

PMHNP Practice Q&A for NR548 Exam 2

What is the primary purpose of the psychiatric interview?

- A) To diagnose medical conditions
- B) To establish a therapeutic alliance
- C) To prescribe medications
- D) To conduct a physical examination

Answer: B) To establish a therapeutic alliance

Which of the following is NOT an element of the psychiatric history?

- A) Family history
- B) Medication history
- C) Social security number
- D) Chief complaint

Answer: C) Social security number

Transference in a therapeutic relationship refers to:

- A) The therapist's feelings towards the client
- B) The client's feelings towards the therapist
- C) The client's feelings towards their family
- D) The therapist's feelings towards their family

Answer: B) The client's feelings towards the therapist

Which communication technique is considered therapeutic?

- A) Asking leading questions
- B) Offering false reassurance
- C) Reflecting feelings
- D) Making judgments

Answer: C) Reflecting feelings

When is a complete physical exam indicated in a psychiatric assessment?

- A) When the client requests it
- B) When there are signs of medical illness
- C) Only for clients with a history of substance abuse
- D) It is never indicated

Answer: B) When there are signs of medical illness

- A) The client's emotional response to the therapist
- B) The therapist's emotional reaction to the client
- C) The mutual feelings shared between client and therapist
- D) The therapist's feelings towards their own past experiences

Answer: B) The therapist's emotional reaction to the client

In the context of psychiatric assessments, what does the acronym OLD CARTS stand for?

- A) Onset, Location, Duration, Characteristics, Aggravating factors, Relieving factors, Treatment, Severity
- B) Onset, Location, Duration, Characteristics, Associated symptoms, Relieving factors, Treatment, Severity
- C) Onset, Location, Duration, Characteristics, Aggravating factors, Review of systems, Treatment, Severity
- D) Onset, Location, Duration, Characteristics, Aggravating factors, Relieving factors, Time, Severity

Answer: A) Onset, Location, Duration, Characteristics, Aggravating factors, Relieving factors, Treatment, Severity

Which of the following is a key component of the therapeutic alliance?

- A) The therapist's authority over the client
- B) The client's dependence on the therapist
- C) Mutual trust and respect between client and therapist

D) The therapist's ability to diagnose accurately

Answer: C) Mutual trust and respect between client and therapist

A) To establish a diagnosis

B) To develop a treatment plan

C) To gather comprehensive information about the client's mental health

D) To prescribe medications

Answer: C) To gather comprehensive information about the client's mental health

A) The ROS should only include psychiatric symptoms.

B) The ROS is not necessary if the client has a clear psychiatric diagnosis.

C) The ROS should include both medical and psychiatric symptoms to provide a comprehensive view of the client's health.

D) The ROS is primarily focused on physical health and does not relate to mental health. Answer: C) The ROS should include both medical and psychiatric symptoms to provide a comprehensive view of the client's health.

A) Reflecting feelings

B) Offering reassurance

C) Asking open-ended questions

D) Summarizing the client's statements

Answer: B) Offering reassurance

A) It helps in diagnosing the client's current condition.

B) It provides insight into the client's social support system.

C) It can reveal genetic predispositions to mental health disorders.

D) It is not relevant to the assessment process.

Answer: C) It can reveal genetic predispositions to mental health disorders.

Which of the following best describes the term "therapeutic communication"?

A) Communication that focuses solely on the therapist's expertise

B) Communication that fosters a supportive and understanding environment for the client

C) Communication that avoids discussing difficult topics

D) Communication that is primarily directive and authoritative

Answer: B) Communication that fosters a supportive and understanding environment for the client

A) To determine the client's treatment options

B) To identify potential triggers and patterns in the client's behavior

C) To facilitate the therapist's understanding of the client's family dynamics

D) To prepare for medication management

Answer: B) To identify potential triggers and patterns in the client's behavior

Which of the following is a critical safety measure during a psychiatric interview?

A) Ensuring the client is comfortable and relaxed

B) Conducting the interview in a private and secure environment

C) Avoiding any discussion of the client's past trauma

D) Allowing the client to lead the conversation without guidance

Answer: B) Conducting the interview in a private and secure environment

- A) Hyperthyroidism
- B) Osteoarthritis
- C) Hypertension
- D) Asthma

Answer: A) Hyperthyroidism

In the context of a comprehensive psychiatric evaluation, which of the following components is critical for differentiating between a primary psychiatric disorder and a medical condition?

- A) Family history
- B) Review of systems (ROS)
- C) Social history
- D) Medication history

Answer: B) Review of systems (ROS)

- A) To establish rapport with the client
- B) To identify potential medication interactions
- C) To determine the client's socioeconomic status
- D) To assess the client's support system

Answer: B) To identify potential medication interactions

- A) The PMHNP is responsible for diagnosing all medical conditions.
- B) The PMHNP must refer clients to primary care for all medical evaluations.
- C) The PMHNP integrates medical and psychiatric assessments to inform treatment.
- D) The PMHNP focuses solely on psychiatric symptoms without considering medical history.

Answer: C) The PMHNP integrates medical and psychiatric assessments to inform treatment.

- A) It helps in establishing a diagnosis based solely on duration.
- B) It provides insight into the potential triggers and patterns of the disorder.
- C) It is not relevant to the assessment process.
- D) It allows the PMHNP to prescribe medications more effectively.

Answer: B) It provides insight into the potential triggers and patterns of the disorder.

- A) Improved client outcomes
- B) Increased therapeutic alliance
- C) Misdiagnosis and inappropriate treatment
- D) Enhanced understanding of the client's history

Answer: C) Misdiagnosis and inappropriate treatment

- A) The client reports feeling anxious and depressed.
- B) The client denies any history of substance abuse.
- C) The client has a family history of bipolar disorder.
- D) The client has experienced recent weight loss.

Answer: B) The client denies any history of substance abuse.

- A) All psychiatric conditions are caused by underlying medical issues.
 - B) Medical conditions can exacerbate psychiatric symptoms but are not always the cause.
 - C) Psychiatric conditions are always independent of medical conditions.
 - D) Medical conditions have no impact on the treatment of psychiatric disorders.
- Answer: B) Medical conditions can exacerbate psychiatric symptoms but are not always the cause.

- A) To establish a psychiatric diagnosis
 - B) To rule out any underlying medical conditions that may present with psychiatric symptoms
 - C) To determine the client's level of insight
 - D) To assess the client's social support system
- Answer: B) To rule out any underlying medical conditions that may present with psychiatric symptoms

- A) Focusing exclusively on psychiatric symptoms
 - B) Collaborating with other healthcare providers to address both medical and psychiatric needs
 - C) Avoiding discussions about the client's medical history
 - D) Relying solely on self-reported symptoms from the client
- Answer: B) Collaborating with other healthcare providers to address both medical and psychiatric needs

Which of the following statements about the psychiatric interview is most accurate?

- A) The psychiatric interview is primarily focused on gathering a detailed medical history.
 - B) The psychiatric interview should be conducted in a rigid, structured format to ensure all information is collected.
 - C) The psychiatric interview is a dynamic process that adapts to the client's responses and needs.
 - D) The psychiatric interview is less important than the physical examination in establishing a diagnosis.
- Answer: C) The psychiatric interview is a dynamic process that adapts to the client's responses and needs.

- A) "Have you had thoughts about wanting to harm yourself?"
 - B) "What do you think would happen if you were no longer here?"
 - C) "Do you have a plan for how you would do it?"
 - D) "Are you feeling sad today?"
- Answer: D) "Are you feeling sad today?" (This question is too vague and does not directly assess suicidal ideation.)

- A) A client begins to see the therapist as a parental figure and expresses feelings of anger towards them.
- B) A therapist feels an overwhelming urge to protect a client who reminds them of a younger sibling.
- C) A client projects their feelings of inadequacy onto the therapist during sessions.