

# 2001 Human Behavior Course Final Exam

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LAST NAME

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FIRST NAME

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DATE

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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 **xx pages** and **xx 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.

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# !! ANSWER KEY !!

1. A 55-year-old man with a long history of alcohol dependence was admitted to the medical ward. At the time of admission, he was noted to have alcohol on his breath. Two days after admission he became acutely agitated and reported hearing other patients calling him a homosexual. He appeared to be alert and well-oriented and his vital signs were normal. The patient was probably exhibiting symptoms of
  - A. Schizophrenia
  - B. Delirium tremens
  - C. **XX** Alcohol-induced psychotic disorder, with hallucinations
  - D. Pathological intoxication (idiosyncratic alcohol intoxication)
  - E. Methanol intoxication
  
2. A pervasive pattern of grandiosity, lack of empathy, and need for admiration suggests the diagnosis of which of the following personality disorders?
  - A. Schizotypal
  - B. Obsessive-compulsive
  - C. Borderline
  - D. **XX** Narcissistic
  - E. Paranoid
  
3. Which of the following statements is FALSE?
  - A. **XX** Biofeedback is an effective treatment for simple phobia
  - B. Therapy targeting catastrophic cognitions is effective for panic disorder
  - C. Biofeedback is effective for headaches
  - D. Therapy targeting self-defeating cognitions is effective for major depressive disorder
  - E. Social skills training is a useful method of rehabilitation for patients with chronic schizophrenia
  
4. Melancholic features of depression include all of the following EXCEPT
  - A. Depression that is worse in the morning
  - B. Loss of pleasure in all or almost all activities
  - C. **XX** Pattern of interpersonal rejection sensitivity
  - D. Lack of reactivity to usually pleasurable stimuli
  - E. Excessive or inappropriate guilt
  
5. An increased risk of suicide is found in
  - A. Patients with mood disorders

# !! ANSWER KEY !!

- B. Patients with schizophrenia
  - C. Patients with alcohol dependence
  - D. Patients with panic disorder
  - E. **XX** All of the above
6. Which of the following disorders occurs more commonly among women than among men?
- A. Bipolar disorder.
  - B. Antisocial personality disorder.
  - C. Schizophrenia.
  - D. **XX** Major depressive disorder.
  - E. Obsessive-compulsive disorder.
7. Which of the following antipsychotic drugs is LEAST likely to cause tardive dyskinesia?
- A. **XX** Clozapine
  - B. Haloperidol
  - C. Olanzapine
  - D. Risperidone
  - E. Sertindole
8. Which of the following therapies is based on the principles of learning theory
- A. Biofeedback
  - B. **XX** Behavior therapy
  - C. Crisis intervention
  - D. Cognitive therapy
  - E. Hypnosis
9. Features associated with anorexia nervosa include
- A. Normal hair structure and distribution
  - B. 7 to 9% of those affected are male
  - C. **XX** Onset between the ages of 10 and 30
  - D. Mortality rates of 20-25%
  - E. All of the above
10. The most common type of schizophrenic hallucination is
- A. Tactile

