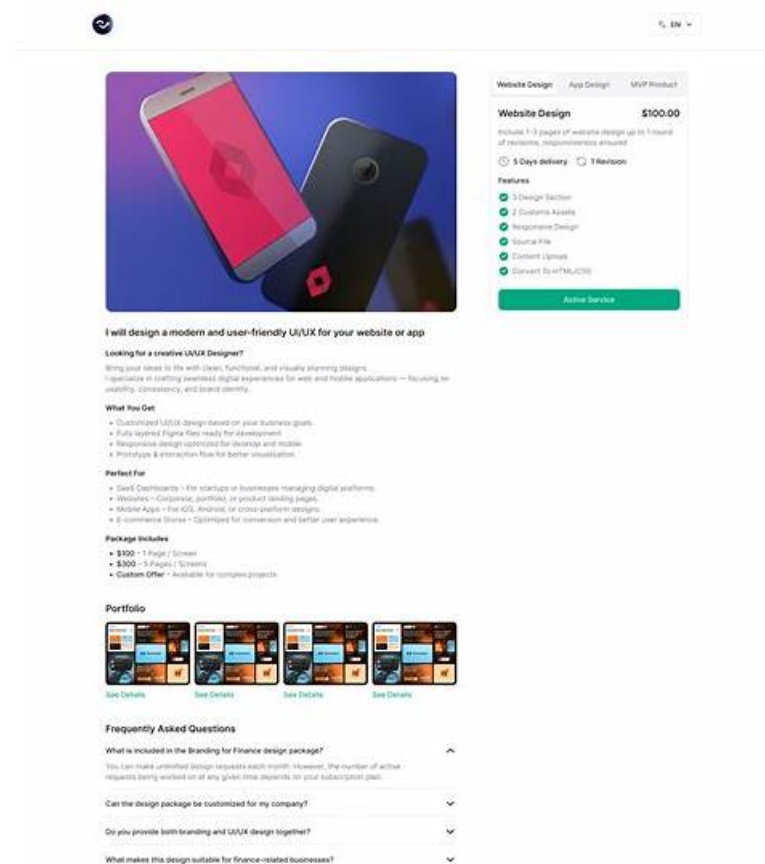


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## College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample

## Questions (Q630-Q635):

### NEW QUESTION # 630

Of the following antianxiety agents, which would be considered a nonsedating drug that is not related to either benzodiazepines, sedative hypnotics or barbiturates, but has been found to be comparable in the reduction of symptoms of anxiety?

- A. Clomipramine
- **B. Trazodone**
- C. Buspirone
- D. Mirtazapine

**Answer: B**

Explanation:

Among the antianxiety agents listed, Buspirone stands out as a nonsedating medication that is not chemically related to benzodiazepines, sedative-hypnotics, or barbiturates. This unique characteristic positions Buspirone as an ideal choice for individuals seeking an effective treatment for anxiety without the common sedative side effects associated with other anxiety medications.

Buspirone operates differently from traditional sedative drugs. While benzodiazepines, for instance, enhance the neurotransmitter GABA and induce sedation, Buspirone primarily affects serotonin receptors, particularly the 5-HT<sub>1A</sub> receptor. Its mechanism involves modulating serotonin levels in the brain, which plays a crucial role in mood and anxiety regulation. By targeting serotonin, Buspirone can help alleviate anxiety symptoms without causing significant sedation, making it an excellent option for patients who need to maintain alertness and cognitive function in their daily activities.

Moreover, Buspirone's distinct pharmacological profile means it has a lower potential for abuse and dependence compared to benzodiazepines and other sedative drugs. This safety profile makes it a preferred choice for long-term management of anxiety, particularly in individuals with a history of substance abuse or those who require a medication that does not interfere with their day-to-day functioning.

In terms of efficacy, clinical studies have shown that Buspirone is comparable to other anxiolytics in reducing symptoms of anxiety. Patients typically observe improvement within two to four weeks of starting treatment, although the full benefits might take longer to manifest. This gradual onset of action is a stark contrast to the immediate relief often provided by benzodiazepines, but it is beneficial in preventing the quick tolerance build-up that can occur with such medications.

In summary, Buspirone is a valuable medication in the arsenal against anxiety, particularly for patients who are looking for a non-sedative option. Its unique action on serotonin receptors, minimal sedative effects, and lower abuse potential make it a safe and effective choice for many individuals suffering from anxiety, ensuring that they can receive treatment without compromising their alertness and overall quality of life.

### NEW QUESTION # 631

Of the following, which is an inappropriate breach of patient confidentiality?

