

!! ANSWER KEY !!

2004 BLOCK 3 EXAMINATION ANSWER KEY

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

!! ANSWER KEY !!

2004 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 psychiatrist is called to see an elderly man for “mental status changes”. The man has chronic obstructive pulmonary disease and related hypoxemia, and he is taking steroids and opioid analgesics. The nursing staff reports that he has been alert and fully oriented until just a few hours ago, and there is no history of memory problems. The man seems to fade in and out of his conversation with the psychiatrist and sometimes slurs his speech. When he writes a sentence, his handwriting is sloppy and illegible (the family indicates his handwriting until now was always clear and readable). The most likely diagnosis is
 - A. Alzheimer’s dementia
 - B. Hyperactive delirium
 - C. **XX** Hypoactive delirium
 - D. Vascular dementia
 - E. Muscular dystrophy

2. Predict the chances the man in the previous question will die during the next six months.
 - A. Less than 1%
 - B. More than 1% but less than 5%
 - C. More than 5% but less than 15%
 - D. **XX** More than 16% but less than 50%
 - E. More than 80%

3. A 23 year-old man with chronic schizophrenia is well controlled on antipsychotic medication, but he is discouraged because he cannot find work. At a visit to refill his medication, his psychiatrist says, “Stay positive...the best way for you to find work is to keep searching and use your persistence. I know you can do it!” This therapist’s comment is most likely to occur in what type of psychotherapy?
 - A. Expressive therapy (insight-oriented therapy)
 - B. **XX** Supportive therapy
 - C. Psychoanalysis
 - D. Psychoanalytic psychotherapy
 - E. Brief dynamic psychotherapy

4. Crisis intervention
 - A. Typically lasts over 20 visits
 - B. Typically lasts over six months
 - C. Typically lasts for several years
 - D. None of the above
 - E. **XX** Is a form of therapy that primary care physicians often use

5. A female therapist is seeing a 40-year-old single man in psychotherapy. The man is working on his lifelong problem of meeting women. He wants a relationship but has not even dated in over four years for fear of rejection. After several sessions, the therapist says to the patient, "Your expectation that women will reject you seems similar to the rejection you felt as a child from your mother. Perhaps it is also related to your concern that I will terminate from therapy with you before you have a chance to solve your problems with women." The best term to describe the therapist's comment is
 - A. Transference
 - B. Countertransference
 - C. Therapeutic alliance
 - D. Confrontation
 - E. **XX** Interpretation

6. The comment the therapist made to her patient in the last question is most likely to occur in what type of therapy?
 - A. Supportive therapy
 - B. Crisis intervention
 - C. Self-Help groups
 - D. Medication therapy
 - E. **XX** Expressive (insight oriented) therapy

7. To maximize nonspecific (placebo) effects of the doctor-patient relationship, primary care physicians should
 - A. **XX** Respect the patient
 - B. Use expressive therapy techniques
 - C. Openly and directly address patient weaknesses
 - D. When patients have nothing medical to worry about, tell them
 - E. Emphasize a friendly and self-disclosing style

8. A physician immediately finds herself feeling warm and amorous toward a new patient. The patient looks like an old boyfriend she remembers with fondness. The physician is privately distressed and embarrassed about her feelings because this is the first time she has even seen this patient, and she is always professional with her patients. The physician's feelings toward her new patient are an example of
- A. Transference
 - B. **XX** Countertransference
 - C. Therapeutic alliance
 - D. Empathic validation
 - E. Interpretation
9. Formal psychotherapy is practiced by
- A. Non-psychiatric physicians
 - B. Psychologists
 - C. Nurses
 - D. Chiropractors
 - E. **XX** All of the above
10. A 25-year-old woman has entered psychotherapy to address psychological distress after witnessing an accident. Psychotherapy statistics suggest she will have achieved the large majority of her eventual improvement by the first
- A. Session of therapy
 - B. Week of therapy
 - C. Month of therapy
 - D. **XX** 2-3 months of therapy
 - E. Six months of therapy

11. A 36-year-old man has the persistent false belief that his wife is having an affair with another man. The wife, many family friends, and a couple of private investigators he has hired to check on her have repeatedly told him she is not having an affair. He persists in his belief to the detriment of his job, financial status, friendships and family. The man has no other psychiatric or medical problems, no hallucinations, and no disorganized thinking or speech. He is on no medications, and he does not abuse any substances. What is the best diagnosis?
- A. Schizoaffective disorder
 - B. Obsessive-compulsive disorder
 - C. **XX** Delusional disorder
 - D. Schizophrenia, paranoid type
 - E. Schizophreniform disorder
12. Which of the following types of medication benefit cognitive functioning in Alzheimer's disease?
- A. Tricyclic antidepressants
 - B. Benzodiazepines
 - C. Serotonin Reuptake Inhibitors
 - D. **XX** Cholinesterase inhibitors
 - E. None of the above
13. Schizophrenia among individuals having both a schizophrenic parent and sibling is
- A. Uncommon (risk is less than 1%)
 - B. Common (risk is 1-5%)
 - C. **XX** Very common (risk is 10-20%)
 - D. Extremely common (risk is 25-50%)
 - E. Almost certain (risk is greater than 67%)
14. Which of the following is a key neurotransmitter involved in the central nervous system pathophysiology of Alzheimer's disease?
- A. Dopamine
 - B. **XX** Acetylcholine
 - C. Glutamate
 - D. Gamma-aminobutyric acid
 - E. Serotonin

