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## ANCC Psychiatric Nursing Certification 2024 Exam Review Questions and Answers 100% pass

Inhalants: Intoxication affects - [Answer>>](#) Withdrawal effects  
Euphoria Dizziness Blurred vision loss of inhibition muscle  
weakness depressed reflexes slurred speech loss of coordination

Assess motivation and stage of readiness for change  
Prochaska DiClemente and Norcross - [Answer>>](#) Stages  
1 Precontemplation personal realization and decreased  
defensiveness and rationalization through social pressure  
dramatic experience media consequences and social norms  
2 Contemplation  
Shifting decisional balance making a commitment to a change  
attempt and resolving ambivalence  
3 Preparation  
commitment plan and concrete strategies  
4 Action  
daily implementation of plan coping with withdrawal and desire to  
use behavioral coping activities  
5 Maintenance  
lifestyle changes shifts in social network behavioral coping  
activities

GGT - [Answer>>](#) gammaglutamyltransferase

deontology - [Answer>>](#) The right act

4 ethical principles of deontology - [Answer>>](#) justice  
beneficence autonomy nonmalificence

beneficence - [Answer>>](#) Promoting the good of others and  
preventing them from harm

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### Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q84-Q89):

#### NEW QUESTION # 84

The qualitative research method for the purpose of investigating cultures is which of the following?

- A. ethnography
- B. cultural sensitivity
- C. ethnic inquiry
- D. cultural awareness

**Answer: A**

Explanation:

Ethnography is the qualitative research method specifically designed for the in-depth exploration and understanding of cultures. It involves the comprehensive study of people and their cultures, focusing on understanding the patterns of behavior, customs, and ways of life from the perspective of the subjects themselves. By immersing themselves in the community, often living among the people for extended periods, ethnographers are able to gather insights and data that are not readily accessible through other research methods.

The purpose of ethnography extends beyond mere observation; it is a method committed to capturing the nuances and complexities of human cultures. Ethnographers pay close attention to the social structure, language, religious practices, and technology use within the culture, among other aspects. This method allows researchers to see the world as their subjects see it, providing a detailed depiction of the community's daily life and interactions.

Ethnography is particularly useful in cultural anthropology, where understanding the intricacies of human cultures is essential. Anthropologists use this method to analyze and compare different cultures, adding depth to the body of knowledge about human diversity. The findings from ethnographic research can also inform policies and practices in areas such as education, healthcare, and urban planning, ensuring they are culturally sensitive and appropriate.

Despite the depth and richness of data it can provide, ethnography requires significant time commitment and cultural sensitivity. Ethnographers must be diligent about noting their biases and ensuring they do not influence the data collection and interpretation process. The ethical considerations, including respect for the privacy and autonomy of community members, are paramount in ethnographic work.

In conclusion, ethnography stands out as a crucial method in qualitative research for investigating cultures. It delivers a comprehensive and empathetic understanding of how different communities operate and interact within their cultural frameworks. This method's unique ability to provide an insider's view through the lens of the local population makes it indispensable for cultural anthropology and beyond.

#### NEW QUESTION # 85

Alzheimer's disease (AD) must be distinguished from vascular dementia

a. Vascular dementia has all but which of the following characteristics?

- A. patient history of falls
- B. step-wise deterioration
- C. personality change
- D. insidious onset

**Answer: D**

Explanation:

To effectively distinguish between Alzheimer's disease (AD) and vascular dementia, it is crucial to understand the different characteristics of each condition. The question at hand revolves around identifying a characteristic that is not typically associated with vascular dementia. Among the listed options—step-wise deterioration, insidious onset, patient history of falls, personality change—the characteristic that is not consistent with vascular dementia is "insidious onset." Here is an expanded explanation of each characteristic

and its relation to vascular dementia:

**\*\*Step-wise deterioration:\*\*** Vascular dementia often exhibits a step-wise deterioration in cognitive function. This pattern is characterized by periods of sudden decline followed by plateaus, where the condition stabilizes before another decline occurs. This occurs due to the nature of the vascular damage in the brain, typically resulting from strokes or other events that disrupt blood flow, leading to brain damage in a non-uniform and abrupt manner.

