

# OCD

- Obsessions are:

A. Impulse

B. Words

C. Images

D. Thoughts

E. All of the above

- Taxi driver have thoughts that he runs over a child when drive thru the road , and can't relieve these thoughts until he go back and check the road, Dx:

OCD

- Which drug is FDA approved for OCD?

A- fluvoxamine

B- venlafaxine

C- clozapine

- Poor prognosis in OCD?

Yielding to compulsions

- Not FDA approved for OCD treatment :

A- Venlafaxine

B- Clozapine

\*\*more than one possible answer so memorise the drugs that are FDA approved

- Treatment approved by FDA for OCD:

clomipramine

- OCD is sometimes associated with:

Sydenham Chorea

- 8- Good prognosis for OCD?

late onset

- 9- Not poor prognosis in OCD?

Episodic symptoms

- Best description for OCD?

A) decrease eye contact

B) Elevated mood

C) Recurrent repetitive behaviors to reduce stress

- Postpartum woman with thoughts of hurting her baby and she knows it is wrong so remove every harmful object from her kitchen (so she couldn't cook) and start ordering fast food, What is the diagnosis:

a. OCD.\*

b. OCPD

c. Delusion

- not a poor prognostic factor of OCD ?

family Hx

- Which of the following is NOT a poor prognostic factor in OCD?

Select one:

a. Male gender ??

b. Poor insight

c. Early onset

d. Family history of OCD ??

e. Presence of depressive symptoms

## أسئلة إضافية

- Which of the following is a common comorbidity with OCD?
- A) Bipolar Disorder
- B) Major Depressive Disorder (MDD)
- C) Schizophrenia
- D) Autism

• Answer: B

- What is the most common obsession among adults with OCD?
- A) Fear of losing control
- B) Contamination
- C) Fear of harm
- D) Symmetry
- Answer: B

- What percentage of OCD patients start having symptoms after a stressful life event?
- A) 10-20%
- B) 20-30%
- C) 30-40%
- D) 50-70%
- Answer: D

- What is the placebo response rate for OCD treatment?
- A) 5%
- B) 15%
- C) 25%
- D) 35%
- Answer: A

- How long does it generally take to see an initial response to pharmacotherapy for OCD?
- A) 1-2 weeks
- B) 2-3 weeks
- C) 4-6 weeks
- D) 8-10 weeks
- Answer: C

- Which atypical antipsychotic has been helpful in some cases of OCD?

- A) Risperidone
- B) Haloperidol
- C) Chlorpromazine
- D) Clozapine

- **Answer: A**

- What is the mean age of onset for OCD in women?

- A) 19 years
- B) 20 years
- C) 22 years
- D) 25 years

- **Answer: C**

- What percentage of OCD patients have Major Depressive Disorder (MDD)?

- A) 25%
- B) 40%
- C) 50%
- D) 67%

- **Answer: D**

- Which comorbid condition has a 5-7% incidence in OCD patients?

- A) Tourette syndrome
- B) Bipolar disorder
- C) Schizophrenia
- D) Autism

- **Answer: A**

- What imaging findings are commonly seen in OCD patients?

- A) Enlarged caudates
- B) Smaller caudates
- C) Increased hippocampal volume
- D) Decreased cortical thickness

- **Answer: B**

- What is the most common compulsive behavior in OCD?

- A) Checking
- B) Hoarding
- C) Ordering
- D) Counting

- **Answer: A**

# Sleep disorders

- sleep complex and K spindle with which stage of sleep? **N2**
- Which of the following measures of polysomnography refers to the duration of time from turning off the lights until the onset of Stage 2 (more recently, N2) sleep?
  - a Sleep efficiency
  - b. Sleep latency**
  - c. REM latency
  - d. Sleep-onset REM period
  - e. Apnea index
- All are criteria of Narcolepsy except ? **At least one episode of need to sleep in last 3 months.**
- At which stage of sleep does erection occur, which is useful to differentiate between Primary Erection disorder & Vascular causes?  
**REM stage**
- which of these disorder does not happen in REM ?
  - A-narcolepsy
  - B-sleep apnea
  - C-Sleep paralysis
  - D-Night terror**
- Which of the following is the correct definition of sleep latency : **length of time needed to transition from full wakefulness to stage 1 of sleep**
- Which of the following is NOT a typical symptom of narcolepsy? Select one:
  - a. Hypnagogic hallucinations
  - b. Hypnopompic hallucinations
  - c. Sleep paralysis
  - d. Cataplexy
  - e. Catalepsy**
- True about rem sleep :**loss of muscle tone**
- Case of male excessive sleepiness in a day time and sleep in office during do tasks  
**narcolepsy**

• In which stage sleep walking and talking occur?

