

2003 HUMAN BEHAVIOR COURSE BLOCK 3 EXAM KEY

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|-------|-------|
| 1. B | 21. E |
| 2. A | 22. D |
| 3. E | 23. A |
| 4. A | 24. D |
| 5. B | 25. E |
| 6. D | 26. B |
| 7. B | 27. C |
| 8. B | 28. A |
| 9. E | 29. C |
| 10. B | 30. A |
| 11. E | 31. D |
| 12. E | 32. A |
| 13. D | 33. A |
| 14. C | 34. A |
| 15. D | 35. D |
| 16. B | 36. E |
| 17. A | 37. E |
| 18. D | 38. D |
| 19. C | 39. E |
| 20. C | 40. A |

!! ANSWER KEY !!

2003 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.

!! ANSWER KEY !!

1. Common reasons that pharmacologic therapies for psychiatric disorders fail include:
 - A. Dose is too high
 - B. **XX** Duration of treatment is too short
 - C. Target symptoms are determined before the treatment
 - D. Sometimes 2-3 medicines need changing at once and the clinician insists on changing them one at a time
 - E. All of the above

2. For several months now, Lee has had weekly episodes of pooping his pants, then carefully spreading the poop around his room at home. There are no other medical or psychiatric problems, and Lee is 5 years old. What is the most likely psychiatric diagnosis?
 - A. **XX** Encopresis
 - B. Enuresis
 - C. This would be enuresis, but it would have to start after age 6
 - D. This would be encopresis but it would have to start after age 6
 - E. Oppositional defiant disorder

3. Jan is seeing you for a medical visit. While you gather the history, Jan describes episodic alcohol use characterized by some loss of control (meaning Jan drinks more than intended at the outset). The frequency of these bouts has been increasing over the past 6 months. For the past few months, Jan has really wanted to cut down or control this alcohol use, but so far has had no success. Jan reports several days of missing work or being late for work because of drinking excessively the night before. There are no signs or symptoms of tolerance or withdrawal, and no evidence of previous alcohol problems. What is the most likely diagnosis?
 - A. Acute alcoholism
 - B. Chronic alcoholism
 - C. No alcohol related diagnosis
 - D. Alcohol abuse
 - E. **XX** Alcohol dependence

4. Given only the information in the previous question, which of the following is probably true?
 - A. **XX** Jan is a man
 - B. Jan is a woman
 - C. Jan is also using one or more illicit drugs
 - D. Jan is in a high socioeconomic class
 - E. None of the above

!! ANSWER KEY !!

5. You notice at another visit that Jan smells of alcohol. Jan's face is flushed. Jan is talkative, friendlier than usual, but shows no incoordination or ataxia, no slurring of speech, and no prolongation of reaction time. Vital signs are normal. Estimate the blood alcohol level.
- A. No alcohol in the blood.
 - B. **XX** 20-99 mg/dL
 - C. 100-199 mg/dL
 - D. 200-299 mg/dL
 - E. 300-399 mg/dL
6. A tertiary amine tricyclic antidepressant (TCA) typically has more common and more bothersome side-effects than a secondary amine TCA. Which of the following TCAs would you expect to have the LEAST problems with side-effects when prescribed at usual therapeutic doses?
- A. Amitriptyline
 - B. Imipramine
 - C. Doxepin
 - D. **XX** Desipramine
 - E. One can't tell from this; all of the above are tertiary amine TCAs
7. Sandy is a 28 year old who has seen many doctors with various symptoms. Almost always, the doctor cannot find the cause of the symptoms. For example, Sandy has visited the doctor at different times for double vision, chest pain, decreased sexual desire, pelvic pain, multiple food "allergies", low back pain, constipation, joint pain, and other symptoms. Sandy has seen multiple specialists who have been unable to find the cause of any of these symptoms. Sandy is generally dissatisfied with doctors after seeing them for a few times. Sandy's doctors are similarly frustrated with Sandy. The best psychiatric diagnosis for Sandy is
- A. Panic disorder
 - B. **XX** Somatization disorder
 - C. Obsessive compulsive disorder
 - D. Conversion disorder
 - E. Hypochondriasis

!! ANSWER KEY !!

