

1. A 30-year-old single male presented to a mental health clinic with his elderly mother. She brought him there because her son would not leave the house to fulfill his jury duty. He had been summoned several times over the last eight years, and was now facing legal charges for the failure to serve. The patient appeared anxious and unwilling to give much of his history. His mother provided some information, and it became evident that the patient had not left his mother's house at all for years. His mother had informed the courthouse clerk, who recommended the mental health evaluation. Family members sometimes observed him rocking in a chair in the living room and talking to himself; otherwise he isolated himself to his bedroom. Only months later did he reveal to a therapist that he had heard voices as a teenager, telling him to go out and kill people, so he stayed indoors instead for safety. His sleep and appetite were normal. He denied any episodes of physical discomfort or sense of doom. He was not using any substances. He was well oriented and had no memory problems. CT of the brain revealed only mildly enlarged ventricles. Which of the following is the most likely diagnosis?

- A. Avoidant personality disorder
- B. Social anxiety disorder
- C. Early onset dementia
- D. Panic disorder with agoraphobia
- E. Schizophrenia

2. Which of the following statements best describes the treatment of bipolar depression?

- A. Antidepressants are as effective in bipolar as in unipolar depression
- B. Antidepressants should never be used in bipolar depression
- C. Psychotherapy is not necessary in bipolar depression
- D. Antidepressants can destabilize bipolar mood disorders
- E. Most experts agree on the best treatment for bipolar depression

3. Atypicals are associated with less extrapyramidal side effects compared to typical for the following reasons:

- A. Serotonin blockade promotes dopamine release
- B. Atypicals do not bind as tightly and dissociate more quickly from the dopamine receptor
- C. A only
- D. A and B

4. A patient is asked how she is feeling. She replies, "precarious, nefarious, astrocarious." This is an example of:

- A. Tangentiality
- B. Loosening of associations
- C. Flight of ideas
- D. Clanging

5. "Astrocavious" is an example of:

- A. Perseveration
- B. Neologism
- C. Confabulation
- D. Flight of adeas

The following case will be used for questions 6 and 7:

A 30-year-old divorced woman is hospitalized on the acute psychiatry service after assaulting a neighbor. She explains that the lights went out in her bathroom while she was washing and she believed it was the neighbor's fault. Additionally, she heard people talking about how "evil" the neighbor is, and telling the patient she should retaliate. When questioned she admitted she had been alone at home and hadn't seen anyone for days, but she was adamant about having heard the conversations. The patient is known to the hospital staff due to previous hospitalizations. She occasionally stops taking her medications and subsequently worsens to the point of requiring admission. On this occasion she shared with her psychiatrist that she stopped the medications because of a side effect that lets her know she is pregnant. Pregnancy test is negative.

6. Of the following medications that this patient may have been prescribed, which is most likely to have led to the nonadherence?

- A. Lorazepam (Ativan)
- B. Risperidone (Risperdal)
- C. Aripiprazole (Abilify)
- D. Bupropion (Wellbutrin)

7. Altered activity within which of the following neurotransmitter systems is most likely to be responsible for this patient's stated side effects?

- A. Testosterone
- B. Acetylcholine
- C. Dopamine
- D. Gamma-Aminobutyric acid (GABA)

8. Which of the following neuroanatomical pairs are most likely involved in the development of PTSD?

- A. Caudate and putamen
- B. Amygdala and hippocampus
- C. Brainstem nuclei and frontal eye fields
- D. Thalamus and hypothalamus
- E. Frontal cortex and insula

9. Tiffany is a fifteen-year-old female who was enrolled in counseling at the request of her school guidance counselor. She is repeating ninth grade. (She failed last year because she missed so much school due to suspensions that she was unable to keep up with the work.) She is easily annoyed by and is annoying to others. Tiffany is noncompliant in school and in her after-school program. She is rude and disrespectful when dealing with adults in authority but is often seen smiling and interacting in a positive manner with her friends. However, when she gets in trouble, she usually blames her friends and will not take responsibility for actions. Tiffany sleeps and eats well. She is interested in becoming a hairdresser but is worried that she will not graduate. Tiffany's diagnosis is probably:

- A. Major Depressive Disorder
- B. Oppositional Defiant Disorder
- C. Schizophrenia
- D. Posttraumatic Stress Disorder

