemphasize and idealize adolescent rebellion (e.g., TV).
 - C. Chronic drug usage during adolescence greatly interferes with development.
 - D. **XX** Adolescent rebellion inhibits identity formation and independence.
 - E. Adolescent rebellion facilitates the process of emancipation from parents.
56. Which of the following psychiatric disorders is **NOT** among the disorders most strongly associated with violent behavior:
- A. Paranoid schizophrenia
 - B. Amphetamine-induced psychosis
 - C. Schizoaffective disorder
 - D. **XX** Agoraphobia
 - E. Schizophreniform disorder
57. Which of the following developmental theorists focused their work primarily on childhood psychosexual development?
- A. Levinson
 - B. **XX** Freud
 - C. Erikson
 - D. All of the above
 - E. None of the above

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58. Which of the following responses is (are) **TRUE**?
- A. Erikson thought that mid-life transition is the most important stage of personality development
 - B. Levinson thought that adolescent identify crisis is the most crucial stage of personality development
 - C. We know now that, barring serious health problems, intelligence remains static throughout adulthood
 - D. All of the above
 - E. **XX** None of the above
59. Psychological autopsy studies suggest that 95 percent of individuals who commit suicide suffered at least one psychiatric disorder. Which of the following choices lists the psychiatric disorders most commonly associated with completed suicide in their appropriate order, from **MOST COMMON TO LEAST COMMON**?
- A. Schizophrenia > generalized anxiety disorder > substance abuse/dependence > delirium/dementia
 - B. **105** Major depressive disorder > schizophrenia > delirium/dementia > substance abuse/dependence
 - C. Delirium/dementia > schizophrenia > substance abuse/dependence > major depressive disorder
 - D. **59 XX** Major depressive disorder > substance abuse/dependence > schizophrenia > delirium/dementia
 - E. Generalized anxiety disorder > major depressive disorder > schizophrenia > substance abuse/dependence
60. Which of the following is **FALSE** regarding the Family Advocacy Program
- A. It evaluates allegations of military family violence including physical and sexual abuse
 - B. **XX** It ensures that family violence cannot hurt the career of military personnel
 - C. It uses a multidisciplinary team to evaluate and assist military families
 - D. A neighbor in government quarters may refer a family
 - E. Available assistance includes on-site counseling and other resources
61. The adverse effects of military children watching media war coverage include
- A. Fear of leaving their home
 - B. Nightmares and insomnia
 - C. Worry that their deployed parent(s) are involved in battle
 - D. Abandonment fears
 - E. **XX** All of the above

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62. Possible factors associated with child abuse in the military include
- A. Frequent parental separations and reunions
 - B. Isolation from family or friends
 - C. Overseas assignment
 - D. Junior enlisted family sponsor
 - E. **XX** All of the above
63. You are asked to evaluate a 35-year old man with chronic paranoid schizophrenia and antisocial personality disorder, and he has assaulted hospital staff in the past. He has come to the emergency room now for reasons unclear. He is pacing, rambling incoherently, has alcohol on his breath, dried blood on his shirt, and a cut over his left eye that is covered with clotted blood. Before initiating your clinical assessment, you do all of the following **EXCEPT**:
- A. Ensure that hospital security personnel and/or the emergency room staff are standing by to assist you in the event the patient becomes agitated, threatening, or violent.
 - B. **XX** Ensure that you approach the patient at an angle blocking his escape routes, so that other staff and patients are maximally protected.
 - C. Ensure the patient is in a room that offers little or no medical or other equipment that the patient can use as a weapon.
 - D. Ensure oral and intramuscular preparations of appropriate medicines (e.g., the antipsychotic haloperidol and the benzodiazepine lorazepam) are available for rapid use.
 - E. Ensure that leather physical restraints are immediately available, that they work, and that you obtain the assistance of the ER staff most experienced at using them.
64. Marital status is associated with suicide in the following order, ranked from **HIGHEST TO LOWEST** suicide risk:
- A. **XX** Divorced > never married > married > married with kids
 - B. Divorced > married > married with kids > never married
 - C. Divorced > never married > married with kids > married
 - D. Never married > divorced > married > married with kids
 - E. Divorced > married with kids > married > never married
65. Which of the following is **NOT** associated with increased relative risk of suicide?
- A. Past history of a near-lethal suicide attempt.
 - B. Perception of poor social supports.
 - C. Disfiguring injury or chronic illness.
 - D. **XX** Recent marriage.
 - E. Elder male (versus younger female).

