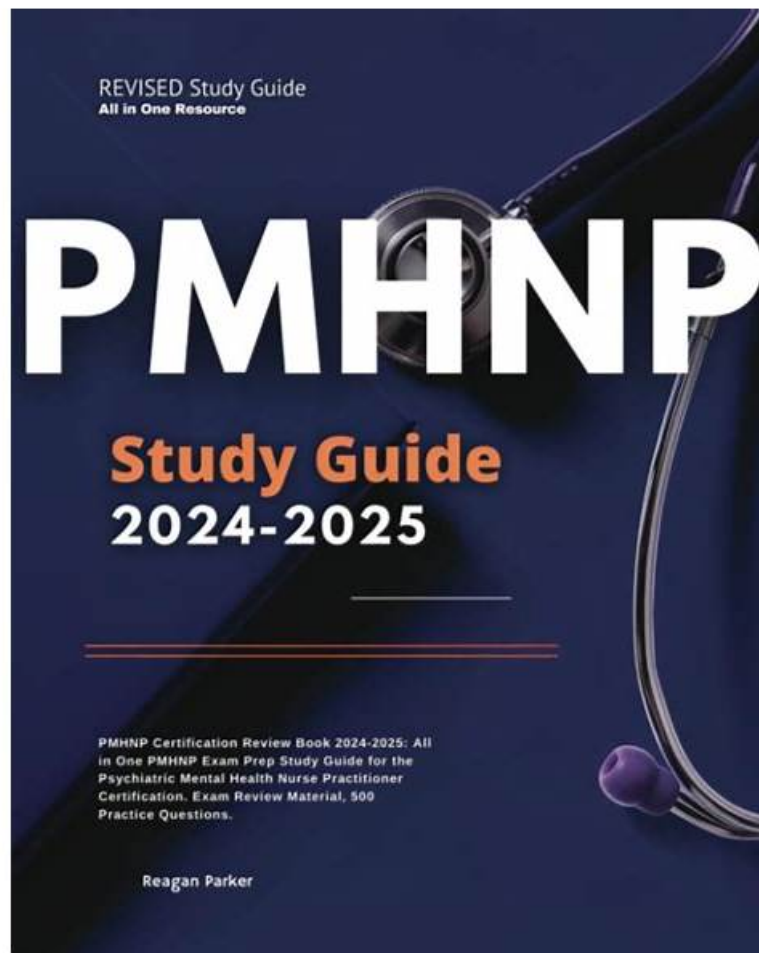


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## College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q106-Q111):

### NEW QUESTION # 106

Which of the following is true regarding the incidence and demographics of those who suffer from or are at risk for bipolar-type disorders?

- A. Prevalence in males and females is the same
- B. Bipolar disorders are more common than major depressive disorders
- C. Prevalence in males is more pronounced
- D. Prevalence in females is more pronounced

**Answer: A**

Explanation:

Bipolar disorder is less common than major depressive disorder. Furthermore, 0.7% of the general population is at risk, it affects 2.3 million American adults, it has a mean onset age of early 20s, it may present in childhood or adolescent years, and the prevalence is the same for both males and females.

### NEW QUESTION # 107

Oppositional defiant disorder is often misdiagnosed in adolescents. Which of the following is least likely to be a characteristic of ODD?

- A. The client is touchy or easily annoyed
- B. The client is needy and attention seeking
- C. The client loses their temper easily
- D. The client often places blame on others

**Answer: B**

Explanation:

Clients with ODD are the opposite of attention-seeking; they present as avoidant, argumentative, and defiant. Clients with BPD (borderline personality disorder) are needy and attention-seeking.

