

2001 Human Behavior Course Block 3 Exam

LAST NAME

FIRST NAME

DATE

PLEASE **DO NOT START** THE TEST UNTIL YOU ARE INSTRUCTED TO DO SO.

When you receive the exam, first **CHECK** that all pages are present. You should have **13 pages** and **40 questions** counting the front and back cover pages.

DIRECTIONS: Each of the questions or incomplete statements below is followed by five suggested responses or completions. Select the **one** that is **best** in each case.

A 17-year-old high school senior, who is 66 inches tall and weights 70 pounds is admitted to the hospital. She talks a great deal about her fears of “losing control” and becoming “even more fat than I am now.” Despite her emaciated appearance, she diets and exercises rigorously. She insists her face, hips, and thighs are too fat. Her menstrual periods have ceased. She takes a lot of food, but eats little.

1. The girl described is likely to display all of the following EXCEPT
 - A. Denial of the severity of her condition
 - B. Strong passive dependent wishes
 - C. Features of schizophrenia
 - D. Depressive symptoms
 - E. A need to be controlling

2. Clinical and laboratory examination would likely reveal all of the following EXCEPT
 - A. Leukopenia
 - B. Hypokalemic alkalosis
 - C. Arrhythmia
 - D. Decreased renal function
 - E. Carotenemia

3. Which of the following is FALSE regarding borderline personality disorder?
 - A. It results from a failure to resolve the Oedipal conflict between ages 3 and 5.
 - B. Its prevalence is 2%-3% of the population.
 - C. Its central characteristic is impaired capacity for attachment.
 - D. Patients suffer from intense rage and self-hatred.
 - E. Long-term therapy is indicated for treatment.

4. John is a 43 year old who has a brother with major depressive disorder. The chance of John having major depressive disorder is
 - A. Less than someone without a family history of depression
 - B. Is not related to family history of depression
 - C. 5 times greater than someone without a family history of depression
 - D. 10 times greater than someone without a family history of depression
 - E. 15 times greater than someone without a family history of depression

5. All of the following personality disorders are categorized in the “odd or eccentric” cluster of DSM-IV personality disorders EXCEPT
 - A. Schizoid personality disorder
 - B. Avoidant personality disorder
 - C. Schizotypal personality disorder
 - D. Paranoid personality disorder
 - E. All of the disorders above are categorized in the “odd or eccentric” cluster.

6. Mrs. Jones is a 35-year-old woman with a history of various physical symptoms dating back to her teens, including back pain, pelvic pain, dizziness, loose stools, fatigue, and headaches to name just a few. These symptoms are most consistent with which of the following psychiatric disorders?
 - A. Body dysmorphic disorder
 - B. Somatization disorder
 - C. Malingering
 - D. Factitious disorder
 - E. Social phobia

7. Schizoid personality disorder is
 - A. One of the most common personality disorders
 - B. One of the “odd” cluster personality disorders (Cluster A)
 - C. One of the “erratic” cluster personality disorders (Cluster C)
 - D. One of the “anxious” cluster personality disorders (Cluster C)
 - E. Characterized by a lack of close relationships due to a fear of rejection

8. Which of the following are symptoms of obsessive-compulsive personality disorder?
 - A. Obsessions
 - B. Compulsions
 - C. Obsessions and compulsions
 - D. Excessive preoccupation with details
 - E. None of the above

9. All of the following are diagnostic criteria for paranoid personality disorder EXCEPT
- A. Almost always choosing solitary activities.
 - B. Reluctance to confide in others.
 - C. Persistently bears grudges.
 - D. Reading hidden threatening meanings into benign remarks.
 - E. Preoccupation with unjustified doubts about friends' loyalty.
10. Which of the following is the essential feature of hypochondriasis?
- A. Deficits affecting voluntary motor or sensory function.
 - B. Exaggerated symptoms.
 - C. History of physical complaints not explained by a known medical condition.
 - D. Fear of having a serious illness.
 - E. None of the above.
11. Which of the following is not a symptom of both schizotypal personality disorder and schizophrenia?
- A. A persistent pattern of social and interpersonal deficits.
 - B. Ideas of reference.
 - C. Magical thinking.
 - D. Fixed false beliefs (i.e., delusions).
 - E. Paranoid ideation.
12. What percentage of patients with major depressive disorder (MDD) eventually commits suicide?
- A. 15% is the figure often quoted, but the actual likelihood is less.
 - B. 15%.
 - C. 20%.
 - D. 25%.
 - E. More than 25%.