!! ANSWER KEY !!

66. A blood level of a tricyclic antidepressant is indicated in all of the following situations **EXCEPT**
- A. Questionable compliance.
 - B. Poor response to the medication at therapeutic doses.
 - C. Populations with sensitivity to side effects (e.g., patients over 60 years of age).
 - D. Severe side effects.
 - E. **XX** Side effects that precede a therapeutic response in the first few weeks of therapy.
67. A computed tomography (CT) scan or magnetic resonance imaging (MRI) is indicated for which of the following indications?
- A. Impaired cognition.
 - B. Suspected brain tumor.
 - C. First episode of psychosis.
 - D. **XX** All of the above
 - E. None of the above.
68. Which of the following is a common abnormality in patients with schizophrenia as detected by CT?
- A. Decreased ventricular-to-brain ratios.
 - B. Decreased occipital lobe mass.
 - C. **XX** Enlargement of the third ventricle.
 - D. All of the above.
 - E. None of the above

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DIRECTIONS: For each of the statements below, one or more of the answers is correct. Choose

- A. If 1,2 and 3 are correct.
- B. If only 1 and 3 are correct.
- C. If only 2 and 4 are correct.
- D. If only 4 is correct
- E. If all are correct

69. **B** The major inhibitory transmitter

1. In the brain is γ -aminobutyric acid (GABA).
2. In the spinal cord is GABA.
3. Hyperpolarizes the neuronal membrane in the brain and spinal cord by influx of chloride.
4. Hyperpolarizes the neuronal membrane in the brain and spinal cord by influx of sodium.

70. **E (124 A, 2 B, 3 D, 35 E)** Which of the following groups impact on identity development during adolescence:

1. Family.
2. School systems.
3. Peers/friends.
4. Sports teams.

71. **A (41 A, 110 B, 2 C, 5 D, 6 E)** Which of the following is **TRUE** regarding Erikson's theory of the stages of the human life cycle?

1. The extent to which each stage is successfully negotiated depends on the particular nature of a person's life experiences.
2. Erikson's theory is consonant with the current view in genetics which regards personality and temperament traits as being determined by a "gene complex".
3. Individuals carry with them across the life cycle residual identities from their sociocultural pasts which have been transmitted across family generations unconsciously from one generation to another.
4. Erikson's stages of development emphasize unconscious drives and mental processes more the more conscious ego functions.

72. **B** Which is **TRUE** about the structural model of the mind?

1. The id forms an alliance with the ego.
2. The ego is not concerned with gratification.
3. The id wants gratification.

!! ANSWER KEY !!

4. The ego can accomplish its goals without the help of the id.

!! ANSWER KEY !!

DIRECTIONS: For each of the statements below, one or more of the answers is correct. Choose

- A. If 1,2 and 3 are correct.
- B. If only 1 and 3 are correct.
- C. If only 2 and 4 are correct.
- D. If only 4 is correct
- E. If all are correct

73. **B** Important aspects of sexual identity development during the "latency phase" include:

1. Responding to social pressure for boys to "act like boys" and for girls to "act like girls".
2. Societal acceptance of sexual experimentation with pre-adolescent chums.
3. Societal communication of gender identity roles by teachers, coaches, religious leaders, and entertainment celebrities.
4. Focusing on having a sexually attractive appearance.

74. **E** Benzodiazepines are superior to barbiturates because they have

1. A more favorable ratio between anxiolytic action and sedative effects.
2. A greater therapeutic index.
3. Less risk for dependence.
4. Fewer serious withdrawal symptoms.

75. **B** Which of the following is **TRUE** regarding the sleep of children?

