MIZORAM PUBLIC SERVICE COMMISSION

TECHNICAL COMPETITIVE EXAMINATIONS FOR RECRUITMENT TO
LECTURER (MENTAL HEALTH NURSING)

MENTAL HEALTH NURSING
PAPER - I

Time Allowed : 2 hours  Full Marks : 200

All questions carry equal marks of 2 each.

Attempt all questions.

1. American psychologist Edward L. Thorndike described___
   (a) drive reduction theory
   (b) behaviorism
   (c) trial-and-error learning
   (d) respondent behavior

2. Attachment theory states that_____
   (a) infants are generally polytropic in their attachments
   (b) attachment disorders may lead to a failure to thrive
   (c) attachment occurs instantaneously between the mother and the child
   (d) separation anxiety is most common when an infant is 5 months old

3. Neuropsychological deficits associated with left hemispheric damage include all of the following except_____
   (a) limb apraxia
   (b) finger agnosia
   (c) aphasia
   (d) visuospatial deficits

4. The Oedipus complex as described by Freud involves all of the following except_____
   (a) adult sexuality
   (b) rivalries
   (c) anal phase
   (d) intense love relationships

5. According to Freud, the Oedipus complex is resolved through_____ 
   (a) the castration complex
   (b) the acting out of symbolic rivalries
   (c) moving on to the genital stage of development
   (d) the realization of one’s gender identity

6. You have a 72-year-old patient who has been very concerned with her appearance ever since you met her. She has had three facelifts, never leaves the house without makeup, and refuses to allow her grandchildren to call her “grandmother.” Which of the following of Erikson’s stages is this woman having difficulty mastering?
   (a) Narcissistic
   (b) Generativity versus stagnation
   (c) Identity versus role confusion
   (d) Integrity versus despair

7. A patient of yours reports having recurrent dreams of snakes shedding their skins. According to Carl Gustav Jung, this image is an example of which of the following?
   (a) Illusions
   (b) Phallic symbol
   (c) Archetypes
   (d) Manifest content
8. The psychiatric interview serves all of the following functions except ____
   (a) to establish a therapeutic relationship
   (b) to implement a treatment plan
   (c) to assess the nature of the problem ripped by - PSYCHOPATH ripped by – PSYCHOPATH
   (d) to demonstrate the physician’s expertise

9. Which type of patient would say the following: “I have a friend who is in the business and is great friends with some very famous celebrities. I could introduce you to them [horizontal ellipsis]”
   (a) A seductive patient
   (b) A noncooperative patient
   (c) A lying patient
   (d) A somatizing patient

10. Polysomnography (sleep EEG) abnormalities include______
    (a) an increase in REM sleep in dementia
    (b) an increased sleep latency in schizophrenia
    (c) a decrease in the amount of REM sleep in major depressive disorder
    (d) a lengthened REM latency in major depressive disorder

11. Alexithymia is______
    (a) an unpleasant mood
    (b) a state in which a person is easily annoyed and provoked to anger
    (c) a loss of interest in and withdrawal from pleasurable activities
    (d) an inability to describe or to be aware of emotions or mood

12. Sundowning______
    (a) is a result of overmedication
    (b) is associated with akathisia
    (c) is associated with stupor
    (d) occurs usually as a function of mania

13. A psychiatric patient who, although coherent, never gets to the point has a disturbance in the form of thought called______
    (a) blocking
    (b) tangentiality
    (c) verbigeration
    (d) circumstantiality

14. Asking a patient to interpret a proverb is used as a way of assessing______
    (a) abstract thinking
    (b) impulse control
    (c) insight
    (d) intelligence

15. Broca’s aphasia is a term used for
    (a) fluent aphasia
    (b) global aphasia
    (c) paraphasia
    (d) expressive aphasia

16. The known alcoholic patient recounts that while shopping in his local grocery store 2 weeks ago, he had the realization that the store clerk is simply an imposter replacing his wife. The patient’s wife insists that her husband is completely delusional. Which one of the following types of delusions is the patient expressing?
    (a) Capgras syndrome
    (b) Clerambault syndrome
    (c) Delusional jealousy
    (d) Fregoli phenomenon