13. The majority of bulimic patients
- A. Have a chemical dependency problem.
 - B. Have signs and symptoms of depression.
 - C. Have a history of anorexia.
 - D. Have Russell's sign.
 - E. All of the above.
14. Mrs. Long is a 42-year-old married woman who is seeking your care for chronic depression. She has been married to Mr. Long since she was 17 years old, having first met him in high school. Mr. Long cheats openly in the relationship and has done so for years now. Mrs. Long prefers to avoid discussions with Mr. Long about his extramarital affairs, even though she has felt publicly humiliated by them for years. In spite of the unsatisfying nature of the Long's marriage, Mrs. Long lives in fear that Mr. Long will some day dump her for someone else. Mrs. Long's friends are amazed at the way she seems to admire Mr. Long in spite of his serious lack of consideration for her. "I could do much worse," Ms. Long tells you. "I feel it is not fair for me to complain."
- Which of the following is the most likely diagnosis?
- A. Avoidant personality disorder
 - B. Delusional disorder
 - C. Dependent personality disorder
 - D. Schizotypal personality disorder
 - E. Histrionic personality disorder
15. In social phobia, the patient's central fear is that he or she
- A. Will make a mistake.
 - B. Will be criticized.
 - C. Will embarrass him or her self.
 - D. Will embarrass another person.
 - E. None of the above.
16. Anorectic patients often do all of the following EXCEPT
- A. Collect recipes.
 - B. Hoard large quantities of candies.
 - C. Prepare elaborate meals for their families.
 - D. Express intense fear about the onset of amenorrhea.
 - E. Think they are fat even when they are underweight for their height.

17. Staff Sergeant Johnson was raised to believe that one should never take another person's life. His father, who served in the US Army during World War II taught Staff Sergeant Johnson to value one's country and the importance of duty and honor. When Staff Sergeant Johnson served in Vietnam, he developed a paralysis of his trigger finger just as a Viet-Cong soldier entered the sight of his weapon. Subsequent medical evaluation revealed no detectable neurological deficit. With persistent reassurance and a course of hypnotherapy, Staff Sergeant Johnson eventually returned to normal. He had no similar symptoms either before or since.

These symptoms are most consistent with which of the following psychiatric disorders?

- A. Dysthymic disorder
- B. Panic disorder
- C. Acute stress disorder
- D. Conversion disorder
- E. Factitious disorder

18. A person with dependent personality disorder shows all of the following characteristics EXCEPT

- A. Preoccupation with details
- B. Avoids taking responsibility for self
- C. Allows others to assume responsibility
- D. Higher prevalence in women
- E. Discomfort when alone

19. All of the following are somatoform disorders in DSM-IV EXCEPT:

- A. Body dysmorphic disorder.
- B. Factitious disorder.
- C. Pain disorder.
- D. Hypochondriasis.
- E. Conversion disorder.

20. A 9-year-old boy presents to your office on referral by his pediatrician because of inattentiveness, impulsivity, hyperactivity, aggressiveness, both at home and at school. His parents request that you do "a test" to determine if he has attention-deficit hyperactivity disorder (ADHD). You
- A. Order an EEG
 - B. Order a PET scan
 - C. Check endogenous stimulant levels
 - D. Collect additional history
 - E. Order a Wechsler Intelligence Scale for Children (WISC)
21. A 31 year-old white man presents with a one-month history of fatigue, worthless feelings, indecisiveness, 10 pound weight loss, diminished ability to experience pleasure, and early morning awakening. The most likely diagnosis is:
- A. Major depressive disorder
 - B. Cyclothymic disorder
 - C. Schizophreniform disorder
 - D. Schizophrenia
 - E. Stroke
22. Panic attacks may occur as a disabling aspect of which of the following psychiatric disorders?
- A. Panic Disorder
 - B. Specific phobia
 - C. Agoraphobia
 - D. A and C
 - E. All of the above
23. Amok
- A. Syncopal-like episode among some African American groups
 - B. Brooding, rage, then amnesia following humiliation
 - C. Described in Puerto Ricans and other Hispanic groups.
 - D. A bizarre eating pattern based upon culturally-based views of appropriate body habitus
 - E. Neurasthenia-like somatic syndrome in Nigerians

24. Correct statements about functional enuresis include that it
- A. Has an onset prior to age 13
 - B. Most commonly occurs 30 minutes to 3 hours after sleep onset
 - C. Is rarely if ever associated with daytime incontinence
 - D. Occurs more often in girls than boys
 - E. Is rarely if ever associated with other emotional or behavioral symptoms
25. Correct statements about antisocial personality disorder include all of the following EXCEPT
- A. It is more frequently diagnosed in males
 - B. The signs and symptoms often begin to appear in childhood
 - C. Common symptoms include violence and job problems
 - D. It accounts for a large portion of the prison population
 - E. A majority of affected individuals develop serious criminality
26. Following diagnosis of depression in a medically ill patient, the initial step in treatment of depression is
- A. Identification of causative toxic or medical factors.
 - B. Identification of biological markers.
 - C. Hospitalization.
 - D. Initiation of psychotherapy.
 - E. Initiation of pharmacological treatment.
27. Delusional disorder is characterized by
- A. An onset between 20 and 40 years of age.
 - B. Bizarre delusions lasting at least 1 month.
 - C. Functioning that is not markedly impaired aside from the delusion.
 - D. Paranoid, disorganized, catatonic, and undifferentiated types.
 - E. A and C only.

