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ANCC - PMHNP SAMPLE TEST LATEST 2025 REVISED EXAM QUESTIONS AND CORRECT DETAILED ANSWERS (VERIFIED COMPLETE SOLUTION) ALREADY PASSED SCORE A+

B. has failed to master object constancy - A patient with borderline personality disorder experiences intense anxiety when an adult psychiatric and mental health nurse practitioner goes on vacation. The best explanation for this reaction is that the patient:

- A. has failed to develop clear ego boundaries.
- B. has failed to master object constancy.
- C. is employing primitive idealization.
- D. is employing projective identification.

D. The patient's suicide potential is increased. - 2. A patient has been taking escitalopram (Lexapro) 10 mg daily for four weeks. Initially, the patient reported depression and suicidal thoughts. The patient's sleep, appetite, energy, and appearance have now begun to improve. Which statement applies to this patient?

- A. The medication should be discontinued.
- B. The medication should be increased.
- C. The patient's risk for suicide is not a concern.
- D. The patient's suicide potential is increased.

A. Attempting to understand a patient's subjective world - 3. Which behavior reflects existentially oriented therapy?

- A. Attempting to understand a patient's subjective world
- B. Challenging a patient's irrational beliefs
- C. Developing specific plans for change

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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q12-Q17):

NEW QUESTION # 12

Which of the following is an accurate statement regarding gene expression and disease?

- A. Increased penetrance of a gene decreases the risk of a disease
- **B. Single nucleotide polymorphisms (SNPs) describe single-base changes in DNA**
- C. Variable expression of a gene for a disorder does not occur at the cellular level
- D. Single-gene disorders are common in psychiatric diagnoses

Answer: B

Explanation:

Genes are risk factors that make a person vulnerable to developing a particular condition when combined with other factors.

Reduced penetrance of a gene decreases the chances of disease in a person who is or may be at genetic risk. Variable expression of a gene occurs at the cellular level. Multifactorial causes are the most common.

NEW QUESTION # 13

Which of the following is a screening tool for phobias?

- A. Overall Anxiety Severity and Rating Scale
- B. Hamilton Anxiety Rating Scale
- **C. Asking the patient directly if they have any specific fears**
- D. PHQ-9

Answer: C

Explanation:

Direct inquiry is an appropriate way to determine a phobia. The Hamilton Anxiety Rating Scale and Overall Anxiety Rating Scale measure anxiety, and the PHQ-9 rates depressive symptoms.

NEW QUESTION # 14

A 62-year-old male is being seen by a PMHNP for suspected progressive memory problems. He reports being increasingly under stress and forgetful. His co-workers at his law office have been joking about his forgetfulness, but he is beginning to get concerned. "I forgot to turn off the burner on the stove after I boiled my tea water this morning!" He reports going back and checking things over and over again.

Which of the following would be most helpful in distinguishing between stress-induced forgetfulness and cognitive impairment?

- A. Hamilton Rating Scale for Depression
- B. Brain MRI with and without contrast
- C. PHQ-9
- **D. Montreal Cognitive Assessment (MoCA)**

Answer: D

Explanation:

The MoCA was developed to detect mild cognitive impairment and assess a broad swath of domains. It is suitable for those at higher educational levels, and this patient is a lawyer.

The Hamilton Depression Scale assesses depression symptoms, as does the PHQ-9. A brain MRI with or without contrast would show the basic structure of the brain but not indicate the level of cognitive impairment.

NEW QUESTION # 15

What psychoactive substance is most widely used in the United States?

- A. Stimulants
- **B. Cannabinoids**
- C. Hypnotics
- D. Opioids

Answer: B

Explanation:

Cannabinoids, particularly cannabis, are the most widely used psychoactive substances in the United States. The 12-month prevalence of cannabis use disorder is 3.4%. The rates of cannabis use disorder are highest among adult and adolescent males.

NEW QUESTION # 16

The MMSE is sometimes referred to as which of the following?

- A. Clever test
- B. Literacy test
- **C. Folstein test**
- D. Maslow test

Answer: C

Explanation:

The MMSE, or Mini-Mental State Examination, is sometimes referred to as the "Folstein test." This alternative name derives from one of its developers, Dr. Marshal F. Folstein, who, along with his wife Dr. Susan Folstein and Dr. Paul McHugh, created the test in 1975. The MMSE is a brief 30-point questionnaire that is used widely in clinical and research settings to measure cognitive impairment.

Administered in approximately 10 minutes, the MMSE evaluates several cognitive functions including arithmetic, memory, and orientation. It is primarily used to assess patients suspected of having cognitive impairments due to conditions like dementia or Alzheimer's disease. Despite its widespread use, it is important to note that the MMSE is a screening tool rather than a diagnostic one. It helps to provide a quick assessment of a person's mental state over time, offering a way to monitor changes or improvements in cognitive abilities.

The test is not designed to be a comprehensive mental status examination, which would typically be more detailed and cover a broader range of cognitive abilities. The simplicity of the MMSE makes it very useful in clinical settings where time and resources may be limited. However, it should be supplemented by other assessments for a thorough evaluation of cognitive health.

The name "Folstein test" honors the contributions of its developers and distinguishes it from other cognitive tests. It is a testament to the lasting impact of their work in the field of geriatric psychiatry and neurology. Other names like the "Maslow test," "Literacy test," or "Clever test" are incorrect and not associated with the MMSE. These terms do not reflect the purpose, origin, or creators of the MMSE, thus making "Folstein test" the correct and relevant term when referring to this particular cognitive screening tool.

NEW QUESTION # 17

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