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## Sample Test Questions ANCC – PMHNP With Complete Solution

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. - B. has failed to master object constancy

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. - D. The patient's suicide potential is increased.

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
- D. Establishing general group goals - A. Attempting to understand a patient's subjective world

4. Serving as a member on a crisis team, an adult psychiatric and mental health nurse practitioner provides crisis intervention to the survivors of a plane crash. Forty-eight hours after the accident, the survivors describe vivid flashbacks, startle reactions, and disrupted sleep patterns. The nurse practitioner responds by:

- A. advising the survivors to consider using a hypnotic medication for a brief period.
- B. educating the survivors about prodromal symptoms of posttraumatic stress disorder.
- C. encouraging the survivors to rest during the day.
- D. suggesting that the survivors join a posttrauma support group. - B. educating the survivors about prodromal symptoms of posttraumatic stress disorder.

5. An adult psychiatric and mental health nurse practitioner uses the interpersonal therapy model with a patient to establish a therapeutic alliance based upon empathy and trust. The nurse practitioner recognizes the patient's readiness to terminate therapy when the patient demonstrates:

- A. an understanding that leaving a significant other may be painful, but also presents an opportunity for growth.
- B. breathing and muscle relaxation exercises that decrease muscle tension and anxiety.

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## College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q911-Q916):

### NEW QUESTION # 911

What 1960 legal precedent approved a test of competence that determines if a criminal defendant is competent to stand trial?

- A. Rennie vs. Klein
- B. Durham vs. United States
- C. O'Connor vs. Donaldson
- **D. Dusky vs. United States**

**Answer: D**

Explanation:

The 1960 case of Dusky vs. United States approved a test of competence that seeks to ascertain whether a criminal defendant has the ability to consult with a lawyer and to rationally understand the proceedings against him or her. This case established competence to stand trial.

Durham vs. United States determined that an individual is not criminally responsible if the unlawful act was the product of mental illness. This case is known for originating the insanity defense.

The 1976 case of O'Connor vs. Donaldson ruled that harmless mentally ill patients cannot be confined against their will if they can survive outside. This case determined that the presence of a mental illness alone cannot justify involuntary hospitalization.

In 1979, Rennie vs. Klein determined that patients have the right to refuse any treatment and use an appeal process.

### NEW QUESTION # 912

Baseline screening tools for depression include all but which of the following?

- A. EPDS
- B. HAM-D
- **C. SCAS**
- D. BDI

**Answer: C**

Explanation:

The PHQ-9, Edinburgh Postnatal Depression Scale (EPDS), Beck Depression Inventory (BDI), and Hamilton Depression Rating Scale (HAM-D) are depression scales used at baseline and to measure progression throughout treatment.

The Spence Children's Anxiety Scale (SCAS) assesses anxiety in children.

### NEW QUESTION # 913

Which amino acid neurotransmitter is the universal excitatory neurotransmitter?

- A. Aspartate
- B. Glycine
- **C. Glutamate**
- D. GABA

**Answer: C**

Explanation:

Amino acid neurotransmitters include glutamate, aspartate, GABA, glycine, and acetylcholine. Glutamate is known as the universal excitatory neurotransmitter, whereas GABA is known as the universal inhibitory neurotransmitter.

Aspartate is another excitatory neurotransmitter that works with glutamate. Glycine is another inhibitory neurotransmitter that works with GABA. Acetylcholine is synthesized by the basal nucleus and is a precursor for acetyl coenzyme A (Acetyl-CoA) and choline.

### NEW QUESTION # 914

Which individual therapy technique would be most beneficial for a patient with borderline or narcissistic personality traits?

- A. Cognitive-behavioral therapy (CBT)
- B. Psychoanalytic therapy
- C. Existential therapy
- **D. Dialectical behavior therapy (DBT)**

**Answer: D**

Explanation:

Dialectical behavior therapy expands on the behavioral activation principles of CBT to increase distress tolerance, improve emotional regulation, and promote mindfulness.

CBT is a foundational piece of DBT but focuses on present events and current maladaptive responses to those events.

Psychoanalytic theory and therapy work on uncovering childhood influences on behavior and subconscious motivations. Existential therapy focuses on accepting reality and making responsible decisions.

### NEW QUESTION # 915

A PMHNP is leading a team of healthcare providers who are treating patients with mental illness. The nurse has a reputation for being controlling and making unilateral decisions without seeking input from team members. What is this leadership style?

- A. Laissez-faire leadership
- **B. Autocratic leadership**
- C. Transformational leadership
- D. Democratic leadership

**Answer: B**

Explanation:

Autocratic leadership is characterized by a single leader who makes all decisions and does not seek input from others. The leader is in control of the group and often uses power to get things done. This leadership style can be effective in situations where decisions need to be made quickly or when the leader has specialized knowledge and expertise.

### NEW QUESTION # 916

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