17. Feeling of unfamiliarity with a familiar situation termed as______
    (a) Deja entendu
    (b) Deja pense
    (c) Deja vu
    (d) Jamais vu
18. Illusion of auditory recognition termed as ________
   (a) Deja entendu  (b) Deja pense
   (c) Deja vu        (d) Jamais vu

19. Inability to arrange words in proper sequence is termed as ________
   (a) Amnestic aphasia    (b) Broca’s aphasia
   (c) Coprophasia         (d) Syntactical aphasia

20. Phobia that the client had Fear of dogs known as ________
    (a) Apiphobia             (b) Cynophobia
    (c) Musophobia            (d) Ophidiophobia

21. Sudden attacks of generalized muscle weakness, leading to physical collapse while alert is termed as ________
    (a) Cataplexy            (b) Klein-Levin syndrome
    (c) Narcolepsy           (d) Nocturnal myoclonus

22. The mentally disturbed client stated “Tired, mired, schmired, wired” during an interview. This type of verbal expression is suggestive of ________
    (a) Blocking             (b) Clang association
    (c) Flight of ideas      (d) Loosening of associations

23. What etiological implication reflects social learning theory?
    (a) Modeling and identification can be observed from early childhood in individuals exhibiting substance abuse behaviors
    (b) An individual is encouraged to continue substance abuse because of the pleasure experienced during use
    (c) A son of an alcoholic father has a four times greater incidence of developing alcoholism
    (d) Identical twins have twice the rate for concordance of alcoholism compared with fraternal twins

24. On an in-patient psychiatric unit, a nurse is completing a risk assessment on a newly admitted client with increased levels of anxiety. The nurse would document which cognitive symptom expressed by the client?
    (a) Gritting of the teeth (b) Changes in tone of voice
    (c) Increased energy      (d) Misperceptions of stimuli

25. A client diagnosed with bipolar II disorder is experiencing hypomania. The client is not hostile, but is talking nonstop and disrupting an educational session. The client is forcibly taken to the client’s room and placed in four-point restraints. Which legal issue applicable in this scenario?
    (a) Libel          (b) Felony
    (c) False Imprisonment (d) Battery

26. Among the following, which one “Aspect” mentioned in Mental Health Care Bill 2016, that was not listed in earlier mental health acts in India?
    (a) Right to fair treatment (b) Right to communicate
    (c) Advance directives      (d) Discharge of Patients

27. Among the following, which model states that past childhood emotional unresolved conflicts are the reason for current mental illness?
    (a) Behavioral Model       (b) Psychoanalytical Model
    (c) Roy adaptation model   (d) Existential model
28. “The patient is encouraged to accept self and to assume to control his own”. This type of approach based on ___________model.
   (a) Social Model    (b) Behavioral Model
   (c) Psycho analytical Model   (d) Existential Model

29. ”Dream analysis” is a therapeutic approach based on _________
   (a) Interpersonal Model   (b) Communication Model
   (c) Psycho analytical Model   (d) Existential Model

30. Hildegard Peplau’s interpersonal model describes _______
   (a) Orientation, exploitation, resolution, evaluation
   (b) Identification, exploitation, resolution, evaluation
   (c) Introduction, Identification, exploitation, resolution
   (d) Orientation, identification, exploitation, resolution

31. A client is diagnosed with obsessive-compulsive personality disorder. In which cluster would this personality disorder be categorized, and on which axis of the DSM-IV-TR multiaxial evaluation system would the nurse expect to find this documentation?
   (a) Cluster C, axis I    (b) Cluster B, axis II
   (c) Cluster C, axis II   (d) Cluster B, axis I

32. "Conscious, subconscious and unconscious” these 3 terms are articulated in ______
   (a) Behavioral Model    (b) Psychoanalytical Model
   (c) Roy adaptation Model   (d) Existential Model

