

Course No: DNRS 221
Course Title: نفسية وعقلية
Date: 07/06/2017
No. of Questions: (4)
Time: Two hours
Using Calculator (No)

University of Palestine



Final Nursing
Psychiatric Exam
second semester
2016/2017
Total Grade: 50

Instructor Name: _____
Student No.: _____
Student Name: _____
College Name: Health Professions
Dep./Specialist: Nursing
Using Dictionary (No)

Question No. I: Multiple Choice Questions

(24 Marks)

Choose the most correct answer from the following:

1. **A client with hoarding disorder may complain of**
 - a) Recurrent picking of skin
 - b) Persistent depressive mood
 - c) Recurrent pulling out of one's hair
 - d) Possessions of only high valued objects

2. **From a cognitive theory perspective, which is a possible cause of Posttraumatic stress disorder (PTSD)?**
 - a) Inability of the ego to intervene when conflict occurs.
 - b) Abnormal elevations of blood lactate and increased lactate sensitivity.
 - c) Increased involvement of the neurochemical norepinephrine.
 - d) Distorted thinking patterns that precede maladaptive behaviors.

3. **Which of the following drugs consider mood stabilizer?**
 - a) Xanax
 - b) Lithium
 - c) Elatrol
 - d) Haloperidol (Haldol)

4. **Optimal treatment for obsessive-compulsive disorder (OCD) include:**
 - a) Exposure
 - b) Response prevention
 - c) Medication
 - d) All of the above

5. **Which of the following statements explains the etiology of (OCD) from a biological theory perspective?**
 - a) Individuals diagnosed with OCD have weak and underdeveloped egos.
 - b) Obsessive and compulsive behaviors are a conditioned response to a traumatic event.
 - c) Regression to the pre-Oedipal anal sadistic phase produces the clinical symptoms of OCD.
 - d) Abnormalities in various regions of the brain have been implicated in the cause of OCD.

6. **Modicate and halidol deconate is slow release depot used for.....:**
 - a) Outpatient care
 - b) Noncompliant patient
 - c) Patient with intellectual disabilities
 - d) All of the above

7. **The main difference between acute stress disorder (ASD) and (PTSD) is?**
 - a) The symptoms of ASD are time limited, up to 1 month.
 - b) Precipitating traumatic events and symptoms.
 - c) The symptoms of PTSD are time limited, up to 3 month.
 - d) None of the above.

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8. Which nursing diagnosis reflects the intrapersonal theory of the etiology of obsessive compulsive disorder?
- Ineffective coping R /T punitive superego.
 - Ineffective coping R /T active avoidance.
 - Ineffective coping R /T alteration in serotonin.
 - Ineffective coping R /T classic conditioning.
9. Which of the following drugs is an example of Tricyclic antidepressants (T.C.A)
- Elatrol
 - Anafranil
 - Tofranil
 - All of the above.
10. All the following symptoms would the nurse expect to assess in a client diagnosed with PTSD? EXCEPT.
- Recurrent distressing dreams related to traumatic event occurred.
 - Hypervigilance.
 - Excessive attachment and dependence toward others.
 - Avoidance of activities that are associated with the trauma.
11. A newly admitted client is diagnosed with PTSD. Which behavioral symptom would the nurse expect to assess?
- Recurrent, distressing flashbacks.
 - Intense fear, helplessness, and horror.
 - Diminished participation in significant activities.
 - Detachment or estrangement from others.
12. A client newly admitted to an in-patient psychiatric unit is diagnosed with OCD. Which behavioral symptom would the nurse expect to assess?
- The client uses excessive hand washing to relieve anxiety.
 - The client rates anxiety at 8/10.
 - The client uses breathing techniques to decrease anxiety.
 - The client exhibits diaphoresis and tachycardia.
13. A client diagnosed with OCD is newly admitted to an inpatient psychiatric unit. Which cognitive symptom would the nurse expect to assess?
- Compulsive behaviors that occupy more than 4 hours per day.
 - Excessive worrying about germs and illness.
 - Comorbid abuse of alcohol to decrease anxiety.
 - Excessive sweating and an increase in blood pressure and pulse.
14. Which of the following medications can be used to treat clients with anxiety disorders? EXCEPT.
- Diazepam.
 - Lorazepam.
 - Alprazolam (Xanax).
 - Haloperidol (Haldol).