A) N1

B) N2

C) N3&N4 سؤال مكرر ممكن يكون محدد وحدة فاختراروا 3

D) REM

• true about sleep hygiene :

A. sleep daily at the same specific time

B. Take daily naps as needed

C. Eat large meals at bedtime

D. Exercise right before bedtime

• definitive treatment of obstructive sleep apnea :

A. nasal continuous positive airway pressure

B. Weight loss

C. theophylline

• longest stage of sleep

Stage 2

• What neurotransmitter released from hypothalamus regulates sleep-wake cycle?

- Acetylcholine??

-melatonin

- serotonin

- dopamine

• Walking during sleep:

a-stage 4

B-REM

C- STAGE 3

• narcolepsy:

a- sleep paralysis.

b- Cataplexy.

c- all of above.

• longest stage of sleep

-Stage 2

• Not disorders of sleep ?Epilepsy

- Medical student complaining of insomnia ?

zolpidem

- In narcolepsy, which neuropeptide is decreased in CSF?

A. Melatonin

B. Hypocretin ✓

C. Neuropeptin

- A case of patient who loss muscle tone for two times one them when her mother had cancer and the second time .....;what is the diagnosis:

Narcolepsy

- hypocretin insufficiency contributes in the pathophysiology of? **Narcolepsy**

## أسئلة إضافية

- Sleep attacks, sleep paralysis, hypnogogic hallucinations are seen in  
a. **Narcolepsy** c. Kline Levin Syndrome b. Catatonia d. None of the above
- Hallucinations occurring during the onset of sleep are called  
a. Jactatio nocturna capitis  
b. Extracampine hallucinations  
c. **Hypnogogic hallucinations**  
d. Hypnopompic hallucinations
- .Which of the following is a REM sleep disorder  
a. Somnambulism b. Sleep terrors c. **sleep paralysis** d. Bruxism

## Substance use disorder

- 82year old alcoholic drinker, came to ER with loss of consciousness and was hospitalized for the management of pneumonia, he was still confused, agitated and ataxic with ocular problems (difficulty looking upward and downward) , what is your diagnosis ?

Wernicke encephalopathy

- Which receptor does alcohol work on? **GABA-A**

- drug used for alcohol dependence?

A- **Acamprosate** B- flumazenil C- clozapine D- clonidine E- naloxone

- 50 year old man who has schizophrenia and he is alcoholism, came with hallucinations and delusion, what should not be included in the differential diagnosis?

A- Schizophrenia

B- Alcohol dependence

C- Substance induced psychotic features

D- **Border line personality disorder with psychotic features**

- Chronic alcohol drinker comes to ER agitated confused with horizontal nystagmus ?

**wernicke\_encephalopathy**

korsakoff

alcohol withdrawal

alcohol intoxication

- Patient brought by his brother to the ER, he had a broad-based gait , on examination he was confused, ocular examination showed nystagmus , what should you ask about? **alcohol**

- Which of the following drugs is used for alcohol dependence?

Naloxone

**Naltrexone**

Flumazenil

- Naltrexone used in treatment of alcohol abuse by? **Reduce desire or craving and high associated with alcohol**

- Which of the following is most useful in differentiating between schizophrenia and alcohol withdrawal delirium? **Level of consciousness**

• How long does it take to have enough alcohol in your blood to measure? Select one:

a. 5 minutes

b. 30 minutes

c. 45 minutes

d. 1 hour

e. None of the above

• Q about alcohol screening :

person drops after party:

waxy flexibility

cataplexy

cataplexy posture

• "about alcohol" which one decrease GABA and increase CNS depression with alcohol :

a) alkaline phosphatase

b) disulfiram

• which one less likely to cause aggression

a) alcohol

b) cocaine

c) high dose marijuana

• all are causes of irreversible dementia except

1) alcoholism

• Which of the following conditions may be associated with symptoms of depression

a. Schizophrenia

b. alcoholism

c. Dementia

d. anxiety disorders

e. All of the above

• A drug used for alcohol dependence?