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- B. Visual
  - C. **XX** Auditory
  - D. Gustatory
  - E. Olfactory
11. In a recent population-based study of mental disorders across 10 international sites and 38,000 subjects found that clinical depression
- A. Varied little in prevalence from 3-7%
  - B. Varied little in prevalence from 10-15%
  - C. **XX** Varied widely in prevalence from 1.5% to 19%
  - D. Varied widely in prevalence from 10% to 40%
  - E. None of the above
12. A 40-year-old white married woman comes to the clinic with complaints of vague abdominal pain of three months duration and the certainty that she has cancer. She has been referred to the clinic after exhaustive medical examinations, the results of which have always been within normal limits. Despite numerous tests and hospitalizations, she continues to believe that she has cancer, but “the doctors just haven’t found it yet.” She is demanding more medical testing. You carefully review her medical record, reexamine her, and determine that the risk of further testing is not medically indicated or justified. Even so, you succumb to her near desperate pleas for more testing. In doing so, you reinforce her misplaced cancer beliefs. In this case, continued diagnostic testing would constitute a
- A. Predisposing factor
  - B. Precipitating factor
  - C. **XX** Perpetuating factor
  - D. All of the above
  - E. None of the above
13. Over the past three months, the woman in the question above has experienced early morning awakening and loss of appetite. She has lost 12 pounds, which she attributes to the effects of cancer. She is unable to find even momentary pleasure in anything and has been unable to do her housework. She thinks her family would be better off without her. She has a sad, mask-like facial expression. Her speech is monotonous and slow. Her sentences often begin after long, sighing expirations. Tears come to her eyes when she begins to talk about the fact that her youngest child left for college three months ago.
- Previously she had been well. She denies a previous history of similar symptoms and has received no prior medical or psychiatric help. Although regarded by others as unduly serious, formal, and perfectionistic, she takes pride in the way she is: “I guess I was a ‘workaholic,’ but that’s the way I am.”
- The most appropriate pharmacotherapy would be

# !! ANSWER KEY !!

- A. Desipramine.
  - B. Haloperidol.
  - C. **XX** Desipramine and haloperidol.
  - D. Desipramine and diazepam.
  - E. Haloperidol and diazepam.
14. All of the following statements are true about bipolar I disorder EXCEPT
- A. Bipolar I disorder most often starts with depression
  - B. About 10 to 20 percent of patients experience only manic episodes
  - C. An untreated manic episode lasts about 3 months
  - D. **XX** As the illness progresses, the amount of time between episodes often increases
  - E. Rapid cycling is much more common in women than men
15. Which of the following statements about Major Depressive Disorder is FALSE?
- A. About half of depressed primary care patients are misdiagnosed or untreated.
  - B. **XX** Medical illness increases the chance a primary care physician recognizes depression.
  - C. Somatization decreases the chance a primary care physician recognizes depression.
  - D. Few depressed primary care patients initially present with emotional concerns.
  - E. Many if not most depressed primary care patients referred to psychiatry fail to follow the recommendation.
16. According to Vaillant's hierarchy of defense mechanisms, all of the following are "mature defenses" EXCEPT
- A. Sublimation
  - B. Altruism
  - C. Humor
  - D. Suppression
  - E. **XX** Intellectualization
17. Conventional antipsychotics are thought to reduce psychosis via
- A. Antagonist action at D1 dopamine receptors.
  - B. **XX** Antagonist action at D2 dopamine receptors.
  - C. Agonist action at D1 dopamine receptors.
  - D. Agonist action at D2 dopamine receptors.
  - E. Antipsychotics' therapeutic effects are not dopamine receptor mediated.

# !! ANSWER KEY !!

18. To reduce the risk of malpractice, preventive approaches include
- A. Documenting good care
  - B. Providing only the kind of care the psychiatrist is qualified to deliver
  - C. Acquiring informed consent
  - D. Obtaining a second opinion
  - E. **XX** All of the above
19. Common side effects of buspirone include
- A. Sedation and rash.
  - B. **XX** Nausea and dizziness.
  - C. Ataxia and tremor.
  - D. Renal impairment and diabetes insipidus.
  - E. All of the above.
20. The MOST common issue involving lawsuits against psychiatrists is
- A. **XX** Suicide
  - B. Improper use of restraints
  - C. Sexual involvement
  - D. Drug reactions
  - E. Violence
21. Physical symptom-based disorders
- A. Include irritable bowel syndrome, chronic fatigue syndrome, and fibromyalgia
  - B. Are often complicated by anxiety and depression symptoms
  - C. Occur across essentially all medical specialties
  - D. Include irritable bowel syndrome, somatization disorder, and fibromyalgia
  - E. **XX** All of the above
22. 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

