

Psychology

Archive

Lecture 9

Medical card .

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1. A client newly admitted to an in-patient psychiatric unit is diagnosed with obsessive compulsive disorder. Which behavioral symptom would the doctor expect to assess?

Select one:

- a. The client uses excessive handwashing to relieve anxiety.
- b. The client rates anxiety at 8/10.
- c. The client uses breathing techniques to decrease anxiety.
- d. The client exhibits diaphoresis and tachycardia.
- e. None of provided answer

Answer: A

2. A state in which the body is consciously relaxed and the mind becomes calm and focused is:

Select one:

- a. Yoga
- b. Hypnosis
- c. Massage
- d. Meditation
- e. All of the provided answer

Answer: D

3. The anxiety disorder in which an individual experiences numerous emotional attacks, characterized by overwhelming terror that occur suddenly and unexpectedly is known as:

- a. generalized anxiety disorder
- b. a phobic disorder
- c. obsessive-compulsive disorder
- d. panic disorder
- e. None of the provided answers

Answer: D

4. In order to complete his degree studies, Jameel has to make a presentation to his fellow students. He is so afraid of public scrutiny that he would rather not graduate than give the presentation. Jameel could best be characterized as having:

Select one:

- a. social phobia.
- b. agoraphobia.
- c. specific phobia.
- d. Generalized anxiety disorder.
- e. None of the provided answers

Answer: A

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5. Your patient is preoccupied with perfection and control, has difficulty relaxing, what type of psychiatric disorder does this behavior reflect?

Select one:

- a. Antisocial personality.
- b. Obsessive-compulsive disorder.
- c. Manic behavior.
- d. Anxiety disorder.
- e. Schizophrenia

Answer: B

6. Jim is in a constant state of anxiety and also has brief, sudden periods of panic. He also believes these periods of panic will occur when he's in a public location; therefore, Jim is afraid to leave his house. Jim's diagnosis is:

Select one:

- a. agoraphobia.
- b. panic disorder.
- c. panic disorder with agoraphobia.
- d. panic disorder without agoraphobia.
- e. None of the provided answers

Answer: C

7. The doctor is caring for a 35-year-old woman with agoraphobia. Which of the following behaviors would the doctor expect to observe in the client?

Select one:

- a. The client is afraid of talking to other people.
- b. The client is afraid to leave her home.
- c. None of the provided answers
- d. The client is afraid of pain.
- e. The client is afraid of fire.

Answer: B

8. In most anxiety disorders, the person's distress is:

Select one:

- a. focused on a specific situation.
- b. related to ordinary life stresses.
- c. None of the provided answer
- d. greatly out of proportion to the situation.
- e. based on a physical cause.

Answer: D

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9. Maha is so terrified of fire that she cannot light a match or even enjoy dinner by candlelight. Maha is most likely suffering from: Select one:

- a. generalized anxiety disorder
- b. panic disorder
- c. obsessive-compulsive disorder
- d. phobic disorder
- e. None of the provided answers

Answer: D

10. Procrastination, unrealistic excessive fear, persistent need for reassurance from others, and avoiding activities potentially causing negative psychological experiences, are characteristic features in:

Select one:

- a. Agoraphobia
- b. Panic disorder
- c. Social anxiety disorder
- d. Generalized anxiety disorder
- e. Phobia

Answer: D

11. Which of the following is incorrect concerning agoraphobia?

Select one:

- a. Patients with agoraphobia get afraid in situations when escape may become difficult
- b. Patients with agoraphobia fear situations when help may not be available
- c. Patients with agoraphobia may avoid public transportation
- d. Patients with agoraphobia may become afraid of leaving their homes
- e. Patients with agoraphobia feel secured in open spaces

Answer: E

12. A sudden experience of extreme fear, apprehension, and intense physical symptoms (e.g., chest pain, shortness of breath, sweating, and palpitation) that occur without precipitating factors, is characteristic in:

Select one:

- a. Agoraphobia
- b. Panic disorder
- c. Somatic delusional disorder
- d. Specific phobia
- e. Generalized anxiety disorder

Answer: B

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13. Which of the following is correct regarding anxiety? Select one:

- a. Anxiety reactions are the same for all humans, regardless of culture
- b. Anxiety disorders are more common in men than women
- c. Excessive (too much) anxiety is required to enhance one's performance
- d. Excessive anxiety (too much) levels can interfere with one's functioning
- e. Anxiety disorders are not common in the general population

Answer: D

14. Which of the following is incorrect regarding the obsessive-compulsive disorder? Select one:

- a. Anxiety caused by obsessions are usually resolved after performing compulsions
- b. The reason for performing compulsions is to reduce anxiety and distress caused by obsessions
- c. Ordering objects, checking on things repeatedly, and ordering are common examples of compulsions
- d. Obsessions are usually appealing and pleasant to the patient
- e. Obsessions and compulsions can cause significant impairment in functioning

Answer: D

15. In an initial interview with a 24-year old man with a diagnosis of generalized anxiety disorder, the doctor could expect to observe which of the following behaviours ?