1. Light sleep (Stages 1 and 2) dominates during the first 3 months of life.
2. Premature infants spend 25% of their time in Stage 1 REM pattern.
3. By 3 month of age, approximately 70% of babies become night sleepers, rescinding their pattern of waking at 3- to 4-hou intervals.
4. By 6 months, the adult pattern of sleep is established.

76. **A** By age 7, children begin to

1. Understand that their feelings, intuitions, and thoughts may be of interest to others.
2. Understand cause-and-effect relationships.
3. Become rule bound and even moralistic about rules.
4. Develop abstract intelligence.

!! ANSWER KEY !!

DIRECTIONS: For each of the statements below, one or more of the answers is correct. Choose

- A. If 1,2 and 3 are correct.
- B. If only 1 and 3 are correct.
- C. If only 2 and 4 are correct.
- D. If only 4 is correct
- E. If all are correct

77. **E** A routine laboratory and diagnostic workup for detecting physical disease in psychiatric patients includes a

- 1. CBC.
- 2. Thyroid function tests.
- 3. Chemistry panel
- 4. Test for syphilis (e.g., VDRL).

78. **A** Which of the following are catecholamine neurotransmitters?

- 1. Epinephrine.
- 2. Dopamine.
- 3. Norepinephrine.
- 4. Serotonin.

79. **C** Newborns

- 1. Scan faces like inanimate patterns.
- 2. Can discriminate between mother's voice from that of another woman reading the same material.
- 3. Seek out little sensory stimulation.
- 4. Are able to reliably imitate an adult model who smiled, frowned, or showed surprise.

80. **C** Advantages of MRI over CT include

- 1. Use for patients with a pacemaker.
- 2. Better visualization of demyelinating disease.
- 3. Less anxiety for the patient during the test.
- 4. Better detection of mass lesions.

!! ANSWER KEY !!

DIRECTIONS: For each of the statements below, one or more of the answers is correct. Choose

- A. If 1,2 and 3 are correct.
- B. If only 1 and 3 are correct.
- C. If only 2 and 4 are correct.
- D. If only 4 is correct
- E. If all are correct

81. **B** During early adolescence (12-15 years), the development of secondary sexual characteristics causes an initial avoidance of physical and emotional closeness with the opposite-gender parent. Reasons for impacts of this phenomenon include:
1. Any sexual feelings toward the opposite-gender parent must be defended against until they are relinquished.
 2. All adolescents must negotiate a second oedipal conflict, with the same behavioral dynamics that occurred during the first one.
 3. In the process of becoming a "sexual being" and negotiating a "safe" distance with the opposite-gender parent, the heterosexual adolescent's identification with the same-gender parent becomes stronger.
 4. The normal adolescent begins to masturbate frequently and delays efforts to relate to peers and become sexually interested in others.
82. **A** Which of the following are considered developmental themes of adolescence?
1. Normalization versus privacy.
 2. Idealization versus devaluation.
 3. Dependence versus independence.
 4. Trust versus mistrust.
83. **A – GAVE CREDIT TO E TOO (3 A, 1 B, 28 C, 132 E)** "Classic" neurotransmitters...
1. Are synthesized in the neuron.
 2. Are present in the presynaptic terminal and released in an amount sufficient to exert a particular effect on a receptor neuron.
 3. Mimic exactly the action of the endogenously released neurotransmitter when applied exogenously (as drug) in reasonable concentrations.
 4. Have a specific mechanism for removal from its site of action at the synaptic cleft.

!! ANSWER KEY !!

TRUE (=A) OR FALSE (=B)...

84. **A** "Acting out" is a term used to describe when an individual expresses an unconscious conflict through actions rather than through words.
85. **A** Research has shown that low cerebrospinal fluid levels of 5-Hydroxyindoleacetic Acid (5-HIAA), a serotonin metabolite, are associated with violence.
86. **B (114A 50B)** Defense mechanisms are the use of thoughts or behaviors to reduce unpleasant emotional states, thereby preventing unconscious conflicts.