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- 15. A client diagnosed with OCD has been hospitalized for the last 4 days. Which intervention would be a priority at this time?**
- Notify the client of the expected limitations on compulsive behaviors.
 - Reinforce the use of learned relaxation techniques.
 - Allow the client the time needed to complete the compulsive behaviors.
 - Say "stop" to the client as a thought-stopping technique.
- 16. The nurse teaches an anxious client diagnosed with PTSD a breathing technique. Which action by the client would indicate that the teaching was successful?**
- The client eliminates anxiety by using the breathing technique.
 - The client performs activities of daily living independently by discharge.
 - The client recognizes signs and symptoms of escalating anxiety.
 - The client maintains a 3/10 anxiety level without medications.
- 17. A client is suspected to be experiencing a conversion disorder. Which of the following would the nurse expect to assess?**
- Paralysis
 - Aphonia
 - Anosmia
 - All of the above
- 18. Which of the following is Not uses of Selective serotonin re-uptake inhibitors (S.S.R.I)**
- Bipolar disorders.
 - Depressive disorders.
 - Social anxiety disorder.
 - Generalized anxiety disorder
- 19. Which factors are associated with the development of PTSD?**
- The traumatic experience
 - The individual
 - The recovery environment.
 - All of the above
- 20. Which of the following drugs Inhibit G.A.B.A "Gamma Aminobutyric acid" receptors.**
- Assival
 - Xanax
 - Lorazepam
 - All of the above
- 21. Client complain of repetitive hand washing -for 1 hours - that he feels driven to perform to prevent anxiety result from excessive thoughts of hygiene may diagnosed as:**
- Obsessions
 - Obsessive-compulsive disorder
 - Compulsions
 - Persistent dysphoric disorder

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22. Which of the following statement is true about muscle dysmorphia?

- a) is a form of skin-picking disorder
- b) belief that one's is insufficiently muscular
- c) preoccupation due to eating disorder
- d) belief that one's body build is too large

23. Nursing implications for schizophrenic patient who receive leponex include:

- a) Treat EPS with benzotropine
- b) Treat NMS with dantrolene
- c) Frequent monitoring of WBC
- d) All of the above

24. The common side effects of assival may include?

- a) Drug dependency
- b) Drug tolerance
- c) Drug withdrawal symptoms
- d) All of the above

Question No. II: Write no. of the term for appropriate statement (5 Marks)

1. Obsession	2. Aphonia	3. Adjustment disorder
4. Somatic symptom disorder	5. Body dysmorphic disorder	6. Compulsion

()	A. Preoccupation with one or more perceived defects in physical appearance that are slight to others or not observable
()	B. Maladaptive reaction to an identifiable stressor, that results in the development of clinically significant emotional or behavioral symptoms
()	C. Syndrome of multiple somatic symptoms that can't be explained medically and are associated with psychosocial distress and long-term care-seeking
()	D. Recurrent, intrusive and unwanted thoughts, urges or images, that cause marked anxiety or distress.
()	E. Inability to produce voice, which a symptom of conversion disorder

Question No. III : True or False questions with correction (6 Marks)

Put True or False and if false write the correct answer:

1. ()	Symptoms of conversion disorder resolve within a few weeks.
2. ()	In Illness anxiety disorder the patient interpret that a small sore is skin cancer .
3. ()	Somatic symptoms disorder is acute, with symptoms beginning after age 50.
4. ()	Patient with excoriation disorder hasn't any attempts to decrease skin picking.
5. ()	Adjustment disorder persist for 9 months at least after the stressor have ended.
6. ()	Obsessions or compulsions are time consuming take less than 1 hour per day.

