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## PMHNP Study/practice questions and answers new year 2024 with complete solution

Which of the following statements does not reflect current understanding of neurotransmitter pathways implicated in anxiety disorders?

- A. Increase levels of CRF in amygdala, hippocampus and LC increase symptoms of anxiety.
- B. Decreasing GABA in the Mesolimbic cortex diminishes symptoms of anxiety.
- C. Increasing serotonergic activity in the amygdala diminishes symptoms of anxiety.
- D. Decreasing NE in the LC diminishes symptoms of anxiety. - ANSWER--A, C & D are all correct so the answer is B

As a PMHNP, you know anti-psychotic meds have side effects. Which side effects of antipsychotic meds has an insidious delayed-onset of 1-2 after starting the medication? - ANSWER--A. Dry Mouth

- B. Tardive Dyskinesia
- C. Wt gain
- D. Sedation

We know that Dry mouth, drowsiness, dizziness, restlessness, wt gain, constipation & N/V are all SE but, Tardive Dyskinesia does not start for 1-2 years.

My answer - B. \*Tardive Dyskinesia (TD\*)

\*\* long standing blockage of DA2 in nigrostriatal pathway leads to TD

Which Serotonin receptor antagonism makes an antipsychotic "atypical"?

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## College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q1327-Q1332):

### NEW QUESTION # 1327

A psychiatric nurse practitioner is using Socratic questioning with a patient who is experiencing anxiety. Which of the following is an example of a Socratic question that the nurse could ask?

- A. "What evidence do you have that your anxiety is caused by this situation?"
- B. "Why is your anxiety caused by your relationship with your partner?"
- C. "Have you tried any relaxation techniques?"
- D. "Why do you always feel anxious?"

**Answer: A**

Explanation:

Socratic questioning is a type of questioning that encourages critical thinking and self-reflection. It is commonly used in cognitive-behavioral therapy (CBT) to help patients identify and challenge irrational beliefs and negative thought patterns. This type of questioning can help the patient identify any faulty or irrational beliefs they may have and challenge them with more realistic or evidence-based beliefs.

### NEW QUESTION # 1328

What is the preferred treatment for anxiety?

- A. Vagal nerve stimulation (VNS)
- B. Anxiolytics
- C. Nonpharmacological treatments
- D. Electroconvulsive therapy (ECT)

**Answer: C**

Explanation:

Nonpharmacological treatments for anxiety offer the longest relief from symptoms. Options include CBT, mindfulness, and meditation. Anxiolytics are short-term and sometimes result in rebound anxiety when the medication wears off. ECT and VNS are treatments for catatonia and depression.

### NEW QUESTION # 1329

Which of the following is least likely to be a possible risk factor for the development of schizophrenia?

- A. Taking mind-altering drugs during the teen and early adult years
- B. Family history
- C. Cold or absent parent
- D. Prenatal exposure to a flu or virus

**Answer: C**

Explanation:

Prenatal influences on the development of schizophrenia include poor nutrition and exposure to viruses. Having a family history of schizophrenia increases the risk of developing or triggering schizophrenia. Taking psychoactive or psychotropic drugs as a teen and/or young adult is also a risk factor.

Parenting styles are instrumental in personality disorders but are not currently listed as a risk factor in thought disorders.

### NEW QUESTION # 1330

A PMHNP is asked to provide a recommendation for a patient's request for an emotional support animal. The patient does not have a diagnosis that clearly supports the need for an emotional support animal. Which ethical principle should the PMHNP prioritize in making this decision?

- A. Autonomy
- **B. Non-maleficence**
- C. Beneficence
- D. Justice

**Answer: B**

Explanation:

Non-maleficence, the obligation to do no harm, guides the PMHNP to consider the potential consequences of providing an unsupported recommendation, which could include misleading the patient or others about the patient's needs.

Autonomy, while important, is not the primary concern when evaluating the clinical justification for an emotional support animal.

Beneficence, the principle of acting in the best interest of the patient, must be balanced with the evidence supporting the request.

Justice, related to fairness and distribution of resources, is less directly relevant to the individual clinical decision-making process in this case.

### NEW QUESTION # 1331

Which personality disorder is most likely to cause one to feel helpless when alone?

- A. Paranoid
- **B. Dependent**
- C. Narcissistic
- D. Obsessive-compulsive

**Answer: B**

Explanation:

Patients with dependent personality disorder fear abandonment, feel helpless when they are alone, and are miserable when relationships end. They desperately desire the approval of others, and they often volunteer for unpleasant tasks to gain the favor of others.

Patients with obsessive-compulsive personality disorder are perfectionistic and rigid. They are often workaholics who are indecisive, excessively scrupulous, and preoccupied with detail.

Patients with paranoid personality disorder are suspicious, have few friends, and read hidden meanings into innocent remarks.

Patients with narcissistic personality disorder act self-important. They are preoccupied with envy, fantasies of success, and ruminations about the uniqueness of their problems. They reject criticism and need constant admiration from others.

### NEW QUESTION # 1332

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