

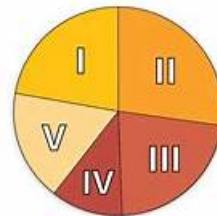
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PMHNP Exam Outline

| Content Categories | Scored Questions | Percentage of Examination |
|--|------------------|---------------------------|
| I. Scientific Foundation | 33 | 22% |
| II. Advanced Practice Skills | 41 | 27% |
| III. Diagnosis and Treatment | 33 | 22% |
| IV. Psychotherapy and Related Theories | 17 | 11% |
| V. Ethics, Legal Principles, and Cultural Care | 26 | 17% |

Mometrix Test Preparation

Time limit: 3.5 hours
Total questions: 175
Question format: Multiple-choice
Delivery format: Computer-delivered



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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q566-Q571):

NEW QUESTION # 566

A 29-year-old male was driving his parents to a meeting when his car malfunctioned and they were hit by a truck. Both parents were killed and the young man was injured. He is seeing the psychiatric mental health nurse practitioner because, although the accident was several years ago, he still has survivor guilt and PTSD, and also refuses to ever drive a car again. To address the latter problem, the PMHNP is using exposure therapy. The basis of this therapy is:

- A. to help reduce a person's fear and anxiety
- B. keeping the patient safe throughout therapy
- C. avoiding situations that provoke anxiety

- D. the brief time needed for results

Answer: A

Explanation:

The basis of exposure therapy is to help reduce a person's fear and anxiety. This psychological treatment is designed to confront fears directly by gradually exposing the patient to the object, situation, or memory they fear. The goal is to reduce the fear response incrementally and help the individual manage or overcome their anxiety.

Exposure therapy is firmly rooted in the principles of associative learning, which suggests that fears can develop through conditioning. For instance, if an individual experiences or witnesses a traumatic event, they may begin to associate certain related cues with danger or distress, even if these cues are not inherently harmful. Exposure therapy uses these same principles of conditioning but in a controlled and therapeutic manner, aiming to "unlearn" the fear response by creating a new association between the feared stimuli and safety or neutrality.

Another key aspect of exposure therapy is its focus on the learned behaviors, particularly avoidance, that people adopt in response to their fears. Avoidance can temporarily reduce anxiety but ultimately reinforces the fear and can limit an individual's ability to function normally. By encouraging patients to confront their fears in a measured, controlled way, exposure therapy seeks to break this cycle of avoidance and anxiety.

It's also crucial that exposure therapy is conducted in a safe, supportive environment where the patient feels secure. Safety within therapy helps ensure that the patient can face their fears without actual danger, allowing them to learn that their fear response can be managed and that the feared outcome is not as likely or harmful as they perceive. This aspect of safety is fundamental as it provides the necessary conditions for effective learning and unlearning of fears during therapy.

NEW QUESTION # 567

Which of the following statements regarding bipolar disorder by a PMHNP student requires correction?

- A. "The condition may have a behavioral component."
- B. "Patients may have cognitive symptoms."
- C. **"Each episode must have a precipitating event."**
- D. "Patients may have somatic symptoms."

Answer: C

Explanation:

Patients suffering from bipolar disorder can present as either expansive in mood or depressed, depending on the episode. Each episode may have a precipitating event but often occurs without any identified stressor. Patients manifest behavioral, affective, cognitive, and somatic symptoms.

NEW QUESTION # 568

Who originally developed existential therapy?

- A. Carl Rogers
- B. Aaron Beck
- C. **Viktor Frankl**
- D. Sigmund Freud

Answer: C

Explanation:

Existential therapy was proposed by Viktor Frankl. Existential psychotherapy is a philosophical method that operates on the belief that inner conflict within a person is due to that individual's confrontation with the givens of existence.

Psychoanalytic therapy was proposed by Sigmund Freud. Cognitive therapy was proposed by Aaron Beck. Humanistic therapy was proposed by Carl Rogers.

NEW QUESTION # 569

Which of the following patient rights is unaddressed by the Health Insurance Portability and Accountability Act (HIPAA)?

- A. To request an amendment of their health information to which they object
- B. **To be notified when their health information is sold to pharmaceutical companies**

- C. To require their permission for disclosure of their personal information
- D. To have access to their own medical records

Answer: B

Explanation:

The Health Insurance Portability and Accountability Act (HIPAA) was the first national comprehensive privacy protection act.

HIPAA guarantees patients four fundamental rights:

- * To be educated about HIPAA privacy protection
- * To have access to their medical records
- * To request an amendment of their health information to which they object
- * To require their permission for disclosure of their personal information

NEW QUESTION # 570

What term best describes the process of neuronal membrane threshold sensitivity dysfunction?

- A. Increased noradrenergic activity
- B. Kindling
- C. Dependence
- D. GABA deregulation

Answer: B

Explanation:

Kindling is the process of neuronal membrane threshold sensitivity dysfunction.

GABA deregulation and increased noradrenergic activity can play a role in the dysfunction of neuronal membrane threshold sensitivity but are not the terms that best describe the phenomenon. Dependence is caused by neuronal membrane threshold sensitivity changes but does not best describe the phenomenon.

NEW QUESTION # 571

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