## !! ANSWER KEY !!

- 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.
23. Which of the following tricyclic drugs is LEAST associated with anticholinergic effects?
- A. Amitriptyline
  - B. Clomipramine
  - C. **XX** Desipramine
  - D. Imipramine
  - E. Trimipramine
24. Which of the following statements are correct regarding psychiatric problems in the primary care setting?
- A. 20% of primary care patients have anxiety or depressive disorders
  - B. **XX** 5 to 10% of primary care patients have a mood disorder
  - C. Alcohol use disorders affect less than 5% of primary care patients
  - D. Substance use disorders (not counting alcohol) affect less than 5% of primary care patients
  - E. All of the above are correct statements
25. All of the following mental disorders are more common among women than men EXCEPT
- A. Panic disorder
  - B. Major depressive disorder
  - C. **XX** Schizophrenia
  - D. Somatization disorder
  - E. Borderline personality disorder
26. Which of the following statements about sympathomimetics is correct?
- A. They are poorly absorbed from the gastrointestinal tract and therefore require high dosages to achieve a therapeutic effect.
  - B. The chemical structures of dextroamphetamine, methylphenidate, and pemoline are closely related.
  - C. Tolerance for the therapeutic effect in attention-deficit/hyperactivity disorder develops for dextroamphetamine and pemoline but not for methylphenidate, which is therefore the most frequently used agent for attention-deficit/hyperactivity disorder.
  - D. **XX** Use of sympathomimetics for treatment of depression is limited by concerns about abuse potential.

# **!! ANSWER KEY !!**

- E. All sympathomimetics have exactly the same pharmacodynamic profile.
27. Which answer to the following statement is INCORRECT (false)? Research has shown that collaborative care (mental health professionals including psychiatrists join the primary care clinician in the primary care setting) for patients with depression...
- A. Improves patient satisfaction with care
  - B. Improves patient compliance with antidepressant medication
  - C. Improves the cost-effectiveness of depression care
  - D. Improves depression symptoms in patients with major depression
  - E. **XX** Improves depression symptoms in patients with minor depression
28. 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
29. Which of the following statements about psychoactive medication use during pregnancy is FALSE?
- A. Lithium use in the first trimester is associated with an increased risk of Ebstein's anomaly, a serious malformation of the tricuspid heart valve
  - B. Valproic acid use in the first trimester is associated with an increased risk of a neural tube defect
  - C. ECT is considered safe and effective for pregnant patients with severe mood disorders
  - D. **XX** Studies have not associated benzodiazepines with congenital anomalies
  - E. Agents used to treat extrapyramidal side effects of antipsychotic medications are associated with major and minor congenital anomalies
30. For a diagnosis of adjustment disorder, the reaction to a psychosocial stressor must occur within
- A. One week
  - B. Two weeks
  - C. One month
  - D. Two months
  - E. **XX** Three months

# **!! ANSWER KEY !!**

31. All of the following are barriers to improving the quality of psychiatric practice in primary care settings EXCEPT
- A. Short visits in primary care
  - B. **XX** Depressive disorders that are undetected in primary care are less severe and have a better prognosis than those that are detected.
  - C. Most psychiatrists' clinical practices do not generalize well to the primary care setting
  - D. Primary care doctors' tendency to focus exclusively on physical symptoms and chronic illnesses
  - E. Primary care doctors' failure to diagnose common and treatable depression and anxiety disorders.
32. The causes of delirium include
- A. Antihistamines
  - B. Cerebral meningitis
  - C. Hypoglycemia
  - D. Urinary tract infection
  - E. **XX** All of the above
33. The risk of developing tardive dyskinesia increases by what percentage for each year of exposure to antipsychotic medication in young adults?
- A. 1%.
  - B. **XX** 5%.
  - C. 10%.
  - D. 15%.
  - E. 20%.
34. Characteristics of the cognitive maturation of early childhood (age 3-6 years) includes:
- A. Fantasy becomes pleasurable
  - B. Symbolization (object assume meanings it does not actually possess).
  - C. Learning through deferred imitation
  - D. Fantasy formation
  - E. **XX** All of the above
35. Ethical dilemmas in combat and disaster psychiatry include all of the following EXCEPT
- A. Return to duty decisions
  - B. Appropriate distribution of scarce emergency response resources

