

-4

CLASS

AVG 84.82

Sophomore Psychiatry
Exam I
February 11, 1994

Mark Edwards
2/11/94 DMH

68
-4
64

64/68 = 94%

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

1. The theory of development that states the individual must progress from a stage of motor sensory to a stage of concrete thinking and finally a stage of abstract thinking was postulated by:

- A. Sigmund Freud
- B. John Bowlby
- C. Jean Piaget
- D. Rene Spitz
- E. Margaret Mahler

2. During the phallic-oedipal stage of development, the child is most likely to be concerned with:

- ~~A.~~ toilet training
- ~~B.~~ oral gratification, i.e. sucking thumb
- ~~C.~~ identity development
- ~~D.~~ school work
- E. fear of punishment by the parent of the same sex

3. Which of the following is most likely to be considered an important operation of the concrete stage of thinking?

- A. logical sequencing
- B. hypothetical thinking
- C. egocentrism
- D. animism
- E. imminent justice

Sensory motor
Preoperational
Concrete operation
Formal operation

X During the period between 6 years and 12 years the child is primarily concerned with achieving:

- A. autonomy
- B. intimacy
- C. industry
- ~~D.~~ identity
- E. initiative

true social smile
occurs between 6-8 weeks

C

-1

Mark Edwards

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

5. Which of the following BEST describes epigenesis?

- ~~A~~ genetic theory based on dominant gene influence
- ~~B~~ genetic theory based on recessive gene influence
- ~~C~~ developmental theory based on psychosexual concepts
- D developmental theory based on inborn responses interacting with the environment
- ~~E~~ fetal development in the womb prior to birth

6. Which of the following statements is not true regarding the sensory-motor stage of development?

- A Sensory-motor stage only occurs after resolution of the concrete operations stage.
- B. An object out of sight is generally considered by the child to be no longer existent.
- C. Sensory impressions are closely linked to motor activity.
- D. There are six substages of development in the sensory-motor stage during which the infant learns to perceive the environment in a manner similar to others in the same culture.
- E. During this stage the infant learns to extend movements already started.

7. Basic trust is most likely developed during:

- A age 0 to 2 years
- B. age 2 to 3 years
- C. age 4 to 5 years
- D. age 5 to 6 years
- E. age 6 to 12 years

8. Which statement is not true about the attachment concept?

- A. Rene Spitz did pioneering work on hospitalism identifying effects of separation on infants.
- B. Absence of suitable mothering prevents or disrupts formation of attachment.
- C. A securely attached infant does not experience separation anxiety when left by the mother.
- D. Insecure attachment can predict developmental problems in later childhood.
- E. Anxious attachment is believed to be promoted by parental inconsistency.

Mary ainsworth used kids that were
8-10 months old

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

9. Which of the following models of motivation has been thought to explain diverse behaviors such as thrill seeking and substance abuse?
- A. James-Lange Theory of Emotion
 - B. Schacter-Singer Self-Attribution Theory
 - C. Festinger's Cognitive Dissonance Theory
 - D. Seligman's Learned Helplessness Theory
 - E. Opponent-Process Theory
10. The development of reactive depression in adults developed from animal research using dogs that were repeatedly exposed to inescapable electrical shock, is consistent with the research of:
- A. Seligman's Learned Helplessness Model
 - B. Cannon-Bard Emergency Theory of Emotion
 - C. James Lange Theory of Emotion
 - D. Opponent-Process Theory
 - E. All of the above
11. According to Cognitive Dissonance Theory, as proposed by Festinger and supported by research of Festinger and Carlsmith, which of the following would most likely result in a true change in attitude?
- A. A condition with low external justification for attitude change.
 - B. A condition with high external justification for attitude change.
 - C. A condition with low, then relatively high external justification for attitude change.
 - D. A condition with conflicting levels of physiological arousal related to attitude change.
 - E. Unable to answer with the information provided.
12. Which of the following statements best explains current conceptualizations of human motivation?
- A. purely physiological models
 - B. multidimensional models
 - C. brain models, with clear emphasis on limbic structures
 - D. psychodynamic models
 - E. instinctual models