33. As per Mental Health care bill 2016, All the mentally ill patients have following rights, EXCEPT
   (a) Right to community living   (b) Right to access medical records
   (c) Right to information     (d) Right to compulsory tonsuring

34. According to ICD 10, code F 00-F 09 refers to ______
   (a) Organic disorders
   (b) Psychoactive substance abuse related behavioral disorders
   (c) Schizophrenia
   (d) Mood disorders

35. The limbic system which is responsible for emotion and memory all EXCEPT ___
   (a) Pons    (b) Hypothalamus
   (c) Amygdala   (d) Hippocampus

36. Which of the following is not considered a mature defense mechanism?
   (a) Suppression   (b) Somatization
   (c) Asceticism    (d) Altruism

37. Which situation reflects the defense mechanism of projection?
   (a) A husband has an affair, then buys his wife a diamond anniversary bracelet
   (b) A promiscuous wife accuses her husband of having an affair
   (c) A wife, failing to become pregnant, works hard at becoming teacher of the year
   (d) A man who was sexually assaulted as a child remembers nothing of the event
38. Which is an example of a behavioral response to a moderate level of anxiety?
   (a) Narrowing perception (b) Heart palpitations
   (c) Limited attention span (d) Restlessness

39. At an out-patient obstetrical clinic, a pregnant client on welfare exhibits extreme anxiety when discussing a failure in school. This is an example of which type of crisis?
   (a) Crisis of anticipated life transition (b) Dispositional crisis
   (c) Maturational/developmental crisis (d) Crisis reflecting psychopathology

40. A 17-year-old client whose boyfriend has recently broken their engagement is brought into the emergency department after taking a handful of lorazepam (Ativan). Which nursing intervention would take priority during this psychiatric crisis?
   (a) Discuss the client’s feelings about the breakup with her boyfriend
   (b) Monitor vital signs and note any signs of central nervous system depression
   (c) Allow the client time to rest because lorazepam (Ativan) is sedating
   (d) Decrease fluids, and place the client on close observation

41. A student is learning about “prodromal syndrome.” Which student statement indicates that learning has occurred?
   (a) “Behaviors associated with prodromal syndrome necessitate immediate action by the nurse.”
   (b) “Prodromal syndrome occurs after a client’s outburst.”
   (c) “Staff cannot assist clients who are experiencing a prodromal syndrome to gain control.”
   (d) “Very few symptoms are associated with a prodromal syndrome.”

42. Which best exemplifies a client’s use of the defense mechanism of reaction formation?
   (a) A client feels rage at being raped at a young age, which later is expressed by joining law enforcement
   (b) A client is unhappy about being a father, although others know him to dote on his son
   (c) A client is drinking 6 to 8 beers a day while still going to AA as a group leader
   (d) A client is angry that the call bell is not answered and decides to call the nurse when it is unnecessary

43. Which immediate biological responses are associated with fight-or-flight syndrome?
   (a) Bronchioles in the lungs dilate, and respiration rate increases
   (b) Vasopressin increases fluid retention and increases blood pressure
   (c) Thyrotropic hormone stimulates the thyroid gland to increase metabolic rate
   (d) Gonadotropins cause a decrease in secretion of sex hormone and produce impotence

44. The nursing student is reviewing information about crisis. Which of the following student statement indicate that the student require additional educational class on crisis intervention?.
   (a) A crisis is associated with psychopathology
   (b) A crisis is precipitated by a specific identifiable event
   (c) A crisis is specific to an individual, and the cause may vary
   (d) A crisis contains the potential for psychological growth or deterioration

45. Which of the following tool is used to assess for tardive dyskinesia?
   (a) The CAGE assessment tool
   (b) Global Assessment of Functioning (GAF) scale
   (c) The Abnormal Involuntary Movement Scale (AIMS)
   (d) Clock face assessment
46. A Public Health Nurse delivers a lecture on “Suicide Prevention” to the group of Students who failed in the examination. This type of activity refers to ______
   (a) Primary prevention  (b) Secondary prevention
   (c) Crisis intervention   (d) Stress management