A- Acamprosate B- flumazenil C- clozapine D- clonidine E- naloxone

• alcohol is: GABA agonist

- what is the first sign in alcohol Toxicity?

A) delirium

B) convulsions

**C) nausea and vomiting**

D) itching

- withdrawal of one of these substances can lead to a potential death?

**A. Alcohol** B. Cocaine C. Heroin D. Cannabis

- tactile hallucinations are most common with?

**A. alcohol withdrawal** B. Bipolar disorder C. Schizophrenia D. drug toxication E. drug with drawal

- all of that are CNS depressant except :

a- alcohol

**b-cocaine\*\***

c- Hallucinogen

d- Marijuana

19- reemergence of symptoms when the medication is discontinued : a- dependence

**b- withdrawal \*\***

c- intoxication

d- tolerance

- Teens try to substance

a- Past emotional or physical trauma

b-To feel older

c-Relief anxiety

**d-All above\*\***

e-Not above

- As emergency ward physician you have been asked to develop a protocol for admissions. While it is understood that any patient might necessitate admission, some conditions are self-limited . A patient in withdrawal from which of the following medications would most likely necessitate admission ?

A . Crake cocaine B .Crystal methamphetamine C .Marijuana **D .Barbiturates**. E . Nicotine

- what is the most illisit substance world wide?

**A) cnnapis**

B) nicotine

C) benzodiazipne

D) opioid

- Opioid antagonist used in alcohol use disorder: naltrexone
- most frequent symptom associated with withdrawal of opioids:
  - seizures
  - insomnia
  - diarrhea
- Side effect of opioid withdrawal?
 

Diarrhea
- Tactile hallucination occurs in which of the following? Cocaine psychosis
- cocaine act on except ?
 

\*\* Note : cocaine act on : NE , DA , 5HT
- Cocaine-induced euphoria is most highly associated with which of the following neurotransmitters ?
 

A .Serotonin B .Dopamine. C .Norepinephrine D . Gama-amino butyric acid E .Acetylcholine
- cocaine Mechanism of action :
 

\*Dopamine release

## أسئلة إضافية

- Sixth cranial nerve palsy is associated with which of the following alcohol-related syndromes?
  - A. Korsakoff' s syndrome
  - B. Wernicke's encephalopathy**
  - C. Alcohol-related delirium
  - D. Marchiafava- Bignami syndrome
  - E. Cerebellar degeneration
- A 50 -year. old patient with alcohol deppenceis admitted to the emergency department (ED) for confusion, oculomoto disturbances, ataxia, and dysarthria. The first step in acute management of this patient's condition would be to administer which of the following medications?
  - A. Haloperidol
  - A. Lorazepam
  - B. Phenytoin
  - C. Thiamine**
  - D. E. Glucose
- A 19 year old college student is brought to the emergency room with a history of unresponsiveness. On examination he has subnormal temperature, hypotension, bradycardia and pin point pupils. The likely diagnosis is
  - a. Alcohol overdose
  - c. Opioid overdose**
  - b. Paracetamol overdose
  - d. Cannabis overdos
- Disulfiram inhibits \_\_\_\_\_ ?
  - a. Acetaldehyde dehydrogenase**
  - b. Pyruvate kinase enzymes
  - c. Glucose 2-3 diphosphatase
  - d. Alcohol dehydrogenase
- Yawning is a common feature of
  - a. Alcohol withdrawal
  - b. Cocaine withdrawal
  - c. Opioid withdrawal**
  - d.Cannabis withdrawal

- Varenicline is used for the treatment of
  - a. Cessation of opium abuse
  - b. Cessation of nicotine abuse**
  - c. Cessation of alcohol abuse
  - d. Cessation of cannabis abuse

# Phobia

- not matched?

## Fear of height -Agoraphobia

- A 36 years old patient has been having fear of being judged, embarrassment that started 6 months ago. It caused impairment in his social occupational relationships, diagnosis?

## Social anxiety disorder

- A male is having fear of flying since many years, he drives from one state to another to avoid getting on a plane, your diagnosis?