10. A 75-year-old woman asks to speak privately to her husband's primary care physician. She confides that for the last 6 months her 80 year old husband has been accusing her of having an affair with their 35-year-old gardener. She is very humiliated by this, as in their 50 year marriage, she has never been unfaithful. Her husband gets so furious that she sometimes fears that he will hit her. Yesterday, she wore green slacks and he claimed this was a "come-on" code for the gardener. His behavior is otherwise unremarkable. The most likely diagnosis is:

- A. Bipolar Disorder
- B. Delusional disorder
- C. Schizophreniform disorder
- D. Delirium
- E. Pseudodementia

11. Which of the following presentations is most consistent with a diagnosis of Obsessive-Compulsive Disorder:

- A. 7-year-old boy who presents complaining of hearing a voices accusing him of being "sinful" and "evil" and provide a running commentary of his behaviors)
- B. A 25-year-old woman who presents due to a "shopping addiction". She describes feeling a strong, nearly irresistible urge to purchase excessive amounts of clothing and jewelry and states she gets "a rush" from shopping, though admits to significant guilt afterwards.
- C. A 30-year-old single woman who lives with her parents and has few friends who presents complaining of a 15 year history of extreme self-consciousness about her hair. She spends several hours a day in front of the mirror brushing and styling her hair and often misses work due to feeling "too ugly to show my face in public". She denies any other intrusive thoughts or images or other compulsive behaviors.
- D. A 20-year-old man who describes a three month history of worsening sadness, irritability, difficulty sleeping, poor functioning at work, poor appetite and a preoccupation with death and dying. He states that in the past 2 weeks he has become increasingly preoccupied with the belief that his "bowels are rotting" which causes him great distress and has led to thoughts of suicide.

E. A 26-year-old pregnant woman who presents due to intrusive thoughts about harming her child when he is born. She describes horrific violent thoughts and images which are extremely distressing. She denies any history of violent behaviors but has a history of intrusive thoughts that she might "lose control and hurt someone" which has led to distress and avoidance behaviors in the past.

12. A patient has been seeing you for psychiatric treatment of anxiety and difficulty forming romantic relationships. She has incomplete memories of childhood. She calls for an emergency appointment and reports that 2 days ago she paid a condolence call at an aunt's house. When she entered she was flooded by returned memories of her sexual abuse by a relative in that house during childhood. The defense mechanism that was lifted by returning to the aunt's house is:

- A. Sublimation
- B. Suppression
- C. Repression
- D. Isolation
- E. Displacement

13. Jacob is a five year old male who has just started kindergarten. He attended pre-school but was asked to leave because he was disruptive and unable to sit still. Jacob loves kindergarten. He is a friendly, happy child who loves to play outside in the playground, especially games which involve running. In the classroom, however, he is fidgety and has a hard time sitting still long enough to take in the academic lessons. This makes Jacob sad. His parents, who are professionals, are worried that Jacob will not get into Harvard and decide to take him for further evaluation. What further information would be helpful to the evaluating clinician in order to diagnose Jacob with Attention Deficit Hyperactivity Disorders:

- A. Parents' reports about Jacob's behavior at home
- B. Information regarding Jacob developmental milestones
- C. Teacher's reports about Jacob's behavior in school
- D. All of the above

14. A patient with a paranoid personality disorder has to wait several weeks for an appointment. When you enter the examining room he says, "been defending yourself in a malpractice suit?" An appropriate response would be:

- A. "I am a very busy doctor"
- B. "No, how can I help you today"
- C. "I can tell you're as amusing as usual"
- D. "I'm just back from a two week cruise"

15. You are assessing a patient and say to her "What does 'A rolling stone gathers no moss mean to you?" She responds by stating "Because the stone is moving nothing can grow on it I guess". Her response can be best described by which of the following terms?

