

# **Psychiatry**

**Final 019**

**By**

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**‘Question solved based on past paper and first aid’**

1- All the following are symptoms of PTSD except?

- A. Self blaming
- B. Intense distress at exposure to cues relating to the trauma
- C. Diminished startle response
- D. Active avoidance of triggering stimuli associated with the trauma.
- E. Reexperiencing the event

Answer: C

2- Which of the following statements is true about OCD?

- A. Obsessions are recognized by the patient as imposed on them
- B. Obsessional symptoms are always followed by actions
- C. Obsessional thoughts are usually pleasant
- D. Obsessions lead to resistance by the patient
- E. The prognosis is worse when precipitated by trauma

Answer: D

3- of the following, which can cause PTSD?

- A. Any stress is traumatic
- B. sexual or physical threat to others
- C. The trauma must be only on the patient

Answer: B

4- 5th year medical student comes to you around the OSCE time and tells you that they can't concentrate in the exam time. They're afraid of getting a mental block and saying something silly while being examined. Other than that, they're perfectly normal and have no other complaints. Their next exam is in two days. Which of the following is best management?

- A. Benzodiazepine
- B. SSRI
- C. Selective beta blocker
- D. Stimulant
- E. Non-selective beta blocker

Answer: E

5- A long stem about a patient with 3 or 4 criteria of alcohol abuse, started experiencing alcohol withdrawal after 2 days from the last drink came to ER and had a seizure, best management?

- A. Thiamine and benzodiazepines before glucose
- B. Thiamine and Benzodiazepines after glucose
- C. Thiamine alone
- D. Buprenorphine and thiamine before glucose
- E. Buprenorphine and thiamine after glucose

Answer: A

6- true about anorexia nervosa?

- A. Loss of appetite
- B. distorted body image
- C. Normal body weight
- D. Not occur in high class communities
- E. Body dysmorphia disorder

Answer: B

7- patient asked you 'why I diagnosed with anorexia nervosa rather than bulimia nervosa'. which sentence is most appropriate?

- A. Anorexia is restriction only, bulimia is bingeing and purging.
- B. Anorexia is bingeing and purging.
- C. Anorexia is caloric restriction, bulimia is not.
- D. Anorexia is normal body weight, bulimia is not.

Answer: C

8- presented to the emergency department with severe respiratory difficulties. On examination he is agitated in severe pain, has dilated pupils , and has needle marks on his forearm. There is high suspicion that his condition is drug related. Which of the following drugs is most likely involved?

- A. Cannabis
- B. Heroin
- C. Phencyclidine
- D. Alcohol
- E. Cocaine

Answer: B

9- A patient was diagnosed with BPD2 and well controlled with his medication, today in clinic he came in a hyper talkative state, he said:" I am the most powerful man in the world, I can move mountains with a push from my hands", ... what is most accurate sentence?

- A. He is BPD2, he had hypomania episode with psychotic symptoms
- B. He is now BPD1 and schizophrenia
- C. He is still BPD2, he had new mania episode with psychotic symptoms
- D. He is now BPD1, he had new mania episode with psychotic symptoms
- E. He is now BPD2 and schizophrenia

Answer: D

10- Which of the following happens in REM sleep ?

- A. Increase muscle tone
- B. No rapid eye movement
- C. Nocturnal enuresis
- D. Increased heart rate
- E. Night terrors

Answer: C

11- A patient with alcohol withdrawal and severe liver failure comes to the ER, what is the best management?

- A. Bupropion
- B. Diazepam
- C. Naltrexone
- D. Disulfiram
- E. Lorazepam

Answer: E

12- patient diagnosed with schizophrenia and prescribed olanzapine and was adhered to it but he faced severe weight gain (20 kg in a year) all of the following should be assessed because of suspicion of metabolic syndrome except?

- A. Hba1c
- B. Lipid profile
- C. Height
- D. Waist circumference
- E. Weight

Answer: C

13- Which drug is used for major depression?

- A. Fluoxetine
- B. Lithium
- C. Olanzapine
- D. Haloperidol

Answer: A

14- Panic attacks can occur in all of the following conditions, EXCEPT?