8. Given what you know about the psychiatric disorder that Sandy probably has, what can you say about Sandy?
- A. Sandy is probably a man
 - B. **XX** Sandy is probably a woman
 - C. Sandy will probably get better soon
 - D. The best treatment for Sandy involves surgery
 - E. The best treatment for Sandy is to do complete medical testing and try to reassure her with the negative results
9. For alcohol dependence, alcoholics anonymous or “AA”
- A. Is about as effective as specialized alcoholism treatment programs
 - B. Emphasizes group support
 - C. Emphasizes surrender to a “higher power”
 - D. Has a high rate of dropout
 - E. **XX** All of the above are true
10. Adverse effects of tricyclic antidepressants (also called heterocyclic antidepressants in your textbook) include
- A. Decreased heart rate
 - B. **XX** Cardiac arrhythmias
 - C. Hypertension
 - D. Inability to fall asleep
 - E. None of the above
11. Which of the following groups is at high risk for developing psychiatric complications in a combat deployed environment?
- A. Inexperienced troops
 - B. Wounded troops
 - C. Medical personnel
 - D. Troops perpetrating an atrocity
 - E. **XX** All of the above

!! ANSWER KEY !!

12. Jones Scenario A: Mr. Jones has come to the emergency room because he is concerned he may be having a heart attack. "I was minding my own business and all of the sudden I got pains in my chest, I started to shake, and I got dizzy and lightheaded. I just knew I was going to die right there. My heart was racing and jumping all around too. It was awful." Mr. Jones has had this happen several times recently in the last few weeks, never before that. He can't figure out anything that triggers it, and he has become afraid to go out of the house for fear he won't have a phone nearby to get help in the event one of these episodes occurs. What drug or general medical condition could explain Mr. Jones' symptoms?
- A. Angina pectoris
 - B. Pulmonary embolism
 - C. Seizure disorder
 - D. Pheochromocytoma
 - E. **XX** Any of the above
13. Jones Scenario A (Continued): After a complete medical evaluation, you cannot identify any medical cause for his symptoms. Based on what you know at this time is the most likely psychiatric diagnosis?
- A. Acute stress disorder
 - B. Somatization disorder
 - C. Social phobia
 - D. **XX** Panic disorder
 - E. Generalized anxiety disorder
14. Jones Scenario A (Continued): What is the best psychiatric explanation for Mr. Jones' reluctance to leave his home? He has...
- A. Obsessive-compulsive anxiety disorder
 - B. Social phobia
 - C. **XX** Agoraphobia
 - D. Specific phobia
 - E. Hypochondriasis

!! ANSWER KEY !!

15. Jones Scenario B: Mr. Jones comes to see you with the same symptoms as before (episodic chest pain, shaking, dizziness, lightheadedness, sudden dread he may die). Mr. Jones also reports, "All I can think about most of the time is whether or not I left the stove on at my house." He also reports his symptoms always occur when he thinks of the stove, but he is someplace that doesn't allow him to immediately go to check whether the stove is on or off. "I know that sounds silly," he says, "but I just can't seem to stop it." In this new scenario, what is the most appropriate psychiatric diagnosis for Mr. Jones' condition?
- A. Social phobia
 - B. Specific phobia
 - C. Hypochondriasis
 - D. **XX** Obsessive-compulsive (anxiety) disorder
 - E. Acute stress disorder
16. Jones Scenario C: Mr. Jones comes to see you with the same symptoms (episodic chest pain, shaking, dizziness, lightheadedness, sudden dread he may die). He notices that they happen whenever he is at work and looks out his 50th floor office window. He is missing work now because of the symptoms. What is the best psychiatric diagnosis for Mr. Jones' condition?
- A. Social phobia
 - B. **XX** Specific phobia
 - C. Hypochondriasis
 - D. Generalized anxiety disorder
 - E. Acute stress disorder
17. Jones Scenario D: Mr. Jones comes to see you with the same episodic symptoms as before. This time he tells you that he gets them whenever he is asked to stand up before his coworkers and speak to them about the latest company economic statistics. "I feel like I'm going to make a fool of myself, and I get so scared that I usually do!" Mr. Jones says. What is the best psychiatric diagnosis for Mr. Jones condition?
- A. **XX** Social phobia
 - B. Specific phobia
 - C. Hypochondriasis
 - D. Generalized anxiety disorder
 - E. Acute stress disorder

!! ANSWER KEY !!

18. For which of the scenarios above would a beta-adrenergic blocking drug be an appropriate therapy?
- A. Scenario A
 - B. Scenario B
 - C. Scenario C
 - D. **XX** Scenario D
 - E. All of the above
19. The single best treatment for the psychiatric disorder represented in Scenario C is
- A. Imipramine
 - B. Beta adrenergic blocking agents
 - C. **XX** Gradual exposure therapy
 - D. Psychodynamic (also known as 'dynamic') psychotherapy
 - E. Benzodiazepines
20. Which of the psychiatric disorders represented in the above scenarios is the most common of the anxiety disorders?
- A. Scenario A
 - B. Scenario B
 - C. **XX** Scenario C
 - D. Scenario D
 - E. None of the above
21. Buspirone is effective for which of the psychiatric disorders represented in the above scenarios?
- A. Scenario A
 - B. Scenario B
 - C. Scenario C
 - D. Scenario D
 - E. **XX** None of the above

!! ANSWER KEY !!