Mark Edwards

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

13. Which of the following statements is TRUE concerning the study of human motivation?
- A. Biological functions account for most of the daily motivational behavior in humans.
 - B. The James-Lange Theory of motivation continues to gain research support in empirical studies.
 - C. Social learning accounts for a considerable amount of daily motivational behavior in humans.
 - D. Schaefer and Singer's Self Attribution Theory makes no inferences about the role of physiology in emotional states.
 - E. The importance of cognitive labeling of emotion is an essential component of the Opponent-Process Theory of acquired motivation.
14. Erik Erikson used the term "generativity vs stagnation" to describe the conflict occurring in:
- A. childhood
 - B. adolescence
 - C. young adulthood ²⁰⁻³⁵
 - D. middle adulthood ³⁵⁻⁶⁵
 - E. late adulthood ⁶⁵⁺
15. The fundamental issue in Erikson's young adulthood psychosocial phase of the life cycle, 20 years - 35 years is:
- A. intimacy vs isolation
 - B. basic trust vs mistrust
 - C. autonomy vs shame
 - D. initiative vs guilt
 - E. industry vs inferiority
16. Conscious reasons for selecting Medicine as a career include all of the following EXCEPT:
- A. pleasing parents
 - B. counterphobic mechanisms
 - C. obtaining a secure life style
 - D. interest in science
 - E. altruistic desires

-0

Mark Edwards

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

17. Reasons for marriage include all of the following EXCEPT:

- ~~A.~~ rescue fantasies
- ~~B.~~ falling in love
- ~~C.~~ compensation for unhappy life situations
- ~~D.~~ self-protection or self motivation
- E. fear of intimacy and children

18. Which is true related to Biopsychosocial learning? (ENGEL)

- A. A complete physician has the ability to integrate medical treatment with compassionate psychological care.
- ~~B.~~ With the technology boom in medicine, more time is spent on mental health education.
- ~~C.~~ Scientific research is less important in psychiatry.
- ~~D.~~ No real learning is needed related to the psychological care of patients because of intuitive ability.

19. The premorbid characteristics of the middle-aged physician who experiences emotional dysfunction most likely includes:

- A. use of altruism and anticipation
- B. sense of humor
- C. obsessiveness, deferment of gratification
- D. tendency to rationalize
- E. ability to intellectualize

~~20.~~ The "Dopamine Hypothesis" refers to a role of dopamine in the pathogenesis of:

- A. Panic disorder
- B. Avoidant personality disorder
- C. Depression
- D. Schizophrenia
- ~~E.~~ Parkinsonism

The Dopamine hypothesis of schizophrenia

21. One of the major norepinephrine nuclei in the central nervous system is the :

- A. Raphe nucleus *Dopamine*
- B. Locus ceruleus *NE*
- C. Arcuate Nucleus *Ach*
- D. Medial septal nucleus
- E. Nucleus accumbens

Mark Edwards

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

22. Motivation involving drive states originates within the preoptic-hypothalamic area and projects to the rostral brainstem via the:

- A. Medial Forebrain Bundle (MFB)
- B. Mesocorticolimbic system
- C. Tuberoinfundibular pathway
- D. Nigrostriatal system
- E. Hippocampus

23. Attention and arousal systems are localized in the:

- A. Amygdala and septal areas
- B. Hypothalamus and striatum
- C. Reticular formation and locus ceruleus
- D. Premotor and prefrontal cortices
- E. Basal ganglia and frontal cortex

24. The primary role of the limbic system is in the behavioral expression of:

- A. motor performance
- B. motivation
- C. affect, mood, and emotion
- D. arousal and attention
- E. learning and memorization

25. Ablation of the amygdala results in :

- A. irritability
- B. exaggerated rage to aversive stimuli
- C. dominant behavior
- D. escape behavior
- E. a placid state

26. All of the following psychiatric illnesses are thought to be associated with abnormalities of serotonin CNS systems **EXCEPT**:

- A. depressive illness
- B. schizophrenia
- C. obsessive-compulsive disorder
- D. anxiety disorders
- E. Alzheimer's Dementia *ADH*

Mark Edwards

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

27. Which of the following neurotransmitter pathways/projections and brain structures are involved in both learning and memory, and in dementia of the Alzheimer's type:

- A. Cholinergic projections to the cortex.
- B. Serotonergic projections from the reticular formation to forebrain structures.
- C. Monoaminergic pathways from the midbrain to the basal ganglia and frontal cortex.
- D. Serotonergic projections from the Raphe nucleus to almost all brain regions.
- E. Dopaminergic projections to the infundibulum.