QUESTIONS 87-92 ALL REFER BACK TO THE FOLLOWING VIGNETTE:

The police bring a 36 year-old divorced white man to the emergency room after they found him on the U.S. Senate steps proclaiming that the Russians were poised to invade the United States. The man says that a transmitter/receiver in one of his teeth is receiving information from invisible agents who are threatening to kill him. He believes that via this transmitter, the Russians can put thoughts in his head and read his thoughts. He hears multiple voices that keep up a running commentary on his behavior. He is deeply suspicious of the emergency room staff, believing that some of them are among the agents that are plotting against him and against the nation. Thought content is centered on his fear that someone is out to "get" him and the nation. His attention and concentration are poor. He refuses to cooperate with tests of memory and orientation, but knows he is in a hospital in the Washington area. His mood is fearful. He denies desires or impulses to harm himself or others. He says he is hungry and sleepy. He has no money, but says he has no debts.

The patient has a history of three previous psychiatric hospitalizations for similar symptoms, and says he has taken medications before. He is not currently taking any medications. He says he quit taking his medication about a year ago when he quit going to his psychiatrist. The police say he has been picked up for similar behaviors four times during the past eight months, but has always eluded them previously before he could be brought to medical attention. He apparently has no home address, and says he lives on the street or in various homeless shelters. He has no job, and says he has no close family or friends. He becomes tearful when he says his mother, with whom he was close, died one year ago. His medical history is unknown, but his physical examination is normal except for unkempt appearance and mild orthostatic hypotension. His laboratory tests are normal except for mild anemia on his complete blood count (CBC). A toxic screen reveals no alcohol or drugs.

!! ANSWER KEY !!

QUESTIONS 87-92 ALL REFER BACK TO THE PREVIOUS VIGNETTE (PAGE 24):

87. Which of the following diagnostic axes would contain information about social or environmental factors like this patient's joblessness and his homeless status?

(This question refers to the case example)

- A. Axis I
- B. Axis II
- C. Axis III
- D. **XX** Axis IV
- E. Axis V

88. In the biopsychosocial formulation for this patient, which of the following is best considered a *predisposing factor*?

(This question refers to the case example)

- A. **XX** Past history of psychiatric hospitalizations
- B. Currently jobless
- C. Toxic screen at time of evaluation that is negative for drugs and alcohol
- D. Impaired attention and concentration
- E. Refusal to cooperate with tests of memory and orientation

89. Given the shortage of available information you have right now, it is difficult to say anything definitive about this patient's personality style. As you review the patient's outpatient medical record, what is the single best diagnostic axis to review if you want to know what other treating clinicians thought about his personality?

(This question refers to the case example)

- A. Axis I
- B. **XX** Axis II
- C. Axis III
- D. Axis IV
- E. Axis V

!! ANSWER KEY !!

QUESTIONS 87-92 ALL REFER BACK TO THE VIGNETTE ON PAGE 24.

90. In the biopsychosocial formulation for this patient, which of the following is best considered a *perpetuating factor*?

(This question refers to the case example)

- A. Past history of psychiatric hospitalizations
- B. **XX** Chronic homelessness
- C. Toxic screen at time of evaluation that is negative for drugs and alcohol
- D. Death of his mother
- E. Refusal to cooperate with tests of memory and orientation

91. The psychiatrist seeing the patient above notes that his overall functioning is very poor and has been declining over the past year. What diagnostic axis would summarize the patient's overall functioning?

(This question refers to the case example)

- A. Axis I
- B. Axis II
- C. Axis III
- D. Axis IV
- E. **XX** Axis V

92. In the biopsychosocial formulation for this patient, which of the following is best considered a *precipitating factor*?

(This question refers to the case example)

- A. Past history of psychiatric hospitalizations
- B. **XX** Death of his mother
- C. Mild orthostatic hypotension
- D. Impaired attention and concentration
- E. Refusal to cooperate with tests of memory and orientation

!! ANSWER KEY !!

You have completed the examination.

You should have marked 92 responses on the answer sheet. Before you turn the answer sheet in, please check it carefully to ensure that you have marked one response for each question.

You may keep this examination.