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- C. Triage decisions
  - D. Decisions regarding the welfare of the unit and mission versus the individual soldier
  - E. **XX** All of the above are ethical dilemmas in combat and disaster psychiatry
36. Which of the following conditions may mimic an anxiety disorder in an elderly patient?
- A. Hyperthyroidism
  - B. Caffeine
  - C. Cardiac arrhythmias
  - D. **XX** All of the above are correct
  - E. A and B are correct
37. The primary goal of the military psychiatrist during combat is to
- A. Reduce distress
  - B. Reduce symptoms
  - C. **XX** Increase capacity to function
  - D. Avoid “medicalization” of combat-related distress
  - E. Identify and treat mental disorders
38. Lithium
- A. **XX** Can cause leukocytosis
  - B. Lowers seizure threshold
  - C. Can cause leukopenia
  - D. Commonly causes tardive dyskinesia
  - E. Can cause severe withdrawal symptoms
39. Which statement is TRUE regarding post-incident debriefings (systematic debriefings after combat or a disaster)?
- A. Randomized trials show that debriefing reduces PTSD among disaster victims.
  - B. Randomized trials show that debriefing reduces distress-related physical symptoms.
  - C. **XX** US military policy is emphasizing rapid response (intervention) teams to perform debriefings after wartime catastrophes.
  - D. All of the above
  - E. None of the above
40. A few hours after initiation of the therapy chosen, the patient complains of severe eye pain, and that his eyes feel “locked” in an elevated position. These symptoms are called

# !! ANSWER KEY !!

- A. Akathisia.
  - B. **XX** Acute dystonic reaction.
  - C. Parkinsonian syndrome.
  - D. Tardive dyskinesia.
  - E. Anticholinergic effect.
41. The most widely used antimanic agent is
- A. Valproic acid.
  - B. Clonazepam.
  - C. Carbamazepine.
  - D. **XX** Lithium
  - E. Haloperidol.
42. Factors that predict a better response to carbamazepine than to lithium in bipolar I disorder include each of the following EXCEPT
- A. Comorbid seizure disorder
  - B. Dysphoric mania
  - C. **XX** First episode of mania
  - D. Negative family history
  - E. Rapid cycling
43. 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. Upon gathering further data from the patient, family, and school, you diagnose the patient as having ADHD, but you also note during your exam that the boy frequently blinks and clears his throat. Should you elect to treat him with medication, you should consider
- A. Stimulant medications are likely to exacerbate a tic disorder
  - B. Reports have been made concerning a risk of sudden death with tricyclic antidepressants (TCAs) in children.
  - C. Clonidine has been reported efficacious in the treatment of Tourette's syndrome
  - D. The precise mechanism of action of stimulants is unknown
  - E. **XX** All of the above
44. In which of the following therapies does the therapist serve as the auxiliary ego for the patient?
- A. Psychoanalysis.
  - B. Psychoanalytic psychotherapy.

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- C. Interpersonal psychotherapy.
  - D. **XX** Supportive psychotherapy.
  - E. All of the above.
45. Which of the following is true?
- A. The side effects of lithium are usually mild and transient.
  - B. Anticonvulsants cannot be used in combination with lithium.
  - C. Carbamazepine inhibits liver enzymes.
  - D. All of the above.
  - E. **XX** None of the above.
46. Which of the following statements is TRUE?
- A. **XX** Mortality in the hospitalized elderly patient with delirium is 25%.
  - B. The prevalence of delirium in the hospitalized elderly patient is 5%.
  - C. Older adults are more likely to be diagnosed with major depressive disorder than young adults.
  - D. The prevalence of Alzheimer's disease among individuals over age 65 is 10-15%.
  - E. The prevalence of Alzheimer's disease among individuals over 85 is 70-75%.
47. Which medication, if discontinued abruptly, may cause a life-threatening withdrawal syndrome?
- A. Lithium.
  - B. **XX** A benzodiazepine.
  - C. A tricyclic antidepressant.
  - D. A selective serotonin reuptake inhibitor.
  - E. Venlafaxine.
48. Uncovers and works through infantile conflicts
- A. **XX** Psychoanalysis or psychoanalytic psychotherapy
  - B. Behavior therapy
  - C. Cognitive therapy
  - D. Cognitive-Behavioral therapy
  - E. None of the above
49. The tricyclic antidepressant that is most likely to cause extrapyramidal side effects is