28. All of the following are responses to stress, **EXCEPT**:

- A. Decrease in number and function of lymphocytes.
- B. Increased turnover of norepinephrine, epinephrine, and serotonin.
- C. Stimulates release of ACTH and adrenal glucocorticoids.
- D. Inhibits the release of glucocorticoids and increases natural killer cell activity.
- E. Effects are mediated, in part, by the hypothalamic-pituitary-adrenal axis (HPA).

29. Hypothyroidism is associated with which of the following disorders?

- A. Parkinson's disease
- B. Schizophrenia and personality disorders
- C. Cretinism, myxedema, depression, and dementia
- D. Amnesic syndrome
- E. Alzheimer's dementia

30. Erikson describes the adaptive strength of the final stage of human development in terms of :

- A. fidelity
- B. hope
- C. competence
- D. wisdom
- E. love

31. An expression of a sense of integrity in the final stage of human development (according to Erikson) is:

- A. a belief that "who one is" is not the consequence of personal choices.
- B. an awareness of purpose and initiative.
- C. an ability to integrate past experiences with current realities.
- D. a sustained feeling of love and intimacy.

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

32. The "holding on" phase of the grieving process, in Schneider's model, is characterized by:

- A. Trying harder in an effort to find a cure for one's grief.
- B. Trying to escape grief through dreams, fantasies and other ways of letting go.
- C. Acknowledging what is lost, what is missing and what will never be.
- D. Appreciating what remains after the loss and grief have been accepted.
- E. Seeking other ways to look at one's loss.

33. The grieving process has all of the following qualities **EXCEPT**:

- A. It has some of the characteristics of depression.
- B. It is resolved in determined stages over a fixed time frame.
- C. It occurs in "pangs" interspersed with periods of normal feelings.
- D. It is characterized by intense emotions of sadness and anger.
- E. It is a natural process in the human experience.

34. Attachment studies indicate that:

- A. children will grow and develop regardless of what parents do as long as the child's basic physical needs are met.
- B. infants who are not provided warmth and affection will have impaired ability to form intimate relationships with others.
- C. the studies done were all done with animals and their results cannot be generalized to humans.
- D. adult stranger anxiety is always due to mental illness and does not refer back to attachment or lack of attachment to the infant's mother.

35. Individual temperament is:

- A. Genetic in origin and influences individual human behavior throughout the life cycle.
- B. People are able to change their temperament traits fairly easily.
- C. Understanding temperament has little to do with understanding human behavior.
- D. Most noted for its association with probable development of psychosis in later life.

-0

Mark Edwards

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

36. The well-being of elderly persons is most compromised by:

- ~~A.~~ the natural consequences of aging
- ~~B.~~ fear of death
- ~~C.~~ lack of energy
- ~~D.~~ the loss of mobility
- E. isolation and despair

37. Toilet training requires:

- ~~A.~~ no effort on the part of parents as it will occur naturally.
- ~~B.~~ the child to be aware of his parent's desire for continence.
- C. the ability to sense fullness and the psychological ability to delay.
- ~~D.~~ the development of a sense of shame.

38. Communication is developed as follows:

- ~~A.~~ At one year infant is able to say Ma-Ma and Da-Da and two more words.
- ~~B.~~ Infants babble and play with sound.
- ~~C.~~ By 10-12 children develop metacognitive abilities.
- ~~D.~~ Comprehension precedes expression.
- E. All of the above.

39. The concept of brain dimorphism includes all of the following **EXCEPT**:

- ~~A.~~ It refers to a chemically-induced sexing of the brain.
- ~~B.~~ The anatomic site in humans is believed to be the preoptic area of the hypothalamus.
- ~~C.~~ There may be a sexually dimorphic nucleus in each hemisphere of the brain.
- ~~D.~~ In humans it is believed to begin normally during the first 3 months of life.
- E. There is no histological evidence that it exists in any species.

40. Which one of the following is a **TRUE** statement about the "critical period" for premature brain sexing:

- ~~A.~~ It is never important to the final outcome of human sexuality.
- ~~B.~~ It is not vulnerable to prescription drugs.
- C. It is between the 18th and 24th week in utero.
- ~~D.~~ It is not affected by maternal stress.
- ~~E.~~ Effects during this time are always reversible.

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

41. Which one of the following is a **TRUE** statement about gender identity?

- A. Gender identity refers to sexual-partner orientation.
- B. Core gender identity is established during the first 24-36 months of life.
- C. Gender identity continues to develop through senescence.
- D. All homosexuals have gender identity disorder.
- E. Gender identity disorders are quite common.

