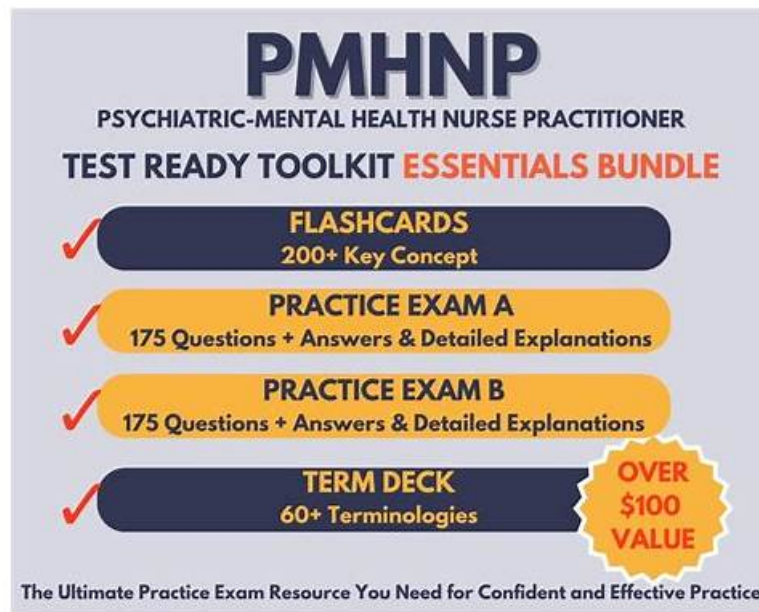


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## College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q1000-Q1005):

### NEW QUESTION # 1000

A 35-year-old female patient insists that Johnny Depp is in love with her and that they are destined to be together soon and forever. She does not deviate from this perception. This patient is suffering from:

- A. compulsion
- B. erotomanic delusion
- C. jealous delusion
- D. depersonalization

**Answer: B**

Explanation:

The correct diagnosis for the described condition of the 35-year-old female patient is erotomanic delusion. Erotomanic delusion is a specific type of delusional disorder where the affected individual firmly believes that another person, often someone of higher status or a celebrity, is in love with them. This belief persists despite clear evidence to the contrary and does not waver even when there is no personal connection or contact with the person they believe is in love with them.

In this case, the patient's conviction that Johnny Depp is in love with her and that they are destined to be together, despite having no personal relationship or probable interaction with him, is characteristic of an erotomanic delusion. Individuals with this condition remain steadfast in their beliefs and are typically unresponsive to reasoning or contradictory facts.

Delusions, by their nature, are fixed and false personal beliefs that are held with strong conviction. In erotomanic delusion, the content of the belief revolves around the theme of romantic love, which can lead the individual to engage in behaviors aimed at contacting or being close to the subject of their delusion. These actions can sometimes escalate to the point of stalking or legal issues, especially if the individual attempts to act on their beliefs.

It is important to differentiate erotomanic delusion from other types of delusions or mental health disorders. For instance, depersonalization involves an experience of feeling detached from one's own body or thoughts and does not involve delusional beliefs about others. Compulsions are repetitive behaviors driven by anxiety, not delusions. Jealous delusion, another type of delusional disorder, involves the unfounded belief that a loved one is being unfaithful, which is different from believing someone is in love with oneself.

Management of erotomanic delusion requires professional psychiatric intervention, often involving both medication to help manage the delusion and psychotherapy to address thought patterns and behaviors associated with the delusion. It is crucial for treatment to be approached sensitively to avoid reinforcing the delusion and to provide support in a manner that encourages the patient to engage in reality-based thinking.

#### NEW QUESTION # 1001

During a mental status exam, a PMHNP asks a patient with a history of bipolar disorder about their thoughts and feelings during manic episodes. The patient responds, "I feel like I'm on top of the world and can do anything I want." What is the PMHNP assessing in this question and its response?

- A. The patient's level of consciousness
- B. The patient's orientation to reality
- C. The patient's insight into their illness
- D. The patient's affect

**Answer: C**

Explanation:

Insight is the ability of a patient to recognize and understand their mental health condition. In this scenario, the patient's response suggests a lack of insight into the potential negative consequences of manic behavior. Patients with bipolar disorder may experience periods of elevated or irritable mood, increased energy, decreased need for sleep, and impaired judgment during manic episodes. As a result, PMHNPs need to assess the patient's level of insight into their condition, which can influence their willingness to engage in treatment and maintain stability.

#### NEW QUESTION # 1002

A 17-year-old male is admitted to a psychiatric hospital and diagnosed with schizophrenia. After your evaluation, you prescribe risperidone (Risperdal). What is the recommended therapeutic dose for this patient?

- A. 0.5 mg/day
- B. 3 mg/day
- C. 6 mg/day
- D. 12 mg/day

**Answer: B**

Explanation:

For adolescents aged 13 to 17, the therapeutic dose of risperidone (Risperdal) is 3 mg/day. The recommended starting dose of risperidone for adolescents is 0.5 mg/day.

#### NEW QUESTION # 1003

A PMHNP is working with a patient who has a history of severe mental illness and is experiencing ongoing symptoms. Which of the following best describes the concept of recovery as it relates to the transformation of mental health care?

- A. The goal of replacing traditional mental health treatment with alternative therapies
- B. The goal of eliminating all symptoms of mental illness in the patient
- C. The goal of ensuring that patients have access to all available mental health services
- **D. The goal of reducing the severity and impact of mental illness on the patient's life**

**Answer: D**

Explanation:

Recovery is a central concept in the transformation of mental health care, and it involves a shift away from the idea of curing mental illness toward the goal of reducing the impact of mental illness on the individual's life. Recovery is a process of building resilience and hope, and it involves the development of self-awareness, self-care skills, and a sense of purpose and meaning. While recovery may involve reducing the severity of symptoms, it is not realistic to expect that all symptoms of mental illness can be eliminated. Recovery is not about replacing traditional mental health treatment with alternative therapies but rather involves a holistic approach to care that may include a range of interventions. Ensuring that patients have access to all available mental health services is an important part of the transformation of mental health care, but it is not the primary goal of recovery.

#### **NEW QUESTION # 1004**

What psychiatric disorder is characterized by at least one psychotic symptom present for less than one month?

- A. Schizoaffective disorder
- **B. Brief psychotic disorder**
- C. Schizophreniform disorder
- D. Delusional disorder

**Answer: B**

Explanation:

Brief psychotic disorder is characterized by at least one psychotic symptom present for less than one month.

Delusional disorder is a psychotic disorder characterized by the presence of delusions but no other symptoms of schizophrenia. Schizophreniform disorder is characterized by symptoms of schizophrenia for only one to six months. Schizoaffective disorder is characterized by symptoms of schizophrenia with either depression or mania.

#### **NEW QUESTION # 1005**

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