- A. Obsessive compulsive disorder
- B. Generalised anxiety disorder
- C. Somatoform disorder
- D. Delirium tremens
- E. Damage to the temporal lobe

Answer: D

15. Patient asked about his education level he answered "Education is important. Did you know that in the US you can be homeschooled?", then he asked again about his own schooling he said "in US students take SAT, but in UK they take IG" which of the following describes his thought process?

- A. Flight of idea
- B. Tangentiality
- C. Perseveration
- D. Labile mood

Answer: B

- 16- patient heard his neighbour talk about him although he is three houses away from him, he has?
- A. auditory hallucinations
  - B. Auditory illusions
  - C. Thought echo

Answer: A

- 17 - Which of the following is true about Illusions?
- A. It is always pathological
  - B. It is misinterpretation of normal perception
  - C. It is feeling unreal self under anxiety
  - D. It affects vision and hearing only
  - E. It is the same as delusional perception

Answer: B

18- You have a consultation from the orthopaedic department. A 65 years old female did bilateral total knee replacement and was managed with opioids and felt well in hospital. At discharge the resident filled her prescription with opioids. She came back for a follow up and she had been well, so the doctor didn't renew her opioid prescription. The patient came back to ER the next day with severe pain and asked for opioids. Which sentence describes the patient?

- A. The patient is addicted, she has opioid withdrawal symptoms
- B. The patient is not addicted, the drug should be tapered
- C. The patient is addicted she asked for opioids when her doctor didn't want to give her

Answer: B

- 19- Abnormalities in which of the following brain systems are most likely to cause Depression?
- A. Acetylcholine system
  - B. Serotonergic system
  - C. Monoamine system
  - D. Dopaminergic system
  - E. Histamine system

Answer: C

20- involved in the aetiology of dementia.

- A. Ach
- B. Serotonin
- C. Dopamine
- D. Norepinephrine

Answer: A

21- Not a poor prognosis for schizophrenia :

- A. family history
- B. prominent negative symptoms
- C. early onset
- D. Male
- E. Short prodromal phase

Answer: E

22- A patient brought by his family after he was diagnosed with schizophrenia and they asked you about management. Which is the best response?

- A. antipsychotic is cornerstone in the management and other therapy like psychotherapy can be useful
- B. antipsychotic is in the treatment of choice and no other therapy
- C. antipsychotics are not useful at all
- D. the only available therapy is psychotherapy
- E. Antipsychotics can be stopped if relapse happened

Answer: A

23- All are extrapyramidal side effect except :

- A. acute dystonia
- B. Alogia
- C. tardive dyskinesia
- D. bradykinesia
- E. akathisia

Answer: B

24- ECT is used in all of the following except?

- A. Severe depression
- B. Mania
- C. Phobia
- D. Antisocial personality

Answer: C

25- 60-year-old man is admitted to the psychiatric unit for having suicidal ideas. He is severely depressed, and not complying with medications. He says, "nothing will change anyway," he also stopped eating and drinking and has become dehydrated. Which of the following is the most effective therapy?

- A. Administer ECT.
- B. Persuade him to take antidepressant medication.
- C. Force parenteral fluids.
- D. Use psychotherapy.
- E. Allow time for the patient to change his mind.

Answer: A

26- Which is not associated with high relapse of bipolar affective disorder episodes

- A. use of 2nd generation antipsychotics
- B. presence of another disease like hyperthyroidism
- C. Substance abuse
- D. antidepressants
- E. alcohol

Answer: A

27- Which of the following Questionnaires is commonly used to screen for alcohol dependence?

- A. Symptom check list 90
- B. CAGE
- C. MMPI
- D. Beck depression questionnaire
- E. Patient health questionnaire

Answer: B

28- a case about a man with poor general health, what would indicate alcohol dependence

- A. multiple spider Nevi
- B. Excessive cigarette smoking
- C. High blood pressure
- D. Low blood pressure

Answer: A

29- A 28-year woman attending a psychiatric clinic complains of mood swings from time to time, she admits that she has not been able to sustain relationships because of her mood swings and impulsivity. She fears abandonment by her friends, blames everyone for her current state. She had several overdoses impulsively during the previous five years. She misused benzodiazepines to reduce tension and sleep. The most likely diagnosis is?

- A. borderline personality disorder
- B. Substance use disorder
- C. Bipolar disorder
- D. Depression

Answer: A

30- Which of the following is a common symptom of ADHD?

