

Quiz 5 Common adult geriatric disorders

1. A 15-year-old boy has refused to go to school for the past month. Every morning he has a new symptom or develops one and has to be picked up from school. When he is home, the symptoms disappear. On weekends the symptoms never present. What is the most likely diagnosis?

Separation anxiety

Social anxiety

Agoraphobia

Panic disorder

2. Delirium characterized by apathy, psychomotor retardation, and inattentiveness is known as:

Hypoactive delirium

Mixed delirium

Hyperactive delirium

Mania

3. Which of the following are true regarding dissociative amnesia?

The amnesia is selective for specific events which should be successfully recalled in stored memory and readily remembered.

Personal identity is completely forgotten as well as previously learned skills.

Dissociative amnesia is related to neurobiological damage which prevents memory storage.

All of these statements are true.

Dissociative amnesia involves the inability to recall important autobiographical information, usually of a traumatic or stressful nature, that is inconsistent with ordinary forgetting. It is potentially reversible and not associated with neurobiological damage. Loss of one's personality identity and procedural knowledge is associated with generalized amnesia.

4. A 17-year-old girl with major depressive disorder single episode and bulimia nervosa is unable to actively participate in psychotherapy because she says she feels too sleepy during the day because she is

unable to sleep at night. In addition, she is inattentive, irritable, finds it difficult to concentrate, and has no desire to do anything. Which pharmacological agent is preferred for monotherapy?

Atypical antipsychotic

Tricyclic antidepressant

Selective serotonin reuptake inhibitor

Mood stabilizer

5. John is a 39 year old business executive who works 60 plus hours a week. He has no financial challenges but insists on staying in the office in order to perfect the projects he is working on. His manager notes that John is stubborn and asked John to delegate part of his upcoming presentation to junior staff members, but John always refuses to delegate. John is also saving his money "in case of the next pandemic" and rarely spends money on anything fun. John is preoccupied with perfectionism, rules, morality and ethics and is reluctant to work with others, unless they adopt his exact method of doing things. John's behavior best describes what?

Obsessive Compulsive Personality Disorder

Obsessive compulsive disorder

Hoarding disorder

General anxiety disorder

6. Leo is a 32-year-old male with MDD who has been treated with Citalopram for the last 5 years. Which of the following is associated with and increased risk of serotonin syndrome?

All of these are associated with increased risk.

Triptans, Oxycodone and Tramadol 5-

HTP, Valproate and Tryptophan

Yohimbe, Panax ginseng and St. John's wort

All of these drugs and herbs may contribute to serotonin syndrome.

7. Soledad is a 32 year old female who for the last 8 months has been overly concerned that she has been infected with the Covid-19 virus. Her mother had the virus 6 months ago. Soledad is anxious that she is

now ill. She checks her temperature 4 times a day. She has tested negative for Covid -19 10 times in the last 3 months. Soledad has no overt symptoms of the virus. She frequently visits her PCP and drug store clinic asking for repeated testing. Two years ago, she had fears of the Zika virus and displayed similar behavior and repeated medical care visits. What is the most likely diagnosis here?

illness anxiety disorder

Factitious disorder by proxy

Panic disorder

Somatic symptom disorder

Soledad meets the DSM-5 criteria for illness anxiety disorder. No somatic symptoms are present. Repeated and excessive reassurance and medical care visits are present. The preoccupation with having a serious illness has been present for at least 6 months. There is a high level of anxiety about personal health status.

8. A 40-year-old man who has been on olanzapine for schizophrenia has a lipid profile indicating total cholesterol 240 mg/dL, and low-density lipoprotein (LDL) 200 mg/dL. Which of the following is recommended?

Statin therapy Transthoracic

echocardiogram Lifestyle

modification

Serial EKGs

9. Upon awakening, a period of reduced alertness, impaired performance and reduced vigilance associated with Hypersomnolence disorder is better known as what?

Sleep inertia

Sleep ataxia

Nap disorder

Sleep delirium

Sleep inertia refers to a groggy period lasting minutes to hours, which includes impaired alertness upon awakening and is specific to hypersomnolence disorder. There is no such thing as sleep ataxia or nap

disorder. Sleep delirium is when you have gone without sleep and you are in a delirium state due to it.