**\*\*Insidious onset:\*\*** In contrast to vascular dementia, an insidious onset is more characteristic of Alzheimer's disease. "Insidious" refers to a gradual progression that is not easily noticeable in the early stages. Alzheimer's typically begins with mild memory problems and slowly progresses over several years. Vascular dementia, however, usually has a more abrupt onset, often following a significant vascular event like a stroke. This sudden change in cognitive function is a key differentiator from the more gradual decline seen in Alzheimer's.

**\*\*Patient history of falls:\*\*** Individuals with vascular dementia might have a history of falls. This can be related to the brain damage that affects physical coordination and balance. Strokes or mini-strokes leading to vascular dementia can impair parts of the brain that are responsible for motor control and spatial awareness, thereby increasing the risk of falls.

**\*\*Personality change:\*\*** Changes in personality can occur in various forms of dementia, including vascular dementia. These changes might be due to the location and extent of brain damage resulting from vascular issues. Personality changes in vascular dementia might include sudden emotional outbursts, apathy, or irritability, which differ from the individual's usual behavior.

In summary, when differentiating vascular dementia from Alzheimer's disease, it is important to note that vascular dementia is characterized by a step-wise deterioration, potential history of falls, and possible personality changes, all linked to brain damage from vascular events. The key distinguishing feature is the onset; vascular dementia typically has an abrupt onset following a vascular event, unlike Alzheimer's disease, which has a slow and insidious onset. Thus, among the options provided, "insidious onset" is not a characteristic of vascular dementia.

#### NEW QUESTION # 86

Which of the following might paralinguistics consist of?

- A. Loudness
- B. Tone
- C. All of the above
- D. Pitch

**Answer: C**

Explanation:

Paralinguistics refers to the non-verbal elements of communication used to modify meaning and convey emotion. It is distinct from the actual language or words used in communication. Paralinguistics may include various vocal elements such as tone, pitch, rhythm, timbre, loudness, and inflection. Here, let's explore each of these elements to understand how they contribute to paralinguistics:

**Tone:** Tone of voice can convey emotions and attitudes. A cheerful tone might indicate happiness or confidence, while a flat tone might suggest sadness or disinterest. The tone can also influence how a message is perceived by others, often as much as or more than the actual words spoken.

**Loudness:** The volume at which a person speaks can communicate different meanings. Speaking loudly can express excitement or urgency, whereas speaking softly might be used to convey secrecy or seriousness. The loudness of speech can also impact the listener's perception of the speaker's emotions and intentions.

**Pitch:** Pitch involves the frequency of the voice. High pitch can sometimes be perceived as anxious or excited, while a low pitch might be seen as calm or authoritative. Variations in pitch can help to emphasize important points or express particular emotions.

**Rate of Speaking:** The speed at which someone talks can also be a part of paralinguistics. A fast speech rate might suggest enthusiasm or nervousness, whereas a slow rate might be used to emphasize a point or when the speaker is trying to be deliberate and clear.

**Expressively Placed Pauses:** Strategic pauses in speech can enhance understanding, create suspense, or provide a moment for emphasis. Pauses can also allow the speaker to gather thoughts or allow the listener to absorb information.

**Emphasis:** Stressing certain words within a sentence can alter the message's meaning, making it possible to highlight specific parts of a message or to indicate the speaker's feelings and attitudes. All these elements of paralinguistics play crucial roles in how communication is interpreted. They help convey subtleties and nuances that pure text or words cannot fully express by themselves.

Understanding and controlling paralinguistics can greatly enhance the effectiveness of communication, making it a critical aspect of interpersonal interactions and public speaking. Thus, when considering what paralinguistics consists of, "All of the above" is indeed the correct answer, as it includes tone, loudness, pitch, rate of speaking, pauses, and emphasis, among other vocal cues.

#### NEW QUESTION # 87

According to the biological theory of personality disorders, which neurotransmitter dysfunction is not exhibited in the disorder?

