

!! ANSWER KEY !!

2002 Human Behavior Course Block 1 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 **12** pages counting the front and back cover pages.

There are 40 questions on this examination.

Before you turn the exam in, check that you have marked one answer sheet response for each question.

!! ANSWER KEY !!

1. Mental illness is estimated to account for what percent of the global burden of disease?

- A. 5-10%.
- B. 11-15%.
- C. 16-20%.
- D. 21-25%.
- E. None of the above.

2. When a six month old infant is fretful, reaches out, and seeks proximity to a parent when an unrecognized other is nearby, the infant is experiencing:

- A. Separation anxiety.
- B. Assimilation anxiety.
- C. Stranger anxiety.
- D. Assommodation anxiety.
- E. Body damage anxiety.

3. 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. Agoraphobia
- E. Schizophreniform disorder

4. Which of the following choices below lists the most important contributors to psychiatric morbidity by order of their estimated impact on the global burden of disease?

- A. Depressive disorders>self-inflicted injuries>dementia>alcohol dependence.
- B. Depressive disorders>alcohol dependence>self-inflicted injuries>somatoform disorders.
- C. Depressive disorders>somatoform disorders>alcohol dependence>drug dependence.
- D. Alcohol dependence>post-traumatic stress disorder>depressive disorders>drug dependence.
- E. Alcohol dependence>dementia>depressive disorders>somatoform disorders>drug dependence.

5. 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. Adolescent rebellion inhibits identity formation and independence.
- E. Adolescent rebellion facilitates the process of emancipation from parents.

6. A 29-year-old single woman has come to the emergency room with thoughts of suicide since her boyfriend of 3 years left her a week ago. Her sister has accompanied her to the emergency room and has agreed to allow the patient to stay with her. Which of the following factors suggest she may be at significantly elevated risk for committing suicide?

- A. Gender
- B. Age
- C. Suicidal ideas expressed verbally
- D. Potential for family conflict

E. All of the above

7. The rate-limiting enzyme in catecholamine synthesis is

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

8. Castration anxiety occurs mainly between

- A. 2-4 years.
- B. 4-6 years.
- C. 6-8 years.
- D. 8-10 years.
- E. None of the above

9. You are seeing a 37-year-old woman with bipolar disorder. Which of the following laboratory studies would be essential to obtain prior to initiating lithium?

- A. CT scan of the head.
- B. Electroencephalogram (EEG).
- C. Liver function panel.
- D. Pregnancy test.
- E. Vitamin B12 level.

10. 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. Sedation alone does not explain the therapeutic efficacy of antipsychotics
- C. The D1 dopamine receptor blockade is responsible for the therapeutic effect of standard 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

11. Advantages of MRI over CT include

- A. Use for patients with a pacemaker.
- B. Better visualization of demyelinating disease.
- C. Less anxiety for the patient during the test.
- D. Better detection of calcified lesions.
- E. Better detection of hemorrhagic lesions.

12. Which of the following is NOT a sign of impending violence?

- A. A verbal threat
- B. A rage reaction
- C. Ecstasy intoxication
- D. Excessive sleepiness
- E. Catatonic excitement

13. Which of the following is TRUE about endorphins?

- A. Glutamate is an endorphin.
- B. GABA is an endorphin.
- C. Endorphins are peptide neurotransmitters.
- D. Endorphins are purine neurotransmitters.
- E. Endorphins are monoamine neurotransmitters.

14. Suicide rates

- A. Are equal among men and women
- B. Decrease with age
- C. Are higher among blacks than among whites
- D. Increase during December and other holiday periods
- E. Among Catholics are lower than the rates among Protestants and Jews

15. Which of the following agents exert their primary effects via GABAergic neurons?

- A. Benzodiazepines.
- B. Antipsychotics.
- C. Tricyclics.
- D. B-blockers.
- E. None of the above

16. Which of the following is TRUE about hypochondriasis according to Vaillant?

- A. Hypochondriasis is a psychotic defense mechanism.
- B. Hypochondriasis is when one reads about an illness and then imagines having it.
- C. Hypochondriasis is a mature defense mechanism.
- D. Hypochondriasis is when one attends to the needs of others until personal health concerns become overwhelming.
- E. None of the above.

17. The prominent normal developmental anxiety during the ages 3-6 is:

- A. Stranger anxiety.
- B. Separation anxiety.
- C. Sexual performance anxiety.

- D. Body damage anxiety
- E. Superego anxiety.

18. You are reviewing the medical record of a psychiatric patient. What is the single best diagnostic axis to review if you want to know what other treating clinicians thought about the patient's personality?

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

19. 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. 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

20. 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. Emergence of secondary sexual characteristics.
- E. Development of a rebellious attitude toward parents and other authority figures.