42. All of the following statements about childhood sexuality are true **EXCEPT**:

- A. Awareness of genital differences begins by age 3.
- B. A normal 4 year old may refuse to believe that his baby sister was brought by the stork.
- C. A 10 year old child is **not** capable of thinking about the consequences of unprotected sex.
- D. Studies support Freud's belief that childhood sexuality is latent.
- E. Genital masturbation in the toddler is a normal form of gratification equivalent to sucking and defecating.

43. **Barriers** to discussing sex include all of the following **EXCEPT**:

- A. Respect for patients may create ambivalence about appropriateness.
- B. Concern about inadequate training may cause avoidance of sexual issues.
- C. Our personal value system may conflict with the patient's sexual choices.
- D. Vocabulary limitations create communication difficulties.
- E. A blood alcohol level below that of legal intoxication is apt to inhibit the patient's responses.

44. The peak age for drug abuse is:

- A. 18-24 years of age
- B. 25-44 years of age
- C. 45-64 years of age
- D. 65 + years of age

45. Overall the prevalence of mental disorders is:

- A. higher in women
- B. higher in men
- C. about the same for men and women
- D. higher in women until age 60 but then is equal in both sexes
- E. higher in men until age 60 and then is higher in women

Mark Edwards

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

46. Select the psychiatric disorder that is clearly more common in women than men.

- A. alcohol abuse
- B. antisocial personality
- C. any mental disorder
- D. major depression

~~47.~~ In the ECA study, the peak age for the prevalence of major depression is:

- B
- A. between 18-24 years of age
 - B. between 25-44 years of age
 - C. between 45-64 years of age
 - D. over 65 years of age

48. The three most common psychiatric disorders in the ECA study were (lifetime prevalence):

- A. schizophrenia, substance abuse and antisocial personality
- B. anxiety disorder, substance abuse and major depression
- C. schizophrenia, manic depressive illness and somatization disorder
- D. anxiety disorder, schizophrenia and mania

49. Families function as a system and that system, in its most functional form, provides;

- A. Hierarchy to maintain homeostasis
- B. Options to solve problems under circumstances of unusual stress.
- C. Ability to manage biological and environmental changes.
- D. Structure to maintain homeostasis and flexibility to adjust to internal and external stressors.
- E. Productivity beyond family boundaries and conflict avoidance within family boundaries.

50. Satir found that when healthy families are faced with a crisis or problem they are able to:

- ~~A. Make decisions quickly because of an established hierarchy.~~
- ~~B. Avoid conflict by lowering levels of expression.~~
- ~~C. Change leadership patterns in order to reduce chaos.~~
- ~~D. Disengage dysfunctional boundaries.~~
- E. Make a significantly greater number of decisions than maladaptive families.

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

51. A family that has poorly defined boundaries within the family and has difficulty emancipating children as they reach maturity would be defined as having boundaries that are:

- A. defuse
- B. rigid
- C. dependent
- D. estranged
- E. restrictive

52. _____ increases the probability of future behavior by ending/removing an aversive stimulus condition.

- A. Positive reinforcement
- B. Negative reinforcement
- C. Time out
- D. Punishment
- E. all of the above

53. You are interacting with a patient, who has a history of poor diabetic control, by gradually reinforcing behaviors that are coming closer to the "ideal" target behavior of good diabetic control. This behavioral technique:

- A. will likely result in symptom substitution, according to scientific research.
- B. is an example of classical conditioning.
- C. is using the method of successive approximations.
- D. must be used in combination with psychodynamic psychotherapy.
- E. describes systematic desensitization.

54. Which one of the following statements is TRUE concerning behavioral therapies?

- A. Symptom substitution is a valid and empirically supported criticism of behavioral therapies.
- B. Behavior therapies can be understood and implemented in a model similar to scientific experimentation.
- C. Behavior therapies involve only operant conditioning
- D. All behavior therapies utilize punishment as an option to negatively reinforce behavior.
- E. All behaviors require continuous extrinsic reinforcement for continued rates of responding.