## Specific Phobia

- a patient who has fear of leaving home and being left alone :

a- social anxiety disorder

**b- agoraphobia**

c- generalized anxiety disorder

d- specific phobia

- female with multiple panic attack , fear of leaving home , feeling guilty about being bad mother of her son ?

-panic disorder

**-agoraphobia**

- depressive

- Generalized anxiety

- regarding phobias one of these doesn't match  mysophobia  fear of cats

- Wrong about criteria of phobia  patient is not in-aware that his fear is out of proportion

- Mysophobia is? Select one:

a. Fear of dogs    b. Fear of cats    c. Fear of animals    d. Fear of water    **e. Fear of dirt**

- A 30 years old female presents to the clinic with recurrent attacks of tachycardia, difficulty in breathing , and a fear that she is about to die. Investigations revealed normal findings the most likely diagnosis is :

a. Angina pectoris

b. Agarophobia

c. Pheochromocytoma

**d. Panic disorder**

e. Acute depression

- phobias:

A-social phobia is fear of poverty

B-phobias respond well to desensitization

C-Agoraphobia has equal sex ratio

D-simple phobia are far more common in females

- The following are true about Agoraphobia, Except;

a. Fear of going out alone

b. The reason of the fear can be explained by the patient \*\*

c. Panic attacks develop in exposure to crowded places

d. The patient may become housebound

e. It may occur as a symptom in other psychiatric disorders

- case of female fears of social situational including contact with strangers? \*Social phobia

- one of the following wrong: Ailurophobia - fear of germs

- Most common anxiety disorder? Specific Phobia

- not used in treatment of phobia :ECT

- All are false about specific phobia except? More common in women

- not true about treatment of social phobia: SSRI not approved as treatment by FDA

- A patient looks dishevelled, with unkempt hair and dirty, unwashed clothes. Self neglect is commonly noted in all of the following EXCEPT

Select one:

a. Alcoholism

b. Chronic schizophrenia

c. Depression

d. Dementia

e. Social phobia

- someone not taken care of his appearance and his clothes is dirty which is not DDX ?

Social phobia

- girl flushes when she is asked a question in school and prefer to sit in last seat to be unnoticed :

**social phobia**

- women climbs stairs of 12 floor 'cuz is afraid of being stuck in an elevator :

**specific phobia**

- Panic attack differs from phobic attack in ONE of the following:

A- Tachycardia B- Sweating C- Muscle tension

**D- Avoidance of specific stimulus XXX**

E- Palpitations

- Regarding phobia one of the following is false ?

a. Leads to avoidance

b. Situational fear occurs

**c. Over inclusive thought is a feature**

d. Displacement is a defense mechanism

e. Behavioral therapy is the best

- Panic attacks can be diagnosed as :

A-cardiac neurosis

B-cardiac arrhythmias

**C-illness phobia**

D-hystricalmutism

- Genetic studies of psychiatric disorders show the following result except one;

a. Depression may be associated with X-linked markers

b. Schizophrenia has higher concordance rate among MZthan DZtwins

**c. Phobic disorder has well established genetic transmission ?**

d. Obsessive compulsive disorder has some effective genetic factor

e. No well established genetic effect in the transmission of panic disorder

- the most common Psychiatric disorder in female population?

**A. Phobia** B. GAD C. anxiety disorder D. somatization

- all of the following are used in treatment of social phobia except :?

A. **Methylphenidate** B. SSRI C. CBT D. Beta blockers E. lorazepam

- the main cause of fear in social phobia:
  - a- Embarrassment\*\*
  - b- social and occupational impairment
- case of girl feel fear when she in a public area , she fall 2 month before and say she fear that no one can help her in public area as she didn't have children .....
  - a- agoraphobia \*\*\*?
  - b- specific phobia كان مكتوب نوع
  - c- social phobia
- all of the following are DSM5 diagnosticcriteria of specific phobia , except: - **symptoms persist for at least 3 months**
- Beta blocker use for:
  - a- Phobia
  - b- Anxiety
  - c- **all of the mentioned above\***

### أسئلة إضافية

- "Flooding" is a technique that is most useful to treat
  - a) Generalised Anxiety Disorder
  - b) Situational Anxiety Disorder
  - c) Generalised Phobia
  - d) **Specific Phobia**

## Anxiety disorders

- Irritability , poor concentration , sleep problems , All of the following should be considered in the differential diagnosis , EXCEPT ?

A- PTSD

B- Premenstrual dysphoric disorder

C- GAD

D- Social anxiety disorder

E- Depressive disorders

- A 35 yrs. old mother with many panic attacks, think she is a bad mother and feels guilt, prefer staying at home and she is worry about future, your DX:

panic disorder, agoraphobia, GAD ?

- - Irritability , poor concentration , sleep problems , All of the following should be considered in the differential diagnosis , EXCEPT ?

A-PTSD

B-Premenstrual dysphoric disorder

C-GAD

D- Social anxiety disorder

E- Depressive disorders

- According to DSM-5 criteria in diagnosis of GAD , correct duration is ?

6 months

- Panic disorder differs from Generalised anxiety disorder in ONE of the following symptoms;

a. Sympathetic overactivity

b. Anticipation of danger

c. Tension

d. Panic attacks are over imposed on anxiety symptoms in most of the time

e. Unpredictable panic attacks with no symptoms between them.

- The key difference between panic attack and panic disorder?

A- Panic attack is characterized by spontaneous, recurrent panic attacks.

B- Panic attacks can be experienced with other psychiatric disorders and medical conditions

C- Panic disorder cannot occur multiple times per day

- To diagnose panic disorder ,patient should have One or more of panic attacks followed by

\_\_\_\_\_of continuous worry about experiencing subsequent attacks or their consequences, and/or a maladaptive change in behaviors :  $\geq 1$  month (this is not the question, but the idea is to know the period )

- in which one of these disorders do you need to rule out thyroid disease by thyroid function testing :-

a-social anxiety disorder

b-specific phobia

c-panic attack

d-generalized anxiety disorder

e-selective mutism

- Dx of panic attack except:

Carcinoid syndrome

- Case 2:

1. 5 medical ddx:

pheochrom-hypergly-asthma attack-MI-hyperthyroid

2. Your provisional dx:

panic disorder

3. Most likely complications:

self injury

- woman with symptoms of tachycardia dry mouth ... etc she said she felt that she gonna die and she was afraid ,, same symptoms happened 4 times in the last month: panic disorder

- panic disorder, one is false

1) free floating

- Panic attack differs from phobic attack in ONE of the following:

A- Tachycardia B- Sweating

C- Muscle tension

D- Avoidance of specific stimulus XXX.

E- Palpitations

- Regarding Panic attack, ONE is true:

A- There is depressive symptoms between the attacks

B- The patient predicts the attack

C- There is severe symptoms during the attack and no or mild ones between them XX

D- Precipitated by stress

E- Tends to occur in the evening rather than the morning

- A 30 years old female presents to the clinic with recurrent attacks of tachycardia, difficulty in breathing , and a fear that she is about to die. Investigations revealed normal findings the most likely diagnosis is :

a. Angina pectoris. b. Agoraphobia. c. Pheochromocytoma d. Panic disorder e. Acute depression

- Acute severe symptoms of anxiety is noticed in ;

A-panic attack

B-chronic schizophrenia

C-Ganser syndrome

D-irritable bowel syndrome

- proper management of panic attack

A-Alprozolam

B-ECT

C-barbiturate

D-simple reassurance

- A child is quiet in school for a few months, parents say that in the house, he is quite talkative, diagnosis?

Selective Mutism

- separation anxiety disorder, what is wrong ?

for at least 6 months

## أسئلة إضافية

- Respiratory illness is most clearly a risk factor for developing which of the following anxiety disorders?
  - A. Specific phobia
  - B. Panic disorder**
  - C. Separation anxiety disorder
  - D. Generalized anxiety disorder
  - E. E. Posttraumatic stress disorder (PTSD)
  
- The following is false about panic disorder
  - a. Symptoms begin unexpectedly or out of the blue
  - b. Physical symptoms like tremors, tachycardia and psychological symptoms like hyperarousal, fear of impending doom can be seen
  - c. Sudden onset of symptoms precipitated by some fearful event or stimuli**
  - d. It is important to look for medical conditions like hyperthyroidism, hypoglycemia, pheochromocytoma, cardiac disorders before diagnosing panic disorder
  
- Selective mutism in children is most likely to be a manifestation of:
  - A. Anxiety disorder**
  - B. Asperger's disorder
  - C. Childhood-onset schizophrenia
  - D. Mixed receptive-expressive language disorder