- A. Abstract
- B. Tangential

- C. Circumstantial
- D. Concrete

16. The following is **NOT TRUE** about self-injurious behavior (SIB) in adolescents:

- A. SIB is used to alleviate marked anxiety
- B. A history of abuse is often an element of the past history of an adolescent who is self-injurious
- C. Treatment of SIB involves identifying the underlying emotional problem
- D. Tattoos and body piercing are examples of SIB

17. Which of the following is true?

- A. Individuals with Compulsive Hoarding often have good insight.
- B. Compulsions are behaviors that are reinforced by the lessening of anxiety caused by intrusive thoughts or images.
- C. Individuals with Body Dysmorphic Disorder tend to enjoy attention and brag about their appearance.
- D. Body Dysmorphic Disorder is best classified as a type of Somatic Disorder because it has many shared features with other Somatic Disorders.
- E. Muscle Dysmorphia involves restricting food intake and an intense fear of gaining weight associated with distorted body image.

The following case corresponds to questions 18 and 19:

A 25 year old white female is brought to the emergency department by two friends. The patient is unresponsive and appears to be barely breathing. The patient's friends are clearly agitated, but are able to provide you with some history. They state that they were all at a dance party when they noticed their friend began acting strangely. They say that after returning from the bathroom she seemed "kinda dazed, like she was somewhere else." She also kept repeating "I'm floating, I'm floating." She then reportedly began reaching out and picking at the air in front of her. Finally, only after about a minute of this behavior, she passed out and began breathing very slowly. They deny any knowledge about what the girl may have taken. They confirm that the girl lives alone and is employed as a veterinary technician. On examination, the patient is unresponsive to deep pain. Her respiratory rate is about 6. Her pupils are normally responsive to light, but horizontal nystagmus is present. Hypersalivation is also noted. A small pinprick is noted in the patient's left deltoid. The rest of her physical exam appears normal.

18. Which of the following should be done **first** in the management of this patient:

- A. Administer naloxone.
- B. Administer flumazenil
- C. Intubation and ventilator support
- D. Run a stat toxicology screen.

19. Which substance has this person likely taken:

- A. Lorazepam
- B. Heroin
- C. Ketamine
- D. MDMA

20. A 26 year old white male with no known medical problems presents to the emergency room with crushing chest pain and ischemic changes on an EKG. Which of the following drugs would you suspect this patient may have taken?

- A. Alcohol
- B. Cocaine
- C. Marijuana
- D. Ketamine

21. A 42 year old pianist and singer is asked by a psychiatrist "How would you describe your mood over the past week?" She replies "Deck the halls I'm young again, I'm you again. Racing turtles the grapefruit is winning. Seems I keep getting the story twisted, so where's Neil when you need him?"

The woman's reply can be best described as:

- A. Circumstantial
- B. Tangential
- C. Flight of ideas
- D. Loosening of associations

22. A 40 year old male presents after being found naked in Delaware Park speaking about the coming "Rapture." When examined by you and the Attending Psychiatrist, you notice that the patient has distractibility, disorganized thought, pressured speech, irritability, and grandiose and religious delusions, describing himself as "Jesus' right hand man in the Rapture." He reports that God has eliminated his need to sleep and confirms that he has been awake for about 2 weeks. Before you can obtain any further information, he accuses you and the Attending of being "non-believers" and storms out of the exam room. Laboratory results are normal and a toxicology screen is negative. Your attending asks you to obtain collateral information from the patient's wife. What piece of information would be crucial to obtain in order to decide whether the likely diagnosis is Schizoaffective disorder, bipolar type, rather than Bipolar Disorder, manic, with psychotic features?

- A. The patient has had hyper sexuality which has resulted in a great deal of conflict between him and his wife.
- B. The patient has had a history of treatment for alcohol use disorder.
- C. Despite sleeping regularly, not demonstrating irritability, and having normal speech, the patient became more interested in religious television and began speaking about his role in the Rapture over a month ago.
- D. The patient has had periods in the past where he has demonstrated symptoms of mania, however did not endorse any psychotic content.

23. Forensic Psychiatry is a branch of psychiatry which:

- A. Regularly examines crime scenes.
- B. Routinely develops psychological profiles on serial killers.
- C. Provides rulings on the mental competency of individuals.
- D. Provides psychiatric treatment to individuals in correctional settings.

