

Test Bank for PMHNP Boards 2022 Questions and Answers

What is true of interprofessionality? Answer- All health professionals have individual professional competencies

What is the significance of an experimental p-value of 0.05 Answer- There is a 5% chance of a similar result occurring by chance alone

What percentage of children with oppositional defiance disorder will develop conduct disorder? Answer- 30%

In the DSM-5, selective mutism is now considered what type of disorder? Answer- anxiety disorder

Symptoms of selective mutism must persist for at least Answer- 1 month

Common competencies Answer- overlap more than one health care professional, although not necessarily all health care professionals, and are competencies expected of all health care professionals

Complementary competencies Answer- enhance the qualities of other professions in provision of care

Collaborative competencies Answer- those that each individual profession must possess to work with others, including those who practice within different specialties within a profession.

Interpersonal collaboration is _____ centered Answer- patient

Cognitive therapy is recommended for patients that have Answer- negative cognitive distortions
irrational beliefs
faulty conceptions

Humanistic Therapy focuses on assisting patients with Answer- self-actualization and self-directed growth

Behavioral Therapy focuses on Answer- changing maladaptive behaviors through the use of behavioral modification techniques

Existential therapy is for Answer- reflection on life confronting self

120 who got diarrhea ate lettuce. 80 with diarrhea did not eat lettuce. 40 without diarrhea ate lettuce. 160 without diarrhea ate lettuce. What is the odds ratio of eating lettuce and developing diarrhea? Answer- 6 $((120 \times 160) / (80 \times 40))$

The New Freedom Commission on Mental Health (NFCMH) released a report that suggested Answer- implementation a national campaign to reduce the stigma of seeking care
Focusing on promoting recovery and building resilience

The efficacy of mental health treatments was found to be well documented in Answer- influential report issued by US Surgeon General in 1999

State of high negative emotion and pessimism Answer- neuroticism

Commonly known as an optimistic outlook on life They are outgoing, like social interaction, respond to external rewards, have more active dopamine networks, and are responsive to positive reinforcement. Answer- Extraversion (high levels protect from psychiatric illness)

Introverts are more likely to be _____ motivated and more likely to respond to _____ reinforcement Answer- internally negative (more likely to interact with internal motivation/self-image)

Interpersonal trait of cooperation, easy going nature. Tend to have smooth relationships often at the expense of self-assertion Answer- Agreeableness

Associated with self-control and a focused, organized approach to life. Are achievement-oriented goal setters who can delay immediate gratification to obtain their long term desired outcome. They are considered responsible, reliable, and dependable. Answer- conscientiousness

In behavioral couples therapy, the initial sessions are spent doing a functional analysis of behavior (FAB). What is true about FAB? Answer- FAB is concerned only with observable stimuli connected to operant behavior
FAB is based on operant conditioning (identifying antecedent stimuli, operant behaviors, and consequent stimuli)
The goal of FAB is modifying willful operant behavior

Gestalt theory deals with _____, not _____ Answer- perceptual psychology behavior

Medication that can delay ejaculation in patients with premature ejaculation Answer- Paroxetine (and other SSRIs)

(others include:

Topical anesthetic

Tramadol

Phosphodiesterase-5 inhibitors)

First line treatment for lithium induced diabetes insipidus Answer- Amiloride (K potassium diuretic) in addition to dc lithium when possible.

Ways to reduce polyuria associated with lithium toxicity Answer- reduce lithium dose to minimum effective dose

take once daily at night (may be 5-30% lower than when given in divided doses over the day)

Encourage adequate fluid intake

What is true about ECT in Parkinson's disease Answer- it's more likely to cause transient delirium (worsened dyskinesias induced by l-dopa)

Lithium effects with Parkinson's disease Answer- may worsen tremor

nonselective MAOIs decrease the efficacy of _____ and increase the risk of a _____ Answer- l-dopa products hypertensive crisis

Selegiline is selective for Answer- MAO-B

(after 10mg there is an increase in risk of serotonin syndrome if given with other meds that increase serotonin)

SSRI's can _____ Parkinsonism tremor Answer- worsen (and decrease 'off time')

Process describes the mechanism by which the hippocampus stores memories Answer- long-term potentiation

loss of memory relating to a particular category of information (inability to recall important autobiographical information, usually of a traumatic or stressful nature, that is inconsistent with ordinary forgetting) Answer- systematized amnesia

Lack of memories from a circumscribed period of time, usually immediately following a traumatic event Answer- localized amnesia

Person can recall some but not all of events from a particular time period Answer- selective amnesia

Lack of memory of the patient's entire life Answer- generalized amnesia

The drugs that are FDA approved for GAD Answer- Paroxetine
Citalopram

Escitalopram

Venlafaxine
Duloxetine

Buspar

A surrogate has the right to terminate pregnancy if Answer- the pregnancy threatens her health or life

or

she is a genetic parent

If the surrogate receives both ovum and sperm from couple, she loses the right to Answer- determine whether or not child will be aborted (this is up to the couple)

Which medication is most effective for treating social phobia/social anxiety disorder, especially when refractory? Answer- Phenelzine

A 55-year-old female patient has Stg II HTN. On exam, she has trace pedal edema bilaterally, but her lungs are clear. Her ECG reveals 2nd degree heart block. Which of the following BP medications should be avoided? Answer- Calcium Channel Blockers

3 Contraindications to use a calcium channel blocker Answer- 1st or second degree heart block

Bradycardia
CHF

4 Side effects of calcium channel blockers Answer- Headache

Lower extremity edema

Bradycardia

Heart Block

An NP is evaluating a 78 year old female with depression. She suspects the patient may have Parkinson's disease. Which of the following is consistent with that diagnosis?

Answer- Postural instability

Pill-rolling tremor

Shuffling Gait

Difficulty initiating movement

Mask-like facies (difficulty initiating movement)

Writhing movements occur with Answer- Huntington's chorea

10 Non-motor manifestations of Parkinsons Answer- Autonomic dysfunction

Gastrointestinal dysfunction

Rhinorrhea

Sleep disturbance

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