10. A 38-year-old Middle Eastern male veteran of Operation Iraqi Freedom is evaluated at the mental health clinic. He reports that he saw many of his battle buddies get killed in action. He has been stateside for 2 years, but since that time he has had trouble sleeping and as such he is very irritable to be around. He reports ongoing nightmares and flashbacks to an explosion and he feels on edge most of the time. He avoids large crowds and loud noises. He finds that having a few beers helps calm him and makes him more pleasant to be around and allows him to socialize rather than isolate himself. Which of the following medications should the PMHNP prescribe?

Sertraline

Risperdal

Lorazepam

Imipramine

11. A 25 year old male reported a sudden choking sensation at work which caused some difficulty breathing. He retreated to the bathroom out of fear that others would see him struggling as he couldn't comprehend if these symptoms were life threatening or he was going crazy. He felt dizzy, sweaty, sick to his stomach and could not swallow. He had a fear at first that he was dying. He attributed his symptoms to an undiagnosed illness or a recent infection that he wasn't over. He never sought medical treatment. He struggled for the next 3 weeks out of concern these symptoms might come back. The symptoms recurred 4 weeks later, while sitting alone in his car after leaving a supermarket. He drove to the nearest emergency room and no immediate cause was identified. He was instructed to follow up with an ENT provider as an outpatient. What disorder the most likely diagnosis based on his symptoms?

Specific phobia, situational type

Illness anxiety disorder

Panic disorder

Delusional disorder

12. The amnesia is selective for specific events a family gathering with the assistance of his son. Simon was diagnosed with a major neurocognitive disorder 4 years ago. Jeremy could not remember how he arrived at the party and told several guests that a train brought him. There is no train station within 45 miles of the party location. What else in Jeremy's past medical history would help better explain the above presentation?

20 years of heavy alcohol use

Bilateral carotid stenosis

Acute HIV infection in the last year

Magnetic gait and repeated falls

Substance/Medication-induced Major Neurocognitive disorder includes alcohol, amnestic confabulatory type. Heavy, prolonged alcohol consumption may lead to a major neurocognitive disorder in which both amnesia and confabulation are prominent. Confabulation is the creation of false memories in the absence of the intention to deceive.

13. The experience of depersonalization is ego_____and reality testing is _____?

Ego-dystonic and reality testing is intact

Ego-dystonic and reality testing is NOT intact

Ego-syntonic and reality testing remains intact

Ego-syntonic and reality testing is NOT intact

Ego-dysntonic and reality testing is intact. Clients are disturbed by depersonalization and reality testing remains intact.

14. A 56-year-old woman with depressed mood reports a decrease in weight, libido, and ability to sleep. In addition, she reports intermittent episodes of constipation. Which neurovegetative symptom should be targeted first when prescribing a psychopharmacological agent?

Sleep

15. Which of the following case examples best fits antisocial personality disorder?

A 21 year old male who was arrested at age 14 for burning down a garage and repeatedly engaging in violence towards animals without any remorse.

A 55 year old female resident residing in a nursing home after breaking her femur. She became angered and felt abandoned after the nursing staff changed her roommate. She in turn, retaliated by recording staff unknowingly in the hallway having a private conversation with her cell phone. She then sent the video to the nursing board claiming poor treatment.

A 32 year old male who lacks close friends, has a restricted affect and considers himself clairvoyant

A 25 year old female who has no close relationships, chooses solitary activities, displays a flattened affect and has little interest in sexual experiences with others.

A 21 year old male who was arrested at age 14 for burning down a garage and repeatedly engaging in violence towards animals without any remorse.

16. A patient presents to the emergency department reporting sudden onset blindness. Her physical exam is unremarkable. The patient is referred to psychiatry for disposition because the patient insists she cannot care for herself. What is the most likely diagnosis?