24. A 25 year old white female with no prior history of psychiatric treatment is transferred to the Gate Vascular Center from an outlying hospital, after developing sudden left sided weakness. When elevated she reports experiencing severe pain particularly on the left side of her body. She also reports she cannot move the left side of her body. Attempts to examine her result in severe screams of pain. You do notice on your exam that muscle tone on the left appears similar to the right and reflexes are present bilaterally. MRI is negative for any signs of acute stroke. Collateral information obtained from her father indicates that two nights before presentation, the patient and her son were trapped in her home while her ex-boyfriend threatened her from outside the home with a gun in his possession until police arrived.

The most likely diagnosis is:

- A. Conversion Disorder
- B. Somatic Symptom Disorder
- C. Illness Anxiety Disorder
- D. Factitious Disorder

25. You receive a call from a 45 year old successful attorney who insists he needs to meet with you because he has heard that you are "the best shrink in town." You indicate that you are currently booked but could see him in 3 weeks. He scoffs and says, "Not good enough, how about tomorrow?" You notice you have a cancellation tomorrow at 3pm so you offer him the time. The next day the patient arrives at 3:30pm and without apology, enters your office without knocking, sits on the couch, and proceeds to tell you about his reason for coming. He states, "I don't really think I need to be here, but my bitch of a wife said she'd divorce me if I didn't see a shrink. She'd take half of what I've got if we divorced, so here I am."

This patient's presentation is most consistent with which disorder below:

- A. Borderline Personality Disorder
- B. Narcissistic Personality Disorder
- C. Schizoid Personality Disorder
- D. Dependent Personality Disorder

26. Which of the following may explain why men complete suicide more than women, despite the fact that women attempt suicide more than men:

- A. Women are more likely to tell someone prior to attempting suicide.
- B. Women do not become as depressed as men.
- C. Men are more likely to choose more lethal methods, such as firearms.
- D. Men cannot cope with their emotions as well as women.

27. Which of the following classes of medications is first line medication treatment of Generalized Anxiety Disorder:

- A. Selective Serotonin Reuptake Inhibitors
- B. Benzodiazepines
- C. Beta Blockers
- D. Tricyclic Antidepressants

28. A 50 year old male patient with stable Schizophrenia is undergoing chemotherapy. His oncologist notices that the patient's absolute neutrophil count is 1000. Which of the following medications would need to be stopped in this patient:

- A. Ziprasidone (Geodon)
- B. Olanzapine (Zyprexa)
- C. Risperidone (Risperdal)
- D. Clozapine (Clozaril)

29. A 30 year old female patient presents for an evaluation for psychotherapy. She is employed as an attorney in a local law firm, has several friends with whom she is close, and recently ended an intimate relationship with an older, married male attorney at another firm. She states "I've noticed that I keep having problems in my relationships. None of them seem to last very long...and I keep dating men that are older and not really available." She denies any acute psychiatric symptoms, but is troubled by her relationship choices. Which style of therapy would be best suited for this patient:

- A. Cognitive Behavioral Therapy
- B. Exposure Therapy
- C. Psychodynamic Psychotherapy
- D. Supportive Psychotherapy



30. Which of the following opioid side effects does not decrease with prolonged use:

- A. Respiratory depression
- B. Nausea
- C. Constipation
- D. Drowsiness

## Matching

For each example below, please choose the most likely diagnosis. Each answered will be used only once:

- A. Generalized Anxiety Disorder
- B. Panic Disorder
- C. Specific Phobia
- D. Social Phobia
- E. Performance Anxiety

31. A 35 year old white male presents with a chief complaint of anxiety. He states that he worries much of the day and has trouble sleeping stating "I can't shut my brain off at night." When asked what he worries about he states, "I think about losing my job, then think what will I do for money, how will I keep up with my friends, will I be able to have a girlfriend if I don't have money, what will my parents say..."

32. A 35 year old white male presents with a chief complaint of anxiety. He states that for much of his life he has been uncomfortable when crossing bridges. Growing in Buffalo as a child, he dreaded trips to Canada and would often close his eyes and hyperventilate while crossing the bridge. He states that he will be moving to the San Francisco Bay Area in 3 months and he is terrified because he will be living in Berkeley and will have to commute into San Francisco.

33. A 35 year old white male presents with a chief complaint of anxiety. He states that over the past few weeks he has had sudden, unpredictable periods of intense anxiety, during which time he fears he is going to die. During these periods his heart races, he finds it hard to breathe, he sweats, and shakes. The periods last about 10 minutes. He has begun to fear having one of these attacks while driving or at work.

