

2002 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.

1. "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.

2. Standard treatment of somatization disorder includes
 - A. Antidepressants.
 - B. Anxiolytics.
 - C. Repeated batteries of labs.
 - D. Development of a therapeutic alliance.
 - E. There is no known treatment for somatization disorder.

3. The diagnosis of adjustment disorder requires that emotional symptoms occur within how many months of the stressor?
 - A. 1 month.
 - B. 2 months.
 - C. 3 months.
 - D. 6 months.
 - E. 9 months.

4. A 60-year-old chronic alcoholic with a history of alcohol withdrawal delirium (delirium tremens) is admitted to the medicine ward for another medical problem. Of the following, what is the best clinical approach?
 - A. Watchful waiting (no change in psychopharmacological management)
 - B. Haloperidol
 - C. Paroxetine
 - D. Alprazolam
 - E. Chlordiazepoxide

5. The most common comorbid disorders for women with alcoholism are
 - A. Other substance abuse disorders.
 - B. Psychotic disorders.
 - C. Personality disorders.
 - D. Anxiety disorders
 - E. Dissociative disorders.

6. Panic attacks may occur as a disabling aspect of which of the following psychiatric disorders?
 - A. Panic disorder
 - B. Specific phobia
 - C. Agoraphobia
 - D. Social phobia
 - E. All of the above

7. A 50 year old man tells the doctor that he is tired all day because he gets out of bed at least 20 times a night to check the locks on the doors and to be sure the gas jets on the stove are turned off. Which of the following disorders best fits this clinical picture?
 - A. Hypochondriasis
 - B. Obsessive-compulsive disorder
 - C. Panic disorder
 - D. Generalized anxiety disorder
 - E. Acute stress disorder

8. 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. Three months

9. A 79-year-old woman, Ms S, has experienced sadness and loss since the death of her husband three weeks ago. At the time of his death, the couple had been happily married for over 61 years. For the past several years, the two have gone on daily walks. Ms S's family is concerned because Ms S reports awakening from several daytime naps thinking that she heard Mr S tell her to wake up for their walk. She has no other symptoms. Which diagnosis best describes Ms S's clinical presentation?
- A. Brief reactive psychosis
 - B. Adjustment disorder with depressed mood
 - C. Bereavement but no major mental disorder
 - D. Major depressive episode with psychotic features
 - E. Probably Alzheimer's dementia
10. Which of the following events is most likely to result in acute stress disorder (PTSD)?
- A. Diagnosed with terminal illness
 - B. Bankruptcy
 - C. Changing residence
 - D. Divorce
 - E. Sexual assault
11. Which of the following clinical findings are consistent with a diagnosis of bulimia nervosa, nonpurging type?
- A. Esophageal tear
 - B. Parotid gland enlargement
 - C. Russell's sign
 - D. Repeated lower extremity musculoskeletal injuries
 - E. All of the above
12. Which of the following is TRUE?
- A. Adjustment disorder usually is the incipient phase of an emerging psychiatric disorder.
 - B. Long-term prognosis of adjustment disorder is better for adults than for adolescents.
 - C. Adults have fewer symptoms of depression with adjustment disorder than do adolescents.
 - D. All of the above.
 - E. None of the above.

13. According to the catecholamine theory, panic disorder is caused by
- A. Abnormal receptor function leading to decreased inhibitory activity.
 - B. Massive B-adrenergic nervous system discharge.
 - C. Increased discharge of central nervous system noradrenergic nuclei.
 - D. Aberrant metabolic changes induced by lactate infusion.
 - E. None of the above.
14. A 23-year-old female medical student comes to the emergency room with increased heart rate, sweating, and shortness of breath. She is convinced that she is having an asthma attack and that she will suffocate. The symptoms started suddenly during a car ride to school. She has no history of asthma, and other than an increased pulse rate, the physical findings are normal. Which of the following disorders best fits the clinical picture?
- A. Hypochondriasis
 - B. Obsessive-compulsive disorder
 - C. Panic disorder
 - D. Generalized anxiety disorder
 - E. Acute stress disorder
15. A 29-year-old man comes to the emergency department complaining of stomach cramps and diarrhea. He is sweating, has a fever, runny nose, and goose bumps on his skin. Pupils are dilated and he yawns frequently. Of the following, what is the most likely cause of this picture is
- A. Alcohol use
 - B. Alcohol withdrawal
 - C. Heroin use
 - D. Heroin withdrawal
 - E. Amphetamine withdrawal
16. 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. Of the following, what is the most likely diagnosis?
- A. Schizophrenia
 - B. Delirium tremens
 - C. Alcohol-induced psychotic disorder, with hallucinations
 - D. Pathological intoxication (idiosyncratic alcohol intoxication)
 - E. Methanol intoxication

17. Efficacious treatments for chronic post-traumatic stress disorder include
- A. Thioridazine.
 - B. Propranolol.
 - C. Diazepam.
 - D. Sertraline.
 - E. There are no proven pharmacologic therapies for PTSD.
18. A 44-year-old otherwise healthy Puerto Rican man with no prior psychiatric history has been experiencing agitation, labile mood, fluctuating levels of consciousness, and hyperventilation over the past two months in response to his wife's unexpected death. What culture-specific syndrome best fits this clinical picture?
- A. Pibloktoq
 - B. Ataques de nervios
 - C. Koro
 - D. Spirit possession
 - E. Neurasthenia
19. On which diagnostic axis of the DSM-IV does the clinician record culture-based psychiatric syndromes?
- A. Axis II
 - B. Axis III
 - C. Axis IV
 - D. Axis V
 - E. None of the above
20. The most common diagnosis of child and adolescent patients is
- A. Conduct disorder.
 - B. Attention-deficit/hyperactivity disorder (ADHD).
 - C. Separation anxiety disorder.
 - D. Stuttering.
 - E. Mathematics disorder.

21. Separation anxiety disorder
- A. Is a childhood developmental phase
 - B. Is a risk factor for subsequent anxiety disorder.
 - 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
22. A 22-year-old male college wrestler has found it increasingly difficult to 'make weight' (keep his weight within his preferred wrestling weight class). He is 68 inches tall and 165 pounds. As his sense of control over his weight has decreased over the past year, he has taken to regular drive through trips to Burger King followed each time by a 30-40 minute "pig out". He has been using prescription diuretics and laxatives to "minimize the damage". His self-esteem is suffering now as he approaches wrestling season ("I'm a fat boy like my dad always said I'd be"). Which of the following best fits this clinical presentation?
- A. Mood-stabilizing medication is the first-line therapy
 - B. The diagnosis is anorexia nervosa, binge eating type.
 - C. The diagnosis is most common among young women.
 - D. The diagnosis is binge eating disorder.
 - E. None of the above are true.
23. Recently, a Vietnam veteran gave an outdoor speech and a helicopter flew past. The sound of the helicopter triggered the veteran to vividly recall an intense battle he was in that nearly resulted in his death and caused the death of many in his unit. In response to this recollection, the veteran experienced sudden onset of intense anxiety, rapid heart rate, sweating, dizziness, chest discomfort, and a sense of impending doom. Which diagnosis fits this clinical picture?
- A. Acute myocardial infarction
 - B. Acute stress disorder
 - C. Dissociative identity disorder
 - D. Panic disorder
 - E. None of the above

24. The most common compulsion that patients experience in Obsessive-Compulsive Disorder is
- A. Avoiding.
 - B. Checking.
 - C. Repeating.
 - D. Striving for completeness.
 - E. Washing.
25. The treatment of choice for specific phobia is
- A. Reassurance.
 - B. Psychoeducation.
 - C. Graded exposure.
 - D. Cognitive therapy.
 - E. An antidepressant.
26. A common side effect of methadone is
- A. Agitation.
 - B. Increased libido.
 - C. Ankle edema.
 - D. Diarrhea.
 - E. Headache.
27. Alcoholics commit suicide at rates similar to patients with
- A. Anxiety disorders.
 - B. Depression
 - C. Eating disorders.
 - D. Dissociative disorders.
 - E. Dementia.
28. Which of the following is NOT a warning sign of malingering
- A. Symptoms do not conform to any discrete diagnostic entities.
 - B. Female gender.
 - C. History of recurrent injuries or accidents.
 - D. Antisocial personality disorder.
 - E. The patient requests addicting or commonly abused drugs to treat the disorder.

29. 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
30. 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.
31. A 45-year-old woman says that she frequently feels "nervous" and often has an "upset stomach" which includes heartburn, indigestion, and diarrhea. She has had this problem since she was 25 years of age and notes that other family members also are "tense and nervous." Which of the following disorders best fits this clinical picture?
- A. Hypochondriasis
 - B. Obsessive-compulsive disorder
 - C. Panic disorder
 - D. Generalized anxiety disorder
 - E. Acute stress disorder

32. After a single first-time use of cannabinoids, a patient will test positive via urine samples for up to
- A. 12-24 hours.
 - B. 1-7 days.
 - C. 8-10 days.
 - D. 14 days.
 - E. 21 days.
33. Which of the following signs or symptoms would strongly suggest alcohol withdrawal delirium in this man?
- A. Headache, blurring of vision, and pinpoint pupils.
 - B. Headache, blurring of vision and dilated pupils.
 - C. Hypersomnolence, auditory hallucinations, and altered levels of consciousness.
 - D. Hypervigilance, visual hallucinations, and bradycardia.
 - E. Hypervigilance, visual hallucinations, and hypertension.
34. A 28-year old woman seeks facial reconstructive surgery for her “sagging” eyelids. She rarely goes out in the daytime because she believes that this characteristic makes her look “like a grandmother”. On physical examination, her eyelids appear completely normal. Which disorder best fits this clinical picture?
- A. Adjustment disorder
 - B. Hypochondriasis
 - C. Conversion disorder
 - D. Somatization disorder
 - E. Body dysmorphic disorder
35. A Gulf War veteran reports to her doctor complaining of low physical energy and several vague and chronic somatic complaints. Which of the following culture-specific syndromes best fits this clinical picture?
- A. Ataques de nervios
 - B. Amok
 - C. Koro
 - D. Neurasthenia
 - E. Chakore

36. 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.
37. A 9-year-old boy with normal intelligence has a history of fighting with other children and catching and torturing birds, squirrels, and rabbits. When asked why he engages in this behavior, he says “it’s just fun.” The best description of this child’s behavior is
- A. Attention-deficit hyperactivity disorder (ADHD)
 - B. Tourette’s disorder
 - C. Separation anxiety disorder
 - D. Antisocial personality disorder
 - E. Conduct disorder
38. 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.
39. A 17-year-old high school senior who is 66 inches tall and weights 85 pounds is admitted to the hospital. She describes fears of “losing control” over her eating 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. She is likely to display all of the following EXCEPT
- A. Denial of the severity of her condition
 - B. Strong passive dependent wishes
 - C. A history of schizophrenia
 - D. Depressive symptoms
 - E. A strong need to control others

40. Which of the following is FALSE about post-traumatic stress disorder?
- A. Thirty percent of victims of major natural disasters develop the disorder.
 - B. The disorder may have delayed onset, even years later.
 - C. Symptoms must have been present for two weeks or more.
 - D. Patients with the disorder frequently experience social withdrawal and psychological numbing.
 - E. Patients with the disorder frequently experience behavioral arousal.

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.