- A. elevated levels of norepinephrine
- B. dysregulation of dopamine receptors
- C. elevated levels of acetylcholine
- D. decreased levels of serotonin

**Answer: C**

Explanation:

The question asks which neurotransmitter dysfunction is not exhibited in the disorder according to the biological theory of personality disorders. To address this, we must examine the typical neurotransmitter dysfunctions associated with personality disorders and identify which one listed does not match the common presentations.

Neurotransmitters are chemical messengers in the brain that relay signals between nerve cells (neurons). Dysfunctions in the levels or activity of these neurotransmitters are believed to influence various psychological conditions, including personality disorders. The main neurotransmitters often discussed in relation to personality disorders are serotonin, norepinephrine, and dopamine.

Serotonin is commonly linked with mood regulation, and decreased levels of serotonin are associated with symptoms such as impulsivity and aggression, which are often seen in certain personality disorders like borderline personality disorder. Thus, decreased levels of serotonin are indeed related to personality disorder symptoms.

Norepinephrine, associated with the body's stress response and alertness, has been found to be elevated in some cases of personality disorders. This elevation can contribute to heightened arousal and anxiety, which are symptomatic of certain personality disorders such as paranoid personality disorder.

Dysregulation of dopamine receptors is another factor considered in personality disorders. Dopamine dysregulation can affect reward and pleasure centers in the brain, which may be linked to the risk-taking and compulsive behaviors observed in disorders like antisocial personality disorder.

Acetylcholine, however, is primarily associated with learning, memory, and motor control, and its dysfunction is often implicated in neurological conditions like Alzheimer's disease and Parkinson's disease. Elevated levels of acetylcholine are specifically noted for their role in Parkinsonian symptoms, which include motor system issues rather than the emotional and behavioral symptoms typically seen in personality disorders.

Therefore, among the options given - decreased levels of serotonin, elevated levels of norepinephrine, dysregulation of dopamine receptors, and elevated levels of acetylcholine - it is the elevated levels of acetylcholine that are not typically exhibited in personality disorders according to the biological theory. Elevated levels of acetylcholine do not match the common neurotransmitter dysfunctions associated with personality disorders, but rather relate more to other types of neurological disorders.

#### **NEW QUESTION # 88**

What type of therapy uses interaction that is focused on the present to create empathy?

- A. Psychodynamic therapy
- B. Supportive psychotherapy
- C. Psychotherapy
- D. Psychoanalytical therapy

**Answer: B**

Explanation:

The correct answer to the question of what type of therapy uses interaction that is focused on the present to create empathy is Supportive Psychotherapy.

Supportive psychotherapy is a therapeutic approach designed to improve, reinforce, or sustain a patient's psychological defenses, primarily in the face of stress, psychological distress, or dysfunction. This therapy is heavily influenced by psychodynamic and psychoanalytical traditions but differs significantly in its application and goals.

Unlike traditional psychoanalysis, which often delves into past experiences and the subconscious to uncover root causes of psychological issues, supportive psychotherapy concentrates on the present. The primary focus is on creating a supportive environment where the therapist actively helps the patient deal with their current feelings and problems. This approach is deemed particularly effective in helping individuals cope with immediate life challenges and mental health issues by fostering a sense of safety and understanding.

One of the critical elements of supportive psychotherapy is the development of empathy within the therapeutic relationship. Empathy in this context refers to the therapist's ability to understand and share the feelings of the patient, which is vital for providing emotional support and validation. By focusing on the present, the therapist can more directly address the immediate emotions and situations the patient is experiencing, which facilitates a more empathetic connection.

This therapy is often utilized in clinical settings where patients might not have the capacity or stability to engage in more intensive psychoanalytic treatment, such as those with severe mental health disorders, acute crises, or those in need of stabilization. The supportive nature of this therapy helps to strengthen the patient's existing coping mechanisms while preventing further psychological

deterioration.

In summary, supportive psychotherapy is distinguished by its present-focused interaction aimed at bolstering the patient's current psychological defenses. It is characterized by the active role of the therapist in providing support, the emphasis on empathy within the therapeutic relationship, and its application in managing present symptoms and stressors rather than exploring historical causative factors.

## NEW QUESTION # 89

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