15. Which of the following is a good prognostic indicator for individuals with schizophrenia?
- A. Male gender
 - B. Lack of an acute precipitating event
 - C. Slow onset
 - D. **XX** Coexisting mood disturbance
 - E. Family history of schizophrenia
16. Which of the following tests (and the disease or findings the test looks for) is a routine part of the basic laboratory evaluation of possible dementia?
- A. Brain biopsy (Pick's disease)
 - B. **XX** Thyroid function testing (hypothyroidism)
 - C. Serum B12 level (Korsakoff's psychosis)
 - D. Single photon emission tomography (cortical atrophy of Alzheimer's disease)
 - E. None of the above
17. An 18-year-old man tells his doctor that people are inserting voices into his head and sucking away his thoughts. He admits he is the only adherent to a "religious ideology" that believes god lives on a comet that crosses paths with Earth once every 1000 years. The man's speech and thoughts are otherwise well organized and logical. He has no diseases, takes no medications, and abuses no substances that might cause these symptoms. What is the best diagnosis?
- A. Schizophrenia, schizoid type
 - B. Schizophrenia, catatonic type
 - C. Schizophrenia, undifferentiated type
 - D. Schizophrenia, erotomanic type
 - E. **XX** Schizophrenia, paranoid type
18. For about a year before the onset of the symptoms just described, the man in the previous question became socially withdrawn and increasingly disheveled. Previously a good student, he quietly stopped completing schoolwork and attending school. This phase of schizophrenia is called the
- A. Primary phase
 - B. Inactive phase
 - C. **XX** Prodromal phase
 - D. Pre-active phase
 - E. Catatonic phase

19. The symptoms described in the previous question are best described as
- A. **XX** Negative symptoms
 - B. Positive symptoms
 - C. Bizarre delusions
 - D. Somatic delusions
 - E. Auditory hallucinations
20. Vascular dementia is an example of a
- A. Subcortical dementia
 - B. Cortical dementia
 - C. **XX** Mixed cortical and subcortical dementia
 - D. Pseudodementia
 - E. Hyperactive dementia
21. A 43-year-old woman has experienced multiple worries and free-floating anxiety for nine months. She has no other psychiatric symptoms, no past psychiatric problems, and no associated diseases. She is not on any medications or misusing any substances that could account for her symptoms. What is the best diagnosis?
- A. Panic disorder with agoraphobia
 - B. Panic disorder with social phobia
 - C. Panic disorder without agoraphobia
 - D. **XX** Generalized anxiety disorder
 - E. Obsessive-compulsive disorder
22. Dr. Fred Frese, when describing to your class what it was like to become psychotic, described an unshakable belief that the entire universe was secretly organized around a mystical number (three). This is an example of
- A. A hallucination
 - B. A loosening of associations
 - C. Tangentiality
 - D. Projection
 - E. **XX** A delusion

23. A 31-year-old third year medical student has become increasingly afraid to present patients on daily rounds for fear he will “say or do something stupid and make a fool out of myself”. The best diagnosis is
- A. Agoraphobia
 - B. Simple phobia
 - C. **XX** Social phobia
 - D. Panic disorder with agoraphobia
 - E. Panic disorder without agoraphobia
24. The dementia of Huntington’s disease is a
- A. **XX** Subcortical dementia
 - B. Cortical dementia
 - C. Mixed cortical and subcortical dementia
 - D. Pseudodementia
 - E. Hyperactive dementia
25. A patient with severe pain notices that he needs a much larger dose of opioid analgesic to achieve pain relief now than when he first started taking it six months ago. This is an example of
- A. Intoxication
 - B. Abuse
 - C. **XX** Tolerance
 - D. Dependence
 - E. Withdrawal
26. Which of the following is a “Schneiderian first rank symptom”?
- A. **XX** The belief that people are actively inserting thoughts into one’s mind (thought insertion)
 - B. Apathy or lack of motivation (avolition)
 - C. Social withdrawal
 - D. Poor grooming (dishevelment)
 - E. All of the above

27. Which of the following neurotransmitters is prominently involved in the mechanism of phencyclidine (PCP) psychosis?
- A. **XX** Glutamate
 - B. Serotonin
 - C. Gamma-aminobutyric acid
 - D. Acetylcholine
 - E. Acetylcholine esterase
28. A 48-year-old woman with a sound memory before today and no previous psychiatric history presents to the emergency department confused, disoriented to place and time, distractible, agitated, pacing, shouting, and angrily shaking her finger at people. She is also having visual hallucinations. Which of the following is the most likely cause?
- A. Lithium toxicity
 - B. Severe hypertension
 - C. Meningitis
 - D. Cardiogenic shock
 - E. **XX** Alcohol withdrawal delirium
29. Disulfiram (Antabuse) is a drug that causes the person taking it to become violently ill whenever he or she drinks alcohol. Reduced alcohol use from disulfiram treatment is therefore probably based on which of the following behavioral principles?
- A. **XX** Aversive control
 - B. Positive reinforcement
 - C. Negative reinforcement
 - D. All of the above
 - E. None of the above
30. A 20-year-old man has experienced two months of paranoid delusions and auditory hallucinations. The hallucinations involve a voice that repeatedly tells him, "You must complete your mission and then return to planet Romniac." There is no associated disturbance of mood or any identifiable disease, substance, or medication that might account for his symptoms. The most likely diagnosis is
- A. Schizophrenia, paranoid type
 - B. Schizoaffective disorder, bipolar subtype
 - C. **XX** Schizophreniform disorder
 - D. Brief reactive psychosis
 - E. Too many episodes of 'Star Trek'

31. A 45-year-old severely alcoholic man has an alcohol withdrawal seizure. What is the best estimate of when his last drink was?
- A. 2-8 hours ago
 - B. **XX** 8-40 hours ago
 - C. 5-9 days ago
 - D. 10-20 days ago
 - E. Alcohol withdrawal seizures are unrelated to the time of the last drink, so an estimation is impossible.
32. Which of the following medications is most likely to cause or exacerbate delirium?
- A. Tylenol
 - B. **XX** A benzodiazepine such as diazepam (Valium)
 - C. A selective serotonin reuptake inhibitor such as fluoxetine (Prozac)
 - D. All of the above commonly cause or exacerbate delirium
 - E. None of the above can cause or exacerbate delirium
33. Which of the following psychiatric disorders is more common among women than men?
- A. Obsessive-compulsive disorder
 - B. Schizophrenia
 - C. Simple phobia
 - D. Alcohol dependence
 - E. **XX** Generalized anxiety disorder
34. A 32-year-old single woman living alone has had several episodes of severe depression accompanied by an unshakable but false belief she is a deposed queen from a lost Ethiopian empire. Along with this belief, she gets auditory hallucinations that involve rambling conversations between two voices she does not recognize. The hallucinations and false belief always occur in isolation for 3-4 weeks before any mood symptoms start. The woman has no explanatory diseases, and she is not abusing substances or taking any medicines that would account for her symptoms. The best diagnosis is
- A. Brief reactive psychosis
 - B. Shared psychotic disorder
 - C. Schizophrenia, undifferentiated type
 - D. **XX** Schizoaffective disorder
 - E. Schizophreniform disorder

35. Which of the following is a risk factor for delirium
- A. Depression
 - B. Chronic pain
 - C. Childhood
 - D. **XX** Post-surgical procedure involving general anesthesia
 - E. All of the above
36. A man suffers a panic attack. The attack cannot be explained by any associated disease, medications, or substance abuse. Panic disorder is the best diagnosis if
- A. The attack was caused by exposure to a feared situation (e.g., public speaking)
 - B. The attack was cued
 - C. The attack was caused by exposure to a feared animal (e.g., a snake)
 - D. **XX** The attack was uncued
 - E. All the above diagnoses are consistent with panic disorder
37. A 24-year-old man is seeking treatment because he cannot leave the house in the morning without carefully rechecking each entrance exactly seven times to ensure it is locked. This pattern of checking continues in other situations all throughout the day. This constant checking and rechecking is
- A. Obsession
 - B. **XX** Compulsion
 - C. Both obsession and compulsion
 - D. Panic attack
 - E. Free-floating anxiety
38. The man in the previous question has no medical problems, is on no medications and does not abuse any substances. He has no other psychiatric problems. Which of the following is true of the psychiatric disorder he has? It is . . .
- A. **XX** Common (2-3% prevalence), men more than women
 - B. Common (2-3% prevalence), women more than men
 - C. The only anxiety disorder more common in women than men
 - D. Very common (6% prevalence) men more than women
 - E. Very common (6% prevalence) women more men

39. A psychiatrist is seeing a 23-year-old man with alcohol on his breath. He is an occasional social drinker who has no history of alcohol misuse. On mental status examination, he manifests a labile mood, impaired judgment, and ataxia. His speech is not slurred, and there is no nystagmus observed on neurological exam. He has no medical problems and takes no medications. What is the best estimate the man's blood alcohol level?
- A. 0.01 g/dL
 - B. **XX** 0.1 g/dL
 - C. 0.2 g/dL
 - D. 0.3 g/dL
 - E. 0.4 g/dL
40. Which of the following psychiatric disorders is more common among men than women?
- A. **XX** Alcohol dependence
 - B. Panic disorder
 - C. Generalized anxiety disorder
 - D. Simple phobias
 - E. 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.