Oppositional defiant disorder is an enduring pattern of angry or irritable mood and argumentative, defiant, or vindictive behavior lasting at least six months with at least four associated symptoms:

- \* Loses temper
- \* Touchy or easily annoyed
- \* Angry or resentful
- \* Argues with authority
- \* Actively defies or refuses to comply with requests or rules from authority figures
- \* Blames others
- \* Deliberately annoys others
- \* Spiteful or vindictive

### NEW QUESTION # 108

Which patient, based on their characteristics, is least likely to attempt suicide?

- A. A 47-year-old widowed man recently laid off from his job, with a history of conduct disorder as a teenager
- B. A 27-year-old recently divorced woman with borderline personality disorder expressing profound feelings of hopelessness
- C. A 33-year-old married, employed woman in good physical health with new-onset major depressive disorder
- D. A 16-year-old homosexual Caucasian man living in Wyoming with a recent diagnosis of alcohol use disorder

**Answer: C**

Explanation:

Personal characteristics that put someone at a low risk of attempting suicide are:

- \* Younger than 45

- \* Female
- \* Married
- \* Employed
- \* Stable interpersonal relationships
- \* Good physical health
- \* Mild depression
- \* Normal personality

Personal characteristics that put someone at a high risk of attempting suicide are:

- \* Over 45
- \* Male
- \* Divorced or widowed
- \* Unemployed
- \* Chaotic interpersonal relationships
- \* Chronic illness
- \* Alcohol use disorder
- \* Personality disorder
- \* Hopelessness
- \* Bisexual or homosexual sexual orientation

### NEW QUESTION # 109

A 17-year-old recently arrested male arrives at your office for a psychiatric evaluation. Based on his history of delinquent behavior, you suspect conduct disorder. According to Erik Erikson, failure to resolve which psychosocial stage is most associated with the development of this psychopathology?

- A. Industry vs. Inferiority
- B. Initiative vs. Guilt
- C. Autonomy vs. Shame and Doubt
- D. Identity vs. Role Confusion

**Answer: D**

Explanation:

Failure to successfully resolve the psychosocial stage of Identity vs. Role Confusion is linked to delinquent behavior, borderline psychotic episodes, and gender-related identity disorders.

Erik Erikson's stages of psychosocial development:

- \* Trust vs. Mistrust: birth to 12-18 months
- \* Autonomy vs. Shame and Doubt: 12-18 months to 3 years
- \* Initiative vs. Guilt: 3 to 5-6 years
- \* Industry vs. Inferiority: 5-6 years to adolescence
- \* Identity vs. Role Confusion: adolescence to adulthood
- \* Intimacy vs. Isolation: adulthood
- \* Generativity vs. Stagnation: middle adulthood
- \* Ego Integrity vs. Despair: late adulthood

Failure to resolve the Industry vs. Inferiority stage can contribute to creative inhibition. Failure to resolve the Initiative vs. Guilt stage can lead to the development of conversion disorder, phobias, and psychosomatic disorders. Failure to resolve the Autonomy vs. Shame and Doubt phase can lead to the development of paranoia, obsessions, and compulsions.

### NEW QUESTION # 110

A 55-year-old patient with generalized anxiety disorder arrives at your clinic for her weekly therapy appointment. You have been counseling her for the past year. Today, she appears unusually gloomy, and her eyes are bloodshot as if she had just been crying. She is worried that she will never get better and will always feel this way. As the nurse practitioner, you understand that this patient has negative distorted beliefs about herself and her illness.

What individual therapy method is most appropriate to use in helping this client through her current crisis?

- A. Cognitive therapy
- B. Dialectical behavioral therapy
- C. Existential therapy
- D. Eye movement desensitization and reprocessing (EMDR)

**Answer: A**

Explanation:

Cognitive therapy is used in situations when clients have irrational beliefs, faulty conceptions, and negative cognitive distortions about themselves.

Dialectical behavioral therapy is used with patients suffering from borderline personality disorder. Existential therapy is an approach in which the client reflects on life, and self-confrontation is encouraged. EMDR is used with patients suffering from PTSD, not anxiety.

## NEW QUESTION # 111

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