- A. Stealing
- B. Impulsivity
- C. Depression
- D. Obsession
- E. Anxiety

Answer: B

31- Not in conduct :

- A. hyperactivity during school hours
- B. No adherence to rules
- C. Stealing "theft"
- D. Damage property
- E. Set up fire

Answer: A

32- Which of the following medications is relatively safe to use in calming psychotic agitated patients?

- A. Phenobarbital
- B. Lithium carbonate
- C. Citalopram
- D. Haloperidol
- E. Clomipramine

Answer: D

33- All the following are features of somatic symptom disorder, EXCEPT?

- A. The symptom may be a single pain symptom
- B. Multiple physical symptoms without underlying organic pathology
- C. The symptoms may be related to more than one body system
- D. The symptoms are intentionally produced
- E. The duration of symptoms is 6 months or more

Answer: D

34- False regarding personality disorder ?

- A. Usually diagnosed in elderly
- B. significantly deviate from the norm
- C. They cause dysfunction

Answer: A

35- A 40-year-old female came to your clinic complaining of tension in her head and other complaints and that she had visited multiple doctors before and they all told her "You don't have anything". She told you that she is always worried about everything around her. What is her most likely diagnosis?

- A. MDD
- B. Bipolar disorder
- C. GAD
- D. Phobia

Answer: C

36- Agoraphobia :

- A. Fear of being in a place with no access to help
- B. Fear of being subject to criticism
- C. Fear of being in high places
- D. Fear of being around animals

Answer: A

37- not with cocaine withdrawal:

- A. Vivid dreams
- B. Agitation
- C. Fatigue
- D. Increase sleeping
- E. dilated pupil

Answer: E



38- not a mature defence mechanism:

- A. acting out
- B. Sublimation
- C. Altruism
- D. Humor
- E. Suppression

Answer: A

39- In the absence of any medical disorder and substance use, which of the following symptoms, if present for more than a month, makes a diagnosis of schizophrenia likely?

- A. Delusion of grandiosity
- B. Blunted affect
- C. Mood congruent auditory hallucination
- D. Voices referring to the patient as a third person
- E. Flight of ideas

Answer: D

40- Internal medicine called you for a consult for a case of an agitated old man that has confusion and other DT symptoms (like him answering that he's at the Ritz hotel when asked where he is) that increased at night and decreased during the day. He had been admitted for severe pneumonia, what is the best treatment:

- A. treat the underlying cause
- B. Restrain the patient
- C. Keeping low light in the room
- D. Discourage family visits
- E. E. Give benzodiazepine

Answer: A

41- Obsessive compulsive disorder is characterised by:

- A. Negative symptoms
- B. Impulsive acts
- C. Over activity
- D. Intrusive thoughts
- E. Lack of insight

Answer: D

42- Gender dysphoria, which is true?

- A. Easily identified by the age of 4
- B. Identity is well developed by the age of 1
- C. Limited to the western culture
- D. Only females can have gender dysphoria
- E. Only treated by psychotherapy

Answer: A

43- a 25 year old male who has depression and is getting better with SSRIs came to you complaining of erectile dysfunction all are correct treatments except:

- A. increase the SSRI dose
- B. Add sildenafil
- C. Add bupropion
- D. Decrease SSRIs
- E. Switch to a non SSRI medication

Answer: A

44) Which of the following drugs is more likely to be involved in producing psychotic symptoms?

- A. Alcohol
- B. Benzodiazepines
- C. Heroin
- D. Cannabis
- E. Morphine

Answer: D

45- A woman said that she can't experience pleasure from anything she does. What is the psychological description of her case?

- A. Amotivation
- B. Anhedonia
- C. Alogia
- D. Blunted affect

Answer: B

46 a schizophrenic has been hospitalised due to an exacerbation of his condition, his family states that he stopped taking his risperidone pills that he was previously well controlled on, they were re-administered and his symptoms improved, he stated that he doesn't like to take pills everyday what is the best next step in management?

- A. taper the medications and stop it completely once he is stable
- B. Force him to take the pills unwillingly
- C. Put the pills in his food without his knowledge
- D. Switch to an injectable long acting form of the same drug
- E. Start him on Clozapine because he's resistant

Answer: D

47 a patient asks you why is his diagnosis OCPD and not OCD?