- A. The nurse suspects child or elder abuse
- B. The patient demonstrates increased potential for self-harm or harm to others
- C. The patient requests that their information be shared with a third party
- **D. The nurse practitioner needs to vent about a patient to a coworker**

**Answer: D**

Explanation:

Patient confidentiality is protected by the Health Insurance Portability and Accountability Act (HIPAA). However, patient confidentiality can be broken in the following circumstances:

- \* The patient demonstrates increased potential for self-harm or harm to others
  - \* There is suspected abuse of children, older adults, or people with disabilities
  - \* The nurse practitioner determines that the patient needs to be hospitalized
  - \* The patient requests that their information be shared with a third party
- It is inappropriate for the nurse practitioner to vent or complain about a patient to anyone, even a coworker.

### NEW QUESTION # 632

A patient presents to your clinic with symptoms of depression. You decide to administer the Beck Depression Inventory (BDI). Which of the following score ranges on the BDI indicates severe depression?

- A. 0-13

- B. 20-28
- **C. 29-63**
- D. 14-19

**Answer: C**

Explanation:

The BDI is a widely used screening tool to assess the severity of depressive symptoms. The inventory consists of 21 questions, and each question has a set of responses, ranging from 0 to 3, indicating the severity of the symptom. The scores range from 0 to 63, with higher scores indicating more severe depressive symptoms.

\* 0-13 indicates minimal depression

\* 14-19 indicates mild depression

\* 20-28 indicates moderate depression

\* 29-63 indicates severe depression

Therefore, a score of 29-63 would indicate that the patient is experiencing severe depressive symptoms, and immediate intervention is needed. PMHNPs should monitor these patients closely and consider referring them for further assessment and treatment.

### NEW QUESTION # 633

A patient diagnosed with anxiety disorder is prescribed brief focal psychotherapy (BFP) by the PMHNP. Which statement accurately describes BFP?

- A. BFP is a type of cognitive-behavioral therapy that focuses on identifying and changing negative thinking patterns
- **B. BFP involves a short-term, goal-focused approach to psychotherapy that addresses specific symptoms and problems**
- C. BFP is a long-term approach to psychotherapy that focuses on exploring the patient's unconscious thoughts and feelings
- D. BFP involves the use of medications to address the patient's symptoms and behaviors

**Answer: B**

Explanation:

BFP is used to address specific symptoms and problems in a short amount of time. It typically lasts for several weeks to several months and is a goal-focused approach to therapy. BFP can be used to treat a variety of mental health conditions, including anxiety disorders, depression, and post-traumatic stress disorder.

Psychodynamic therapy is a long-term approach to therapy that explores the patient's unconscious thoughts and feelings. Medication management may be used in conjunction with psychotherapy but is not a part of BFP. Cognitive-behavioral therapy focuses on identifying and changing negative thinking patterns.

### NEW QUESTION # 634

Which of the following types of conflict is not one in which the desired outcome is to overcome one's opponent?

- A. competitive
- B. destructive
- **C. intrapersonal**
- D. disruptive

**Answer: C**

Explanation:

The correct answer to the question regarding the type of conflict in which the desired outcome is not to overcome one's opponent is "intrapersonal." Unlike other conflicts that may involve external opponents or competitors, intrapersonal conflict occurs within an individual. This type of conflict involves a person grappling with his or her own thoughts, emotions, or dilemmas, rather than engaging in a struggle against an external adversary.

Intrapersonal conflict can manifest in various forms, such as moral dilemmas, decisions about personal goals, or internal struggles regarding conflicting desires or values. The resolution of intrapersonal conflict does not entail defeating another person but rather involves reaching a state of inner peace, clarity, or understanding. The process might include self-reflection, prioritization of values, and making choices that align with one's true self or long-term goals.

On the other hand, other types of conflicts mentioned—such as competitive, disruptive, and destructive conflicts—typically involve interactions between individuals or groups with the objective of overcoming an opponent or achieving dominance. For example, in competitive conflicts, the parties involved strive to win against each other, often in scenarios like sports, business, or political arenas. Disruptive and destructive conflicts may also aim at asserting dominance, disrupting the status quo, or causing some form of

breakdown in the usual functioning of a system or relationship.

Therefore, while competitive, disruptive, and destructive conflicts focus on external battles and often involve a winner and a loser, intrapersonal conflict is about navigating one's internal world and achieving resolution or balance within oneself. The desired outcome is personal growth or resolution rather than victory over an external party.

## NEW QUESTION # 635

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