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- A. Amitriptyline.
  - B. Imipramine.
  - C. **XX** Amoxapine.
  - D. Nortriptyline.
  - E. Desipramine.
50. Which of the following antidepressants disrupts sleep continuity?
- A. **XX** Fluoxetine
  - B. Nefazodone
  - C. Sertraline
  - D. Trazodone
  - E. None of the above
51. Takes as its focus the patient's current psychological conflicts and current dynamic patterns
- A. **XX** Psychoanalysis or psychoanalytic psychotherapy
  - B. Behavior therapy
  - C. Cognitive therapy
  - D. Cognitive-Behavioral therapy
  - E. None of the above
52. Age-related changes in the ratio of lean to fat body mass affect the distribution of all of the following EXCEPT
- A. Imipramine
  - B. Diazepam
  - C. Chlorpromazine
  - D. **XX** Lithium
  - E. Fluoxetine
53. Patients with poor frustration tolerance and poor reality testing are BEST treated with
- A. **XX** Supportive psychotherapy
  - B. Insight-oriented psychotherapy
  - C. Expressive psychotherapy
  - D. Intensive psychoanalytic psychotherapy
  - E. All of the above

# **!! ANSWER KEY !!**

54. Anticholinergic drugs are indicated for treatment of all of the following EXCEPT
- A. Neuroleptic-induced parkinsonism
  - B. **XX** Huntington's chorea
  - C. Neuroleptic induced dystonia
  - D. Idiopathic Parkinson's disease
  - E. Medication-induced postural tremor
55. Forms of psychotherapy that may include psychoanalytic principles include all of the following EXCEPT
- A. Brief dynamic psychotherapy
  - B. Group psychotherapy
  - C. **XX** Systematic desensitization
  - D. Explorative psychotherapy
  - E. Supportive psychotherapy
56. One of the advantages in the use of serotonin-specific reuptake inhibitors (SSRIs) by the elderly is the absence of
- A. Nausea and other gastrointestinal symptoms
  - B. **XX** Orthostatic hypotension
  - C. Nervousness
  - D. Headache
  - E. All of the above
57. An effective behavioral technique against compulsions among patients with obsessive-compulsive disorder is
- A. Social skills training
  - B. **XX** Response prevention
  - C. Biofeedback
  - D. Punishment
  - E. Modeling
58. Which of the following drugs has the fastest onset of action against acute mania?
- A. Carbamazepine
  - B. **XX** Haloperidol
  - C. Lithium
  - D. Risperidone

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- E. Valproate
59. Which of the following statements BEST describes the cognitive-behavioral notion of “automatic thoughts”
- A. Preconscious thoughts that cause a maladaptive behavior
  - B. **XX** Thoughts resulting from a schema that result in an emotion or behavior
  - C. Repressed thoughts that drive emotions and behavior
  - D. Unconscious thoughts that come to the surface
  - E. B and D are correct
60. Elderly persons taking antipsychotics are especially susceptible to the following side effects EXCEPT
- A. Tardive dyskinesia
  - B. Akathisia
  - C. A toxic confusional state
  - D. **XX** Paresthesias
  - E. Dry mouth
61. Which of the following therapies is based on an underlying theoretical rationale that affect and behavior are largely determined by the way a person structures the world?
- A. Biofeedback
  - B. Behavior therapy
  - C. Crisis intervention
  - D. **XX** Cognitive therapy
  - E. Hypnosis
62. Psychiatric diagnoses commonly associated with deployment include all of the following EXCEPT
- A. Alcohol abuse
  - B. **XX** Schizophrenia
  - C. Panic disorder
  - D. Malingering
  - E. All of the above
63. Disulfiram causes which of the following symptoms in patients who have NOT ingested alcohol?