- A. OCPD ego-syntonic , OCD ego-dystonic
- B. OCPD ego-dystonic, OCD ego-syntonic
- C. OCD are not aware they have something wrong

Answer: A

- 48- How to test abstract thinking in a mental state exam ?
- A. Writing a sentence then reading a different sentence
  - B. Serial 7
  - C. Proverb similarities test
  - D. 3 steps command

Answer: C

- 49-bipolar patient controlled with medication presented with coarse tremors and diarrhea, what is the cause?
- A. lithium toxicity
  - B. They're caused by her condition

Answer: A

- 50- question about bad sleep hygiene except ?
- A. sleep and wake daily at the same time
  - B. Watching reels before sleep
  - C. Smoke a cigarette before going to bed
  - D. Missed the sunlight in early hours of morning
  - E. Eating, watching movies, and studying on the bed

Answer: A

- 51- An attractive female came to your plastic surgery clinic asking for a 4th rhinoplasty, she says she looks ugly and her nose is her worst feature and that she will keep doing surgeries until it is perfect like she wants, her mother is concerned and says that everyone says she's beautiful, what's your management?
- A. do the surgery to protect your reputation
  - B. Refer to another surgeon
  - C. Advise her to consult with a psychiatrist before any next surgery
  - D. Ask her mother to not give her money so she doesn't do it
  - E. Tell her that your surgery was good and she doesn't need another one

Answer: C

- 52- Cognitive Behavior therapy is effective in all the following conditions, EXCEPT?
- A. Panic disorder
  - B. Posttraumatic stress disorder
  - C. Depressive disorder
  - D. Social anxiety disorder
  - E. Paranoid schizophrenia

Answer: E

53- A patient has PTSD. Which of the following is true about his management?

- A. Don't use BZD for PTSD because it causes substance abuse
- B. Prazosin for anhedonia
- C. Do not use SSRI
- D. Antipsychotics have no role in treatment

Answer: A

54- A patient with MDD started on SSRI 2 weeks ago, he says that the drug isn't working and he is not feeling any better, what should you do?

- A. Tell the patient that you understand and switch to another SSRI
- B. Tell the patient that you understand and SSRIs need more time to start taking effect and schedule a follow up in 2 more weeks.
- C. Tell the patient that you understand and switch to non SSRI
- D. Tell the patient that you understand and stop the medication
- E. Tell the patient that you understand and that the diagnosis is wrong so you start a re-diagnosis session

Answer: B

55- You attend a psychiatry lecture and they say ' Phobias are the most common psychiatric disorder in women and second most common in men' but when you are in psychiatry clinic you don't see a lot of patients with phobias. What is the most accurate sentence?

- A. The lecture is wrong
- B. Phobia patients avoid their phobias and do not come to clinics
- C. Phobia patients use over the counter medication for their phobias and do not come to clinics
- D. In your hospital psychiatry clinics they do not see phobia patients
- E. Phobia patients are admitted to the hospital rather than outpatient clinics

Answer: B

56- Which of the following statements is true about depression?

- A. Is caused by underactivity of dopamine
- B. About 4% of depressed commit suicide
- C. Men are more affected by depression
- D. Commonly present with physical symptoms

Answer: D

57- 42-year female schizophrenic stops in the middle of a sentence during the interview, she is not able to explain why she stopped. What is this phenomenon called?

- A. Derailment
- B. Poverty of thought
- C. Thought broadcasting
- D. Thought withdrawal
- E. Thought blocking

Answer : E

58- Which of the following is shared by all anxiety disorders?

- A. Positive outlook to life
- B. Onset is in middle age
- C. Exaggeration of normal events
- D. Decrease risk for suicide
- E. Behavior therapy is not effective

Answer : C

59- Which of the following is true about bipolar mood disorder?

- A. Has strong genetic basis
- B. Affects only the middle aged
- C. Has good prognosis
- D. Treated by cognitive therapy
- E. Lifetime risk is about 7%

Answer : A

60- Regarding Childhood Autism, which of the following statements is CORRECT?

- A. Prognosis depends on language development.
- B. White race is not affected.
- C. Does not affect children in upper social class.
- D. Hyperbaric oxygen therapy is the treatment of choice.
- E. Vaccines have been approved as a major cause of autism.

Answer: A

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***DONE***