28. Correct statements about autistic disorder include all of the following EXCEPT
- A. It may be identifiable during the first six months of life.
 - B. It may manifest itself in resistance to minor environmental change.
 - C. It is often associated with language disturbances.
 - D. It is rarely associated with mental retardation.
 - E. It is often associated with gaze aversion.
29. Generalized anxiety disorder may be distinguished from major depression by
- A. A greater frequency of initial than middle or late insomnia.
 - B. A lack of diurnal mood fluctuation.
 - C. A lack of anhedonia.
 - D. All of the above.
 - E. None of the above.
30. Which diagnostic axis of the DSM-IV allows the clinician to diagnose culturally-based syndromes?
- A. Axis II
 - B. Axis III
 - C. Axis IV
 - D. Axis V
 - E. None of the above
31. "Brain Fag"
- A. Panicked belief, found in some Asian countries, that the affected individuals' genitals are retracting into their abdomen.
 - B. Neurasthenia-like somatic syndrome in Nigerians
 - C. Somatic response to anger and frustration among Koreans.
 - D. Brooding, rage, then amnesia following humiliation
 - E. Described in Puerto Ricans and other Hispanic groups.

A 27-year-old divorced elementary school teacher is coerced by her mother into seeing a psychiatrist. She states that her mother does not believe that a prominent major league baseball player is in love with her. She states that this relationship has been going on when she attended the baseball player's autograph signing party at a local mall since 2 years ago. Although they don't communicate directly, she watches his televised baseball games faithfully because he often uses baseball signals to communicate special messages to her. Her work is going well until recently, although she has recently begun using her sick days to attend afternoon baseball games. Her home life is unremarkable except that the patient often neglects household tasks due to her extensive watching of televised baseball games. A physical examination and routine laboratory work are reported to be normal.

32. Which of the following BEST describes the patient's DSM-IV diagnosis?

- A. Delusional disorder (grandiose type)
- B. Schizophrenia (undifferentiated type)
- C. Bipolar II disorder (most recent episode hypomanic)
- D. Delusional disorder (erotomanic type)
- E. Delusional disorder (jealous type)

33. The MOST effective psychotherapeutic approach to this patient is to

- A. Pretend to give credence to her delusional beliefs
- B. Develop a paternalistic approach
- C. Attempt to talk the patient out of her delusional beliefs, with logical reasoning
- D. Confront the patient with the evidence that refutes the validity of her beliefs
- E. Convey your skepticism regarding the validity of her beliefs, but that you accept and respect her as a person.

34. Encopresis

- A. Is more common in boys than girls.
- B. Is characterized by bedwetting.
- C. Is characterized by a consistent failure to speak (in spite of the expectation to speak) in specific social situations despite speaking in other situations.
- D. Involves often characterized by harsh or obscene vocal tics or utterances, and literally means "talking feces".
- E. Is usually treated by pediatricians using medications.

35. Ms. Lonelihart is a 27-year-old woman who suffers from a chronic pattern of shifting moodiness. She also has a pattern of unsatisfying relationships characterized by rapid infatuation and a period of intense sexual activity. Her relationships seem to burn out as fast as they start however, and she ends up hating the men she had previously dated. Most of the time between these relationships, Ms. Lonelihart feels chronically empty, alone, bitter, and abandoned. She often drinks heavily for several weeks after her relationship breakups. Ms. Lonelihart's symptoms are most consistent with
- A. Cyclothymic disorder
 - B. Histrionic personality disorder
 - C. Dysthymic disorder
 - D. Borderline personality disorder
 - E. Dependent personality disorder
36. The treatment of choice for agoraphobia is
- A. Reassurance.
 - B. Psychoeducation.
 - C. Supportive psychotherapy.
 - D. An antidepressant.
 - E. Cognitive-behavior therapy.
37. Mild mental retardation is characterized by
- A. Ability to manage a job.
 - B. An IQ between 45-55.
 - C. A life span of approximately 20 years.
 - D. A second grade academic level.
 - E. All of the above.
38. Learning disorders are defined to exclude individuals whose slow learning is explainable by
- A. Motor or sensory handicaps.
 - B. Weak educational opportunities.
 - C. Low intelligence.
 - D. All of the above.
 - E. None of the above.

39. Which of the following personality disorders responds to pharmacologic treatment?

- A. Narcissistic personality disorder.
- B. Antisocial personality disorder.
- C. Histrionic personality disorder.
- D. Borderline personality disorder.
- E. Immature personality disorder.

40. Avoidant personality disorder develops from

- A. Parental rejection and censure of the child.
- B. Parental neglect of their fears, failures, or dependency.
- C. Parental mismanagement of the 2- to 3-year-old child's efforts to become autonomous.
- D. Parental overindulgence of the child.
- E. All of the above.

You have completed the exam.

Please make sure your answer sheet contains one and only one response on all 40 of the exam questions.

Turn in your exam before you leave the room. Your exam will be returned to you via your student mailbox with an answer key once all the students have taken the exam.