34. A 35 year old white male presents with a chief complaint of anxiety. He states that as a result of a new job he has been having to do more public speaking. He states that prior to having to do a presentation he experiences severe anxiety, sweats profusely, and finds it hard to focus on his presentation. He denies anxiety in other situations.

35. A 35 year old white male presents with a chief complaint of anxiety. He states that for several years he has experienced anxiety at parties, work functions, and large work meetings. He admits to having a few friends that he has known for many years, however has struggled with intimate relationships. He states he becomes anxious and does not know what to say when meeting potential partners. He is comfortable around his family and known friends.

Please select the drug below which best matches the side effects listed. Each answer will be used only once.

- A. Risperidone
- B. Olanzapine
- C. Trazodone
- D. Aripiprazole
- E. Ziprasidone

- 36. Significant prolongation of the QTC
- 37. Metabolic Syndrome
- 38. Priapism
- 39. Akathisia
- 40. Increased prolactin

Please select the drug which best matches a statement below. Each answer will be used on once.

- A. Cocaine
- B. Amphetamine
- C. LSD
- D. Ketamine
- E. Heroin

- 41. Causes intoxication by blocking reuptake of serotonin, norepinephrine, and dopamine.
- 42. Causes intoxication by releasing dopamine and noradrenaline and acting as a monoamine oxidase inhibitor.
- 43. Effective at crossing the blood brain barrier because of acetyl ester substitutions.
- 44. Respiratory depression is often the cause of death due to inappropriate dosing.
- 45. Can result in increased suggestibility leading to severe anxiety and fear of losing one's mind.

Please select the diagnosis that best matches the vignette below. Each answer will be used only once.

- A. Avoidant Personality Disorder
- B. Obsessive Compulsive Personality Disorder
- C. Schizoid Personality Disorder

46. A 40 year old Asian female presents for psychotherapy with a complaint of anxiety. She describes working as a secretary at a business office, having no close friends, and no intimate relationships. She states that she is close with her parents who are elderly. When asked about her absence of friends or lack of relationships, she tears up and states that she has always wanted to have more friends and an intimate partner however is "too afraid." She admits to fearing that she will not know what to say and would likely make "a fool" of herself. She admits to loving romance novels and spending a lot of time "daydreaming" about a relationship.

47. A 40 year old Asian female presents at the request of his elderly parents. His parents report that they worry that their daughter does not have many friends or relationships and they worry about what she will do when the die. When you speak with her she appears aloof and disinterested. She states she works from home doing computer programming and information technology. She enjoys playing video games, though is not interested much in movies or reading. When asked about her parents' concerns about her solitary existence she just shrugs.

48. A 40 year old Asian female presents at the request of her employer. She works as a middle manager in at a local computer company. She states that she does not understand why she was referred. She says, "My boss made me come in. He has been angry with me because I do not agree with the guidelines he is recommending to manage my employees. His ideas are wrong! Mine are better but he just does not want to listen to me." She states she is married and adds "I run the household, if I didn't the place would fall apart. My kids are straight A students and know how to behave." She goes on to elaborate on a schedule she has created to run her household, including themed dinner nights, planned weekend recreation time, and a specific time of the week when her and her husband have sex.

Please select the attachment style which best fits the description below. Each answer will only be used once.

- A. Avoidant Attachment
- B. Secure Attachment

49. An 18 month old baby is playing with toys while his mother sits near by talking to a neighbor who has come to visit. The child frequently looks over at the mother and attempts to engage her in play. The mother gets up and leaves the room to bring coffee for her and her guest. The child suddenly begins to cry and call after her mother. The neighbor attempts to console the child but the child does not soothe. The mother returns and after setting the coffee down, picks up her child. The child comforts quickly and soon returns to play.

50. An 18 month old baby is playing with toys while his mother sits near by talking to a neighbor who has come to visit. The child plays with her toys. The mother gets up and leaves the room to bring coffee for her and her guest. The child notices the mother's absence, appears briefly anxious, but continues to play. The neighbor attempts to engage the child but the child does not seem interested. The mother returns and after setting the coffee down, picks up her child. The child turns away from the mother and bends towards the toys on the ground.