21. Which of the following is a catecholamine neurotransmitter?

- A. Dopamine
- B. Tyrosine hydroxylase
- C. Serotonin
- D. Dopa decarboxylase
- E. Neurotensin

22. 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. 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.

23. While serving as the psychiatrist on call, you are summoned to see a 27-year-old man who struck one of the emergency room staff. Which of the following is the best response?

- A. Wait to see the patient until he is restrained and the police are present.
- B. Speak to the patient in a calm and nonjudgmental manner.
- C. See the patient alone to deescalate the situation.
- D. Take charge of the situation so that the staff and the patient feel safe.
- E. Initiate a careful medical workup, since virtually all violence is associated with either medical or mental illness.

24. 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. All of the above

25. Social Precipitant

- A. Cognitive-Behavioral Psychotherapy.
- B. Childhood history of repeated sexual abuse.
- C. Unemployment compensation.
- D. Electroconvulsive Therapy (ECT).
- E. Sudden unemployment.

26. Which of the following is the WORST match? Superego:

- A. Internal behavior regulator
- B. Self-control
- C. Freud
- D. Conscience
- E. Infancy

27. 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. 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

28. A 43-year-old woman develops influenza and never recovers, developing overwhelming fatigue and depression that persists for years. Which of the following is TRUE?

- A. Influenza acted as a biological precipitant of the woman's chronic depression.
- B. Influenza is acting as a biological perpetuator of the woman's depression.
- C. Influenza is a common psychosocial precipitant of depression.
- D. All of the above.
- E. None of the above.

29. What is the primary purpose of DSM-IV diagnostic system?

- A. Facilitating communication between clinicians.
- B. Improving patient health.
- C. Deciding whether an individual is responsible for his or her own behavior.
- D. Deciding if a patient is mentally ill.
- E. All of the above.

30. A 33-year-old woman with a history of diabetes mellitus is brought to the emergency room. On examination, she has a fluctuating mental status and is unable to state where she is. 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. Form a basic trust in others which must override mistrust.

31. Which of the following clues suggest the presence of an organic mental disorder (a mental disorder that is substance induced or due to a general medical condition)?

- A. Age less than 40.
- B. Fluctuating mental status.
- C. Auditory hallucinations.
- D. Absence of focal deficits on neurological examination.
- E. Slurred speech indicates she is taking illicit drugs.

32. Two years after hospitalization for a non-psychiatric medical condition, between 33% and 49% of active duty military personnel have left the military. Two years after hospitalization for a psychiatric condition...

- A. One-third have left the military.
- B. Half have left the military.
- C. Two-thirds have left the military.
- D. Three-fourths have left the military.
- E. Virtually all have left the military.

33. 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 support.
- C. Disfiguring injury or chronic illness.
- D. Recent marriage.
- E. Elder male (versus younger female).

34. Which of the following is TRUE about gamma-amino-butyric acid (GABA)?

- A. Benzodiazepines (minor tranquilizers) block GABA receptors.
- B. Barbiturates block GABA receptors.
- C. Endorphins block GABA receptors.
- D. All of the above.
- E. None of the above.

35. All of the following are mature defenses according to Vaillant EXCEPT:

- A. Intellectualization
- B. Altruism
- C. Suppression
- D. Humor
- E. Sublimation

36. Which of the following is FALSE?

- A. At the sensory-motor stage, an infant is embedded in a trial-and-error world.
- B. Reasoning begins during the sensory-motor stage.
- C. Internalization of actions begins during the preoperational stage.
- D. At the formal operational stage, the rules of logic of language are established.
- E. None of the above

37. Which is the proper sequence of normal adult development according to Erikson's stages?

- A. 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

38. Normal stranger anxiety is most prominent from ages

- A. 5 to 15 months.
- B. 7 to 20 months.
- C. 8 to 30 months.
- D. 10 to 36 months.
- E. 12 to 36 months.

39. The enzyme localized on the outer membrane of the mitochondria and that metabolizes catecholamines is

- A. Protein kinase.
- B. Monoamine oxidase (MAO).
- C. Catechol-O-methyltransferase (COMT).
- D. Acetylcholinesterase.
- E. All of the above.

40. Diagnostic reliability...

- A. Is the accuracy of a diagnostic determination
- B. Is achieved when a diagnostic technique measures what it purports to measure
- C. Is suggested when two different clinicians assess a patient around the same time and arrive at the same diagnosis
- D. Means that the diagnosis is "always there when you need it"
- E. Is suggested when patients who have a particular diagnosis consistently show up for their appointments

!! ANSWER KEY !!

You have completed the exam.

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 it.