0

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

55. Which of the following is an example of classical conditioning?

- A. A patient has voluntarily increased his/her use of anti-anxiety medications due to his/her belief that significant decreases in anxiety are the result of using this medication.
- B. A patient has decreased his/her use of antihypertensive medications due to the medication's presumed association with decreased sexual drive.
- C. Increased autonomic responding and significant nausea is "automatically" re-experienced when a patient returns to a clinic where the previous treatments at this clinic had immediately resulted in significant autonomic responding and nausea.
- D. A patient has "learned" not to take his/her obesity seriously due to his/her attending to the obese staff at his/her primary care physician's office.

56. Sigmund Freud is known for which of the following:

- ~~A.~~ Psychosocial Developmental Theory
- ~~B.~~ Psychosexual Developmental Theory
- ~~C.~~ Cognitive Developmental Theory
- ~~D.~~ Bonding Theory of Infants
- E. Ages and Stages Theory

57. In twin studies of psychiatric disorders, which of the following statements is correct?

- ~~A.~~ A genetic disorder should occur in both twins (i.e. be concordant) more often in dizygotic twins than in monozygotic twins.
- ~~B.~~ A genetic disorder should be concordant equally in monozygotic and dizygotic twins.
- ~~C.~~ The dizygotic concordance rate should be higher than the concordance rate for non-twin siblings.
- D. Twin studies in both mood disorders and schizophrenia have consistently shown higher concordance rates in monozygotic twins than in dizygotic twins.

58. Based on the large ECA study, the U.S. 6 month prevalence of mental disorder covered by the survey interview was:

- A. about 19%
- B. about 2%
- C. 10%
- D. 8%
- E. 5%

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

59. The Biopsychosocial Model was developed by which one of the following?

- A. Freud
- B. Kohut
- C. Klein
- D. Engel**
- E. Skinner

60. Which of the following statement **is not true** regarding the postulates of the Biopsychosocial Model?

I.E. FALSE

- A. Most illness is a biologic, psychological and social phenomenon.
- B. The predisposition, onset, course and outcome of most illness is influenced by biologic, psychologig and social phenomenon.
- C. Physicians who can evaluate biological, psychological and social areas will develop better, affective therapeutics and patient outcomes.
- D. The psychosocial aspects of medical care are best left to psychiatrists.**
- E. All of the above are true

61. Complex behaviors, such as aggression, can be explained at least to some degree without external reinforcement by which of the following models of learning?

- A. Classical Conditioning
- B. Operant Learning
- C. Reciprocal Inhibition
- D. Social Learning**

62. Erik Erikson is known for which of the following?

- A. Deprivation Theories
- B. Ages and Stages Theory
- C. Psychosexual Developmental Theory
- D. Psychosocial Developmental Theory**
- E. Cognitive Developmental Theory

-0

SELECT THE ONE BEST ANSWER FOR EACH QUESTION.

63. Which one of the following would be considered a biologic intervention in treating a patient's depression?

- A. In an obsessive patient, giving some control over treatment.
- B. Marital intervention.
- C. Evaluating and treating hypothyroidism.
- D. Vocational rehabilitation.
- E. Respectful comments of praise.

64. Infant physical development:

- ~~A.~~ is consistent from species to species.
- ~~B.~~ moves from distal to proximal.
- C. is cephalocaudal and proximodistal.
- ~~D.~~ has little importance in the practice of medicine.

65. The phase of life particularly "defined" by stock-taking, reassessment, recasting, reshaping, fidelity and settling in is:

- ~~A.~~ Pre-adolescence
- ~~B.~~ Adolescence
- ~~C.~~ Latency
- D. Middle adulthood
- E. Old age

Mark Edwards

**MATCH THE CORRECT LETTERED ITEM TO THE NUMBERED DESCRIPTION.
SELECTIONS MAY BE USED ONE, MORE THAN ONCE, OR NOT AT ALL.**

- ~~A.~~ Ritualization
- ~~B.~~ Bonding (lack of)
- ~~C.~~ Conflict Behavior
- ~~D.~~ Fixed action patterns of behavior
- ~~E.~~ Imprinting

E 66. Socialized form of early learning that occurs at a critical period and is retained for life.

B 67. Monkeys and human infants show excess self-directed behavior (self - hugging , sucking, rocking).

D 68. In birds, flight develops independent of the chick's post hatching experiences.

~~69~~ **C** Greeting ceremonies of social vertebrates, including humans, showing approach withdrawal.

~~70~~ **A** Showing non-offensive intentions by displaying vulnerability

THROWN OUT
THROWN OUT
69 and 70 were Thrown out

END OF EXAM