- a. irritability, difficulty concentrating on the interview
- b. future orientation
- c. increased assertiveness
- d. grandiose ideation
- e. all of the provided answers

Answer: A

16. Obsessive-compulsive disorder is:

- a) repeated occurrence of unwelcome thoughts followed by irresistible desire to do the act
- b) occurrence of pleasant thoughts followed by irresistible acts
- c) false unshakeable thoughts against sociocultural background
- d) excessive irrational fear of ideas, objects, or situations
- e) none of the provided answers

Answer: A

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17. A 35-year-old female has an intense fear of riding an elevator. She claims "As if I will die inside." The client is suffering from:

- a. Agoraphobia
- b. Social phobia
- c. Claustrophobia
- d. Xenophobia

Answer: C

18. In Obsessive Compulsive Disorder (OCD), compulsions are generally thought to be which of the following :

- a. Repetitive or ritualized behaviour patterns that the individual feels driven to perform in order to prevent some negative outcome happening .
- b. Repetitive thoughts about harming or distressing others.
- c. Overwhelming desires to behave in an inappropriate fashion.
- d. Ritualized worrying about the negative outcome of events

Answer: A

19. Janet has an air travel phobia , and she is treated in a psychiatric care hospital , which statement describes if the treatment is successful?

- a. she plans to air travel
- b. try a short air trip above the city
- c. recognise the unrealistic nature of her fear
- d. verbalize decreased fear

Answer: D

20. Some of the defining features of Social phobia are described in DSM-IV-TR as:

- a. Individuals with social phobia experience concerns about embarrassment and are afraid that others will judge them to be anxious, weak, "crazy", or stupid.
- b. They may fear public speaking because of concern that others will notice their trembling hands or voice.
- c. They may experience extreme anxiety when conversing with others because of fear they will appear inarticulate.
- d. All of the above.

Answer: D

21. A newly admitted client diagnosed with obsessive-compulsive disorder (OCD) washes hands continually. This behavior prevents unit activity attendance. Which nursing statement best addresses this situation?

(Lets figure out a way for you to attend unit activities and still wash your hands)

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22. Specific phobias are defined as:

(An excessive, unreasonable, persistent fear triggered by a specific object or situation)

23. Generalized Anxiety Disorder (GAD) is a pervasive condition in which the sufferer experiences:

(Continual apprehension and anxiety about future events)

24. Which of the following best defines a Specific Phobia?

- a) A persistent and excessive fear of a particular object or situation, leading to avoidance or intense distress.
- b) A general feeling of worry and tension about multiple aspects of life without a clear cause.
- c) Re-experiencing traumatic events through flashbacks and nightmares.
- d) A mood disorder characterized by periods of extreme sadness and loss of interest.

Answer: A

An anxiety disorder is:

- a) An emotional state identified by panic attacks.
- b) An emotional condition classified by excessive checking.
- c) Disordered thinking.
- d) An excessive or aroused state characterized by feelings of apprehension, uncertainty and fear.

Answer D

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When counseling a patient who is prescribed anti-anxiety medication, which of the following points should be emphasized?

- a) The therapeutic effect may take several weeks (up to 4 weeks) to appear.
- b) The drug may cause sedation; caution is needed when driving or operating machinery.
- c) Blood levels of the drug may need to be monitored in some cases.
- d) All of the above.

Answer: D

اللهم إِنَّا نَسْأَلُكَ فَهْمَ النَّبِيِّينَ، وَحِفْظَ الْمُرْسَلِينَ وَالْمَلَائِكَةَ الْمُقَرَّبِينَ، اللَّهُمَّ اجْعَلْ أَسْنَتَنَا عَامِرَةً
بِذِكْرِكَ، وَقُلُوبَنَا بِخَشْيَتِكَ، وَأَسْرَارَنَا بِطَاعَتِكَ، إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، وَحَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ
تَوَكَّلُوا عَلَى رَبِّنَا وَإِنْ شَاءَ اللَّهُ رَبَّنَا مَا بُذِعْ لَكُمْ تَعَبٌ ②②