22. Which of the following is true of military drug abuse during the last half of the Vietnam War?
- A. Heroin use was strongly related to combat
 - B. Most opiate drug users continued to use upon return from the war
 - C. Most of the heaviest opiate drug users continued to use upon return from the war
 - D. **XX** It resulted in high rates of hepatitis B in junior enlisted soldiers
 - E. None of the above
23. Tricyclic antidepressants are effective for the treatment of
- A. **XX** Attention deficit disorder
 - B. Adjustment disorder with depressed mood
 - C. Conduct disorder
 - D. All of the above
 - E. None of the above
24. Randy is 35 years old and is seeing the third specialist in the past two weeks and the sixth specialist in the past two months. Randy complains of low energy. The doctors Randy has seen have run tests that are negative and have reassured Randy that they cannot find any evidence of an underlying disease. The doctors of course have seen that as good news, but Randy was at first undeterred, then became annoyed at the lack of a diagnosis, and now Randy is enraged. "Stupid doctors!" Randy tells the nurse taking vital signs before the visit. "I'm so weak I feel like I'm dying – I KNOW I'm dying – but these doctors keep telling me that I'm going to be FINE! I don't see how they could miss this – They will be sorry once they figure out whatever this horrible disease is that I have." Randy has no insurance, and the bills for these visits are stacking up. What is the single best psychiatric diagnosis for Randy's condition?
- A. Conversion disorder
 - B. Panic disorder
 - C. Pain disorder
 - D. **XX** Hypochondriasis
 - E. Generalized anxiety disorder
25. Of the following, which is the best choice of treatment for the disorder Randy has?
- A. Antipsychotic medication
 - B. Antianxiety medication
 - C. Psychodynamic psychotherapy
 - D. Exposure therapy
 - E. **XX** None of the above is effective

!! ANSWER KEY !!

26. A patient you are seeing reports he is using “crack”. This drug is a
- A. Stimulant or psychostimulant
 - B. **XX** Opiate or opioid
 - C. Sedative
 - D. Barbiturate
 - E. Benzodiazepine
27. Michael is a successful rock star. As long as Michael can remember he has been concerned about the shape of his nose and lots of irregularities he notices on his skin. Michael has insisted on multiple cosmetic surgeries to remedy the flaws he thinks he sees in his appearance. Doctors now refuse to perform any more “nose jobs” because there is hardly any remaining nose tissue left to work on. Over the years, people who have met Michael have found him reasonably handsome, and they are always surprised to learn that Michael feels so differently about his appearance. Of the following, which is the most likely psychiatric diagnosis?
- A. Hypochondriasis
 - B. Generalized anxiety disorder
 - C. **XX** Body dysmorphic disorder
 - D. Specific phobia
 - E. Social phobia
28. Which of the following statements supporting how social factors influence health and disease is true?
- A. **XX** Virtually all of the leading causes of death in the U.S. show racial differences between African Americans and Caucasians.
 - B. Mental disorders are much more common among African Americans than Caucasians
 - C. Alcoholism is high among Asians and Native Americans
 - D. Higher socioeconomic class is associated with more stressors and more psychiatric disorders
 - E. All of the above

!! ANSWER KEY !!

29. The prevalence of substance dependence in the military dropped throughout the 1980s. Which of the following factors contributed to the decline?
- A. Reductions in officers
 - B. Fewer divorces
 - C. **XX** Increases in women on active duty
 - D. Greater acceptance of social drinking in American society
 - E. None of the above
30. Kelly is a 23 year old who presents in a wheel chair to see the doctor. Kelly complains of no feeling or ability to move the lower extremities. Kelly's father was abusive when Kelly was a child. Kelly developed this problem while preparing to drive to the father's home for a holiday get together. The two had not seen each other since Kelly was 12, and Kelly was so disappointed that this was going to prevent them from seeing one another. Physical examination and testing reveal no objective findings or disease process that can explain the problem. There is no other relevant psychiatric or medical history. What is the best psychiatric diagnosis for Kelly's condition?
- A. **XX** Conversion disorder
 - B. Panic disorder
 - C. Somatization disorder
 - D. Hypochondriasis
 - E. Generalized anxiety disorder
31. A reason sometimes offered to explain socioeconomic differences in mental disorders is "social drift". The definition of social drift is
- A. People who with psychiatric disorders have trouble concentrating and attending to work-related tasks
 - B. People with psychiatric disorders tend to move to inner-city areas
 - C. People living in inner-city areas have a hard time finding work because the competitions is fiercer than in the suburbs.
 - D. **XX** Living in adverse inner-city conditions is stressful, increases the incidence of mental disorders, causing disability, job loss, and poverty
 - E. None of the above

!! ANSWER KEY !!