47. An anxious and highly upset, 13 year old boy visited Psychiatric OPD to discuss his sudden “painful erection of penis and Nocturnal ejaculation”. The boy is suffering from ______
   (a) Avoidance conflict  (b) Maturational crisis
   (c) Dispositional crisis   (d) Situational crisis

48. A 4-year-old child is unable to consider another child’s ideas about playing house. This situation is an example of which concept contained in Piaget’s theory of cognitive development?
   (a) Intrinsic curiosity  (b) Secondary circular reactions
   (c) Inability egocentrism   (d) Concrete operations

49. The statement, “Growth involves resolution of critical tasks through the eight stages of the life cycle,” is a concept of which therapeutic model?
   (a) Interpersonal  (b) Cognitive-behavioral
   (c) Intrapersonal   (d) Psychoanalytic

50. A 25-year-old client diagnosed with major depressive disorder is admitted to an inpatient psychiatric unit. Since being fired 2 months ago, the client stays inside and avoids others. Which outcome reflects this client’s developmental task assessment as described by Erikson?
   (a) Stagnation  (b) Despair
   (c) Isolation.   (d) Role confusion

51. A mother brings her 2-year-old child to a well-baby clinic for a physical. The child does not attempt to do things independently and continually looks to the mother for meeting all needs. Which outcome reflects this child’s developmental task assessment as described by Erikson?
   (a) Mistrust  (b) Guilt
   (c) Inferiority   (d) Shame and doubt

52. Which initial information gathered by the nurse is most important when assessing Erikson’s stages of development?
   (a) The chronological age of the individual
   (b) The developmental age exhibited through behaviors
   (c) The time-frame needed to complete a successful outcome at a previous stage
   (d) The implementation of interventions based on developmental age

53. According to Maslow’s hierarchy of needs, which client action would be considered most basic?
   (a) A client discusses the need for order in his or her life and freedom from fear.
   (b) A client states that he or she feels lonely and is looking for someone to share experiences in his or her life.
   (c) A client begins to realize his or her full potential.
   (d) A client is role-playing a situation with a nurse to practice assertiveness skills.
54. According to Maslow’s hierarchy of needs, which client action would be an example of a highly evolved, mature client?
   (a) A client discusses the need for avoiding harm and maintaining comfort
   (b) A client states the need for giving and receiving support from others
   (c) A client begins to discuss feelings of self-fulfillment
   (d) A client discusses the need to achieve success and recognition in work

55. Based on the nurse’s knowledge of the DSM-IV-TR, Schizophrenia is grouped in ___:
   (a) Axis I          (b) Axis III
   (c) Axis IV         (d) Axis V

56. After studying nursing interventions in the context of nursing theory, the nursing student understands that Roy model is to ____
   (a) Activities needed to meet self-care demands and solve self-care deficits
   (b) Assisting the client to examine and understand the meaning of life experiences
   (c) Interventions that seek to alter or manage stimuli so that adaptive responses can occur
   (d) Interactions with versus for the client to achieve maximum potential

57. Among the following, which groups of individual highly vulnerable to mental illness?
   (a) Orphans          (b) Substance abuse
   (c) Insufficient Family support (d) Sports persons who lost in recent games

58. A nurse is giving a health education to inmates in deaddiction centre. Which component is very essential that nurse should include in Health education in order to promote physical health of the clients?
   (a) Managing withdrawl symptoms (b) Engaging in constructive activity
   (c) Adequate intake of diet rich in vitamins (d) Identification of symptoms of dependence

59. A Nurse is designing an education program for the family that cares a child with Cerebral palsy. The components of health education should include all EXCEPT___
   (a) Stress management (b) Developmental needs
   (c) Family coping (d) Crisis management

60. Crisis intervention and counseling are concerned with ______
   (a) Primary prevention (b) Secondary prevention
   (c) Tertiary prevention (d) Health promotion and protection

61. The symptom that distinguish post traumatic disorder from other anxiety disorders would be ____
   (a) Avoidance of situation (b) Depression and blunt affect
   (c) Lack of interest (d) Experiencing dreams