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- A. **XX** Fatigue
  - B. Headache
  - C. Hypertension
  - D. Nausea
  - E. Vomiting
64. Which of the following is NOT a common statutory exception to confidentiality between a psychiatrist and his or her patient?
- A. Court-ordered examination
  - B. Communication with other treatment providers
  - C. Dangerousness to self or others
  - D. **XX** Workers' compensation
  - E. Child abuse
65. Of the following, which is the LEAST common cause of malpractice claims against psychiatrists by patients?
- A. Suicide attempts
  - B. Improper use of restraints
  - C. Failure to treat psychosis
  - D. **XX** Sexual involvement
  - E. Substance dependence
66. An agitated 24-year-old unmarried man is brought to the emergency room by the police. He has a five-year history of multiple-drug abuse. He does not work and lives with people he meets on the streets. In the past, he has supported himself through drug dealing and shoplifting. He reports having no friends.
- About five years ago, he began to develop feelings of vague suspiciousness. He recognized that this was just his way of perceiving the world rather than reality. However, three days ago his suspiciousness increased. He now has trouble sleeping. He has become convinced that his neighbor is a member of the Mafia and is plotting to kill him. This evening, he went to his neighbor's house in an attempt to eavesdrop. The neighbor saw him and came to the door. The patient shot him.
- This patient's attorney could argue that his client is not legally responsible for shooting his neighbor because
- A. **XX** He was suffering from a substance-induced psychotic disorder at the time
  - B. The neighbor was, in fact, a member of the Mafia
  - C. He is incompetent to stand trial
  - D. He didn't know the gun was loaded

# !! ANSWER KEY !!

- E. None of the above
67. The obsessive-compulsive disorder patient who tries to resist carrying out the compulsion generally experiences
- A. **XX** Anxiety
  - B. Hypochondriasis
  - C. Somatization disorder
  - D. Dissociation
  - E. Ambivalence
68. Separation anxiety disorder
- A. Is a developmental phase
  - B. **XX** Accounts for most of the anxiety in childhood
  - C. Has its most common onset at 1 to 2 years of age
  - D. Is less serious when it occurs in adolescence
  - E. Always involves refusal to go to school
69. Which of the following is FALSE about mental disorders according to DSM-IV:
- A. A mental disorder is clinically significant
  - B. A mental disorders is a behavioral or psychological syndrome or pattern
  - C. **XX** A mental disorder represents a mental defect for legal purposes
  - D. A mental disorder is usually associated with current distress or disability
  - E. The presence of a mental disorder does not imply a specific level of impairment
70. Stimulus generalization:
- A. Is the behavioral method used to correct stimulus discrimination
  - B. Occurs when someone applies new behavioral skills in new and adaptive ways.
  - C. **XX** Occurs when someone responds to a new stimulus that resembles an original stimulus as though it IS the original stimulus.
  - D. Is the behavioral method used to correct a maladaptive schema
  - E. Is a major cause of black and white thinking
71. 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.

## **!! ANSWER KEY !!**

- C. First episode of psychosis.
- D. **XX** All of the above
- E. None of the above.

### 72. Factitious disorders

- A. Usually begin in childhood
- B. Are best treated with psychoactive drugs
- C. Usually have a good prognosis
- D. Are synonymous with Ganser's syndrome
- E. **XX** May occur by proxy

## **!! ANSWER KEY !!**

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You have completed the exam.

Please make sure your answer sheet contains one and only one response on all 72 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.

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