32. Naltrexone is an
- A. **XX** Opioid receptor antagonist useful for the treatment of alcohol dependence
 - B. Alcohol receptor antagonist useful for the treatment of opioid addiction
 - C. Opioid receptor agonist useful for the treatment of opioid addiction
 - D. Alcohol receptor agonist useful for the treatment of alcohol dependence
 - E. None of the above
33. Lyn is a 12 year old you are seeing because Lyn's parents are unable to control Lyn's behavior. Lyn has always had a cruel streak. When Lyn was 7 years old, Lyn was known by neighbor kids for shooting at peoples' pets with a "bee-bee gun", and once Lyn put out a dog's eye. When Lyn was 9, a neighbor's house caught fire, and someone said they saw Lyn running from the house shortly before the fire, but no one could prove it was Lyn that started the fire. More recently, Lyn's parents have noticed Lyn's room filling up with expensive paraphernalia (e.g., baseball glove & bat, a fancy looking "black lamp", and even a videocassette recorder) that Lyn could never afford by himself. Lyn explains these items as gifts from a friend who gets these things for free. However, Lyn's parents suspect Lyn has stolen the items. Two weeks before today's visit, Lyn's mother saw Lyn shoplift a soda at a grocery store. Lyn's mother tried to get Lyn to return the soda, but Lyn refused and denies stealing it. Lyn tells you the only reason for coming today is "mom said if I didn't come she would turn me in for shoplifting – I didn't even do it, I was going to pay." The best psychiatric diagnosis for Lyn's behavior is:
- A. **XX** Conduct disorder
 - B. Antisocial personality disorder
 - C. Both antisocial personality disorder and conduct disorder
 - D. Oppositional defiant disorder
 - E. No psychiatric diagnosis should be given – no one has proven Lyn has done anything.
34. Which of the following is true about Lyn given what is known about the psychiatric disorder Lyn has?
- A. **XX** Lyn has an increased risk of attention deficit disorder
 - B. Lyn is probably a girl
 - C. Lyn has a decreased risk of depression
 - D. Lyn's parents are probably foster parents
 - E. Lyn is at decreased risk of future suicide

!! ANSWER KEY !!

35. Which of the following statements is true about the relationship between gender (sex) and health?
- A. Women die more frequently than men of accidents
 - B. Men use more health care than women
 - C. Women suffer more substance use disorders than men
 - D. **XX** Women suffer more mood and anxiety disorders than men
 - E. Overall prevalence of mental disorders is higher in women than men
36. Which statement best describes the role of genetics (“nature”) and environment (“nurture”) to risk of alcoholism (alcohol dependence)?
- A. Environment plays little or no role
 - B. Genetics play little or no role
 - C. Genetic factors are stronger in women than in men
 - D. Studies suggest one or more alleles of the acetylcholine receptor are involved
 - E. **XX** None of the above
37. Toni is a 6 year old who you are seeing because Toni’s teacher says she “is always on the go” and frequently “breaks into other kids’ discussions or games and becomes quite intrusive”. This has been going on for over a year now. Particularly problematic is the constant chatter that Toni engages in, even during class “quiet times”. Toni can’t stay on task in the classroom or at home, often loses library books, and starts but seldom finishes chores at home. The teacher says that Toni is so disruptive to classroom structure that Toni may not be able to stay in the class. What is the most likely psychiatric diagnosis?
- A. Oppositional defiant disorder
 - B. Pica
 - C. Conduct disorder
 - D. Encopresis
 - E. **XX** None of the above
38. Effective pharmacological treatment for the psychiatric disorder that Toni has includes
- A. Methylphenidate
 - B. Dextroamphetamine
 - C. Pemoline
 - D. **XX** All of the above
 - E. None of the above

!! ANSWER KEY !!

39. Which of the following statements suggesting that social support influences health is backed by scientific evidence?
- A. Social support is associated with reduced severity of infectious diseases
 - B. Unmarried individuals have a higher risk of cardiac death in coronary heart disease patients
 - C. Social support is associated with better adjustment in people with cancer
 - D. Family therapy has a positive effect on schizophrenia
 - E. **XX** All of the above
40. Which of the following symptoms of depression usually improve earliest in response to tricyclic antidepressant therapy?
- A. **XX** Impaired sleep
 - B. Depressed mood
 - A. Irritability
 - B. Memory
 - C. Guilt & rumination

!! ANSWER KEY !!

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.
