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Practice Questions and Answers PMHNP Latest Updated 2022

what term describes a scientific study that gathers multiple studies and analyzes them to draw a larger conclusion? **✓✓systematic review**

borderline personality disorder falls under which cluster of personality disorder traits? **✓✓B**

a 36 year old caucasian male arrives for his usual monthly medication appointment, diagnosed with schizophrenia & has been stabilized on haladol for 9 years. today he states he has an inner feeling of restlessness & inability to remain still. what type of E.P.S is suspected? **✓✓akathisia**

which part of medicare provides optional coverage for beneficiaries? **✓✓part c**

the cerebrum contains all of the following areas of the brain except one. cerebral cortex, brainstem, limbic system, or hypothalamus **✓✓brainstem**

in a family systems context, what is the definition of morphogenesis? **✓✓a family's tendency to adapt to change when changes are necessary.**

how does the body remove both serotonin and norepinephrine from the synaptic cleft? **✓✓an active re-uptake process**

a 53 year old menopausal woman presents with complaints of anhedonia, depressed mood, & vasomotor symptoms. what medication effectively treats both vasomotor symptoms and depression? **✓✓desvenlafaxine/pristiq**
it is an S.N.R.I.

which personality disorder is most likely to have fantasies of success? **✓✓narcissistic**

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College Admission American Nurses Credentialing Center: Adult

Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q853-Q858):

NEW QUESTION # 853

In almost all cultures, what is the most commonly used intoxicating substance?

- A. Alcohol
- B. Opioids
- C. Hypnotics
- D. Cannabis

Answer: A

Explanation:

In almost all cultures, alcohol is the most commonly used intoxicating substance. About 3.8% of all global deaths and 4.6% of global disability-adjusted life-years are due to alcohol. About 80% of adults in the United States consume alcohol at some point in their lives, and 65% of adults are current drinkers.

About 3.6% of the world's population has an alcohol use disorder, although this varies in different parts of the globe:

- * 1.1% of those in the African region have an alcohol use disorder
- * 5.2% in the American region
- * 10.9% in the European region

NEW QUESTION # 854

There are four levels of systems: microsystems, macrosystems, megasystems, and metasystems. In health care, what is an example of a metasystem?

- A. The family member of a hospitalized patient
- B. A nursing home or long-term care facility
- C. The economic, political, and social levels of society
- D. A health insurance company

Answer: C

Explanation:

Organizational knowledge and systems thinking add an imperative dimension to nursing science. Nurse practitioners understand that organizations are systems in motion with complex relationships between many different parts. There are four levels of systems: microsystems, macrosystems, megasystems, and metasystems.

- * Microsystem: direct patient care
- * Macrosystem: hospitals, skilled nursing facilities, clinics
- * Megasystem: American healthcare system
- * Metasystem: economic, political, and social levels of society

NEW QUESTION # 855

A Psychiatric Mental Health Nurse Practitioner (PMHNP) is conducting a mental status examination (MSE) on a patient who has been experiencing symptoms of schizophrenia. Which of the following elements of the MSE would be most important for the PMHNP to assess in this patient?

- A. Mood and affect
- B. Attention and concentration
- C. Appearance and grooming
- D. Perception and thought process

Answer: D

Explanation:

Schizophrenia is a chronic mental health disorder characterized by symptoms such as hallucinations, delusions, and disordered thinking. One of the most important elements of the MSE for a patient with schizophrenia would be perception and thought process, as these symptoms are central to the diagnosis of schizophrenia. The PMHNP should pay close attention to the patient's ability to think logically, their ability to make sense of their perceptions, and the presence of any hallucinations or delusions.

NEW QUESTION # 856

A PMHNP is providing psychotherapy to a patient diagnosed with depression. The PMHNP decides to use behavioral activation as part of the treatment plan. Which of the following best describes the goal of behavioral activation in the treatment of depression?

- A. To help the patient explore their unconscious conflicts and emotions, which may contribute to their depression
- B. To help the patient identify and challenge negative thoughts that contribute to their depression
- C. To help the patient improve their communication and interpersonal skills, which may contribute to their depression
- D. **To help the patient engage in rewarding activities and behaviors, which will increase positive reinforcement and improve their mood**

Answer: D

Explanation:

Behavioral activation is a type of psychotherapy that focuses on increasing the patient's engagement in rewarding and pleasurable activities, which can help reduce depressive symptoms. The theory behind behavioral activation is that depression is often associated with decreased activity levels and that by increasing the patient's activity level, they will experience more positive reinforcement, which can lead to improvements in mood.

NEW QUESTION # 857

Who was the first person to offer a theoretical perspective on group work?

- A. Sigmund Freud
- B. **Irvin Yalom**
- C. Viktor Frankl
- D. Carl Rogers

Answer: B

Explanation:

Irvin Yalom was the first to propose a theoretical perspective on group work. He identified 10 curative factors that differentiate group work from individual therapy:

1. Instillation of hope
2. Universality
3. Altruism
4. Increased development of socialization skills
5. Imitative behaviors
6. Interpersonal learning
7. Group cohesiveness
8. Catharsis
9. Existential factors
10. Corrective refocusing

Sigmund Freud founded psychoanalysis. Carl Rogers originally developed humanistic therapy. Viktor Frankl developed existential therapy.

NEW QUESTION # 858

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