Conversion disorder

Hypochondriasis

Somatoform disorder

Factitious disorder

17. A 28-year-old female is referred from her employee assistance program from a tech company for poor hygiene and erratic behaviors interfering with her work. The patient states her company is spying on her and setting her up to fail for the last 9 months. While speaking she stops herself and begins to talk back to someone who is not present. These symptoms are most consistent with:

Psychosis

Depression

Hallucinations

Delusions

18. John is a 55 year old male who was recently diagnosed with Parkinson's Disease. He has delayed his appointment with a neurologist after he has convinced himself that he will die soon. He has been avoiding work despite his ability to perform his occupation as a sales manager. He describes nightmares since his diagnosis 1 month ago. He has been experiencing guilt that his former boxing career must have brought on the disease. What diagnosis best describes this clinical scenario?

Adjustment disorder

Major depressive disorder with psychotic features

Generalized Anxiety disorder

Acute stress disorder

The criteria for general anxiety disorder and major depressive disorder with psychotic features are not met. Parkinson's disease is not considered a traumatic event despite the burden of the disease and thus the criteria for acute stress disorder are not met. The symptoms above are consistent with adjustment disorder.

19. A 6 year old boy is struggling to fall asleep and returns into his parents bedroom after attempting to sleep for 3 minutes on his own. He is often scared of something under his bed or in the closet. He falls asleep easily when with his parents. He occasionally has nightmares that he cannot find his parents in a large gathering. What is the most likely diagnosis?

Obsessive compulsive disorder

Separation anxiety disorder

Acute stress disorder

Posttraumatic stress disorder

20. Karen is a 68-year-old former legal secretary who enjoys an active social life with her husband. She feels she has something wrong with her medically and has seen many specialists over the year who have found nothing wrong with her. Her husband reports that she continually repeats the same five stories over and over again as if she is telling them for the first time. On two occasions in the last year she

has gotten lost coming home from the supermarket and was found by the police a half-mile from her former place of employment. What is the most likely diagnosis?

Huntington's disease

Vascular dementia

Mixed delirium

Creutzfeldt-Jakob disease

21. Erin is a 19 year old female who displays 2 distinct personality states. She experiences gaps in memory beyond ordinary forgetting. These symptoms have negatively impacted her career. She has no other medical conditions and does not use any substances or alcohol. What is the most likely diagnosis?

Dissociative identity disorder

Depersonalization/Derealization disorder

Somatic symptom disorder

Factitious disorder

Erin meets the DSM-5 criteria for Dissociative Identity disorder

22. Which of the following highlights the core feature of Histrionic Personality disorder?

A pattern of clinging behavior related to excessive need to be taken care of
A pervasive fear of abandonment either real or imagined

A pervasive pattern consisting of attention seeking and excessive emotionality

A pervasive pattern of grandiosity, lack of empathy and need for constant admiration

A pervasive pattern beginning in early adulthood consisting of attention seeking and excessive emotionality.

23. Shirley is a 20-year-old female on oral contraceptives. Which of the following is most likely to interact with her oral contraceptive?

All of these could interact with the contraceptive.

Phenytoin

St. John's wart

Grapefruit juice

Grapefruit juice, St. John's wart and Phenytoin all interact with contraceptives.

24. A 26 year old male with a former history of testicular cancer developed low back pain after a flag football game. Over the next year, he focuses continuously on sensations in his back and groin area and repeatedly seeks multiple health care providers for his ongoing symptoms. He checks himself daily for changes in lymph nodes or skin changes. He continues to call on more physicians despite a negative work up for testicular cancer or injury to his spine. Which diagnosis best fits this clinical scenario?

Somatic symptom disorder

Testicular cancer reoccurrence

Body dysmorphic disorder

Pain disorder

Somatic symptom disorder. The patient's somatic symptoms are distressing enough to disrupt his daily life. The symptoms are persistent for more than 6 months. He is not concerned with his appearance of his physical features, but rather abnormal focus and appraisal regarding the seriousness of the symptoms. Additionally, his persistent high level of anxiety regarding the symptoms and excessive time and energy devoted to the symptoms help support the diagnosis.

25. A 22-year-old man is referred to the psychiatric emergency department for suicidal ideation. Upon interview the patient states that he is not trying to kill himself, and he really can fly if only people would let him. The patient is emphatic that he is not manic because he is "the best sleeper in the world." The patient has a bright reactive affect and is pressured at times. Which of the following best describes his condition?

Grandiose delusion

Hallucinations