62. Unresolved feelings and conflicts of the client is most likely to be recognized in which phase of nurse-patient therapeutic relationship?
   (a) Orientation (b) Identification
   (c) Termination (d) Working

63. Which of the following would the nurse judge to be the primary goal of milieu management?
   (a) Facilitate rehabilitation and recovery
   (b) Achievement of the needs of the family members
   (c) Addressing a Custodial needs of a client
   (d) Fosters stimulation by implementation of physician orders
64. According to Sullivan’s Theory, the concept of Dynamism includes all EXCEPT _____
   (a) Maladaptive behavior  (b) Malevolence
   (c) Lust  (d) Self-system

65. A client states, “I don’t know what the pills are for or why I am taking them, so I don’t want them.” Which is an example of the therapeutic communication technique of “giving information”?  
   (a) “You must take your medication to get better.”  
   (b) “The doctor wouldn’t prescribe these pills if they were harmful.”  
   (c) “Do you feel this way about all your medications?”  
   (d) “Let me tell you about your medication.”

66. A depressed client discussing marital problems with the nurse says, “What will I do if my husband asks me for a divorce?” Which response by the nurse would be an example of therapeutic communication?  
   (a) “Why do you think that your husband will ask you for a divorce?”  
   (b) “You seem to be worrying over nothing. I’m sure everything will be fine.”  
   (c) “What has happened to make you think that your husband will ask for a divorce?”  
   (d) “Talking about this will only make you more anxious and increase your depression.”

67. A client states to the nurse, “I’m thinking about ending it all.” Which response by the nurse would be an example of therapeutic communication?  
   (a) “I’m sure you won’t hurt yourself.”  
   (b) “Wasn’t your wife just here during visiting hours?”  
   (c) “Why would you want to do something like that?”  
   (d) “You must be feeling very sad right now.”

68. Which statement is an example of the therapeutic communication technique “focusing”?  
   (a) “You say you’re angry, but I notice that you’re smiling.”  
   (b) “Are you saying that you want to drive to Hawaii?”  
   (c) “Tell me again about Vietnam and your feelings after you were wounded.”  
   (d) “I see you staring out the window. Tell me what you’re thinking.”

69. Which therapeutic communication exchange is an example of “reflection”?  
   (a) Client: “I get sad because I know I’m going to fail in school.” Nurse: “So, you start feeling depressed every time a new semester begins?”  
   (b) Client: “I forgot to get my prescription refilled.” Nurse: “It is important for you to take your medication as prescribed.”  
   (c) Client: “I hate my recent weight gain.” Nurse: “Have you considered Overeaters Anonymous?”  
   (d) Client: “I’m happy that I poisoned my husband.” Nurse: “You’re happy to have poisoned your husband?”

70. A client is taking chlorpromazine for the treatment of schizophrenia. The drug blocks the transmission of which of the following substances?  
   (a) Dopamine  (b) Epinephrine  
   (c) Norepinephrine  (d) Choline

71. Electroconvulsive therapy is mainly indicated for _____client  
   (a) Severe depression  (b) Chronic Schizophrenia  
   (c) Hysteria  (d) Delirium
72. A client who has just had electroconvulsive therapy (ECT) asks the nurse for a drink of water. What is the MOST IMPORTANT intervention by the nurse?
   (a) Assessment of voice    (b) Assessment of consciousness
   (c) Assessment of gag reflex (d) Checking the temperature of drinking water

73. Among the following, which one considered as Adverse effect of Electro Convulsive Therapy?
   (a) Jaundice               (b) Hypertensive crisis
   (c) Cholinergic crisis     (d) Respiratory distress

74. Among the following side effects Benzodiazepines, Which one is NOT the common side effect of long term use?
   (a) Dependency            (b) Anterograde amnesia
   (c) Hallucinations        (d) Rebound insomnia

75. Among the following, which group of drug is commonly used for Blumia Nervosa to control the obsession symptoms?
   (a) Nutritional supplements (b) Anti depressants
   (c) CNS stimulants         (d) Cholinergics

76. The example of Monoamine oxidase (MAOI) inhibitor is _______
   (a) Selegiline              (b) Maprotilline
   (c) Fluoxetine             (d) Imipramine

77. The client is prescribed MAOI for depression like symptoms. The health teaching that should include avoiding _____
   (a) Fermented Fish         (b) Banana
   (c) Nuts                   (d) Yogurt

78. The position that should be avoided to client who suffering from drug induced Hypertensive crisis __
   (a) Supine and flat position without pillow
   (b) Head end elevated to 30° angle without pillow.
   (c) High Fowler Position with trocanter rolls
   (d) Supine position and elevated head end to 60° angle

79. Among the following, which laboratory test is very important before initiating Lithium therapy for a young women suffering from mood disorder?
   (a) Serum Lithium level     (b) Thyroid function test
   (c) Liver Function test     (d) Cardiac Markers

80. Among the following diet modification, which one increases the risk of Lithium toxicity among the clients who is receiving Lithium therapy?
   (a) Increased sodium intake (b) Fluid intake 2 to 3 liters per day
   (c) Decreased sodium intake (d) Decreased intake of fats

81. Among the following, which one manifestation suggestive of client is developing lithium toxicity?
   (a) Thyrotoxicosis          (b) Vomiting
   (c) Hypoglycemia           (d) Weight loss

82. Among the following, which one atypical antipsychotic agent likely to cause extrapyramidal symptoms (EPS) when administered in higher doses?
   (a) Trifluoperazine         (b) Clozapine
   (c) Respiridone            (d) Chlorpromazine
83. The facility that provides the orphan child to have a family like environment to strengthen physical and mental health is called as ______
   (a) Halfway home  (b) Facility that provide Family therapy  
   (c) Facility that provide Milieu therapy  (d) Foster home

84. All the strategies are used in cognitive restructuring, **EXCEPT**
   (a) Shaping  (b) Decatastrophizing  
   (c) Reframing  (d) Thought stopping

85. A client tells the nurse that his body is made of wood and is quite heavy. The nurse interprets this as which of the following?
   (a) Compulsion  (b) Hallucination  
   (c) Depersonalization  (d) Obsession

86. The therapy that based on Communication and interpersonal relations in treating the mental illness is
   (a) Millieu therapy  (b) Psychotherapy  
   (c) Occupational therapy  (d) Attitude therapy

87. Therapeutic milieu the term first coined by ______
   (a) Freud  (b) Sullivan  
   (c) Bettleheim  (d) Menninger

88. Pseudologia fantastica is typically seen in ____
   (a) Alzheimer’s disease  (b) Cotard’s syndrome  
   (c) Ekbom’s syndrome  (d) Munchausen’s syndrome

89. Which is a myth regarding psychotherapy?
   (a) Psychotherapy provides a complete transformation of the psyche  
   (b) Chances for improvement are good with phobias, some sexual problems  
   (c) Psychotherapy does not bring about dramatic changes in behavior  
   (d) Psychotherapy’s major benefit is that it provides the person comfort and support

90. Desensitization is primarily used to ___
   (a) alleviate phobias and anxieties  (b) overcome destructive habits  
   (c) symbolically reward positive behavior  (d) decrease free-floating anxiety

91. Free association is a basic technique in___
   (a) psychoanalysis  (b) action therapy  
   (c) logotherapy  (d) directive therapy

92. Tardive dyskinesia is a neurological disorder that may be caused by
   (a) Anti parkinsons  (b) Anti psychotics  
   (c) Stimulants  (d) Cholinergics

93. Disulfiram therapy for alcoholics is based on _____
   (a) Cognitive therapy  (b) Assertiveness training  
   (c) Token economy  (d) Aversion therapy

94. Reiki therapy is ______
   (a) Body and mind technique  (b) Transfer of energy sources  
   (c) Electrical stimulation  (d) Progressive muscle relaxation
95. Oculogyric crisis refers to 
   (a) Drooping of an eye lid  (b) Loