

!! ANSWER KEY !!

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1. B
2. C
3. D
4. A
5. E
6. A
7. A
8. C
9. D
10. C
11. D
12. E
13. E
14. E
15. B
16. A
17. B
18. A
19. C
20. A
21. B
22. B
23. E
24. E

!! ANSWER KEY !!

2003 Human Behavior Course Block 2 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 9 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.

1. A man seeks treatment for drinking alcohol excessively. In the treatment program, he is given an alcoholic beverage mixed with something that makes him sick to his stomach. He is told to drink the mixture anytime he has an urge to drink alcohol. After a couple of weeks of this, he feels sick and nauseated every time he smells alcohol, even if it is not mixed with anything. This example is best described as
 - A. Modeling
 - B. **XX** Aversive conditioning
 - C. Operant conditioning
 - D. Token economy
 - E. Cognitive restructuring

2. Mr. Jones is a veteran of the Vietnam War. He has experienced years of insomnia and occasional nightmares of war, and he avoids anything that reminds him of the military. He has had these symptoms since the war, but they are getting worse and causing him trouble in his work and in his marriage. The single best psychiatric diagnosis for Mr. Jones is:
 - A. Acute Stress Disorder
 - B. Post-Traumatic Stress Disorder (Acute)
 - C. **XX** Post-Traumatic Stress Disorder (Chronic)
 - D. Adjustment Disorder
 - E. Dissociative Identity Disorder

3. Mrs. Found was involved in a minor automobile accident. She escaped with no physical injuries, and drifted off from the scene of the accident. A month later, a friend happened upon Mrs. Found working at a bowling alley in another town. Mrs. Found did not recognize her friend and didn't remember the accident, and told the friend that she couldn't remember anything before a couple of weeks ago. She couldn't remember her name, so she took the name of Mrs. Lost and got the job at the bowling alley. Mrs. Lost-Found is otherwise healthy. Which diagnosis is best?
 - A. Dissociative Identity Disorder
 - B. Depersonalization Disorder
 - C. Post-Traumatic Stress Disorder
 - D. **XX** Dissociative Fugue Disorder
 - E. Dissociative Amnesia

4. A man is seeing a therapist. "The women I date like me at first, but I'm completely dull, and they always dump after a few weeks." Within a cognitive psychotherapeutic framework, the man...
- A. **XX** Is experiencing a cognitive distortion
 - B. Has an unconscious wish to punish himself
 - C. Needs positive reinforcement
 - D. Should receive aversive conditioning
 - E. Needs negative reinforcement
5. A patient tells you that he was at work one day and suddenly had "an out of body experience". After clarifying the history, you decide that he has experienced depersonalization, the feeling of being an outside observer of one's own body. This symptom is associated with...
- A. Normal adolescence
 - B. Major depressive disorder
 - C. Panic disorder
 - D. Depersonalization disorder
 - E. **XX** All of the above
6. First line management of delirium is
- A. **XX** Diagnosis and correction of reversible medical causes
 - B. Haloperidol
 - C. Benzodiazepine
 - D. Diphenhydramine
 - E. None of the above
7. Which of the following mental disorders is both common and treatable in primary care?
- A. **XX** Major depressive disorder
 - B. Schizophrenia
 - C. Bipolar disorder
 - D. Somatization disorder
 - E. Delusional disorder

8. Although there are differences from person-to-person, which of the following is generally characteristic of physicians?
- A. Flexible
 - B. Easy going
 - C. **XX** Compulsive
 - D. Disorganized
 - E. Demands of practice drive relationship problems more than personality
9. Which of the following explains why anxiety and depressive disorders are under treated in primary care?
- A. Most mental health care is delivered in psychiatric rather than primary care settings
 - B. There are no effective primary care treatments for these disorders
 - C. These are uncommon conditions among primary care patients
 - D. **XX** Medically unexplained symptoms (somatization) distract clinicians from associated mental disorders
 - E. None of the above
10. Doctor Lynch is a pediatrician in private practice. Mr. Lynch is a work-at-home Dad. The couple has noticed that they are bickering a lot lately, and they have been avoiding each other sexually. Which of the following general steps should they take to improve their relationship?
- A. Mr. Lynch should encourage Dr. Lynch to practice active listening techniques
 - B. Resist the tendency to “talk shop” together
 - C. **XX** Set aside time alone together on a regular basis
 - D. All of the above
 - E. None of the above
11. Increased number of physical symptoms in a patient is associated with
- A. Decreased prevalence of physical illness
 - B. Decreased prevalence of chronic illness
 - C. Decreased prevalence of somatization
 - D. **XX** Increased prevalence of depression and anxiety disorders
 - E. None of the above

12. SGT Smith is a 24-year-old Caucasian man born and raised in Iowa. He is assigned to Korea for two years. While there, he meets and marries a 27-year-old Korean woman. Compared to “the average” military family, this couple is at INCREASED risk of
- A. Differing expectations around child rearing
 - B. Communication problems in general
 - C. Relationship problems when SGT Smith is reassigned to the U.S.
 - D. Racism and prejudice from others
 - E. **XX** All of the above
13. You are called to see Ms. Smith in the Intensive Care Unit. She is a 61-year-old woman hospitalized for weeks with severe pneumonia who has been on a ventilator until yesterday. The nurse reports Ms. Smith became very angry, shouted an obscenity, pulled out her IV lines, and insisted she wanted to leave. On your evaluation, Ms. Smith has decreased short-term memory, easily gets distracted, her speech is slurred, and she fades in and out as you ask her questions. Prior to this hospitalization, Ms. Smith has had no psychiatric or cognitive problems. She shows no signs of alcohol withdrawal. The most likely psychiatric diagnosis for Ms. Smith is:
- A. Dementia
 - B. Psychosis
 - C. Amnesia
 - D. Fugue
 - E. **XX** Delirium
14. Which of the following may be the cause of Ms. Smith’s symptoms & signs?
- A. Opioid narcotic
 - B. Anticholinergic medication
 - C. Benzodiazepine
 - D. Infection
 - E. **XX** All of the above
15. You decide that Ms. Smith requires a medication to correct her mental status. The medication of choice for Ms. Smith’s problem is:
- A. Clonazepam (a benzodiazepine)
 - B. **XX** Haloperidol (a high potency antipsychotic)
 - C. Levodopa
 - D. Methadone (an opioid narcotic)
 - E. None of the above

16. Which of the following is true about adjustment disorder?
- A. **XX** Emotional and/or behavioral symptoms in response to an identifiable stressor
 - B. Symptoms start within two weeks of the onset of the stressor
 - C. Reaction to the stressor must be brief and transient
 - D. As long as the central features and symptoms of adjustment disorder are present, other mental disorders should not be diagnosed
 - E. All of the above
17. The second most common cause of dementia (after Alzheimer's disease) is
- A. Pick's disease
 - B. **XX** Vascular dementia
 - C. Alcohol-related dementia
 - D. Dementia due to Parkinson's Disease
 - E. Dementia due to Human Immunodeficiency Virus (HIV)
18. A young woman presents to the emergency room for assistance. She says she was sexually assaulted 10 days ago, and ever since then she has felt like she is "walking around in a daze", detached and numb and unresponsive to those around her, and she is still gradually remembering some of the details of the rape. She has no previous psychiatric history and she is otherwise healthy. What is the most likely psychiatric diagnosis?
- A. **XX** Acute Stress Disorder
 - B. Post-Traumatic Stress Disorder
 - C. Dissociative Identity Disorder
 - D. Adjustment Disorder
 - E. Psychogenic Amnesia
19. Which of the following is true the woman in the last question?
- A. Her risk of developing PTSD is the same as for a similarly assaulted but asymptomatic victim
 - B. Her chance of spontaneous recovery is small
 - C. **XX** Cognitive-behavioral therapy is an effective therapy
 - D. All of the above
 - E. None of the above

20. Classical conditioning is a
- A. **XX** Behavioral approach
 - B. Cognitive approach
 - C. Freudian approach
 - D. All of the above
 - E. None of the above
21. Medication of choice (i.e., FDA approved) for Post-Traumatic Stress Disorder (PTSD) is
- A. Imipramine (tricyclic antidepressant)
 - B. **XX** Sertraline (selective serotonin reuptake inhibitor, or SSRI)
 - C. Chlorpromazine (low potency antipsychotic)
 - D. Clonazepam (benzodiazepine)
 - E. Diphenhydramine (antihistamine)
22. Which of the following is a drawback of cognitive-behavioral therapy?
- A. Not effective for depression
 - B. **XX** Requires a high level of personal commitment
 - C. Positive effects don't last once therapy stops
 - D. It is focused on behaviors and does not address underlying thoughts and emotions
 - E. None of the above
23. Staff Sergeant Wellness is a 27-year-old married man who is seeing you for a routine preventive medical examination. Which of the following are important questions to consider when assessing or "staging" his family life?
- A. Is there a recent birth of a child?
 - B. How long ago did the couple marry?
 - C. What coping strategies does the family rely on during stressful times?
 - D. Is his spouse in the military?
 - E. **XX** All of the above

24. Which of the following are among the consequences of psychological trauma?

- A. Conversion Disorder
- B. Major Depressive Disorder (MDD)
- C. Dissociative Identity Disorder
- D. Alcohol abuse and dependence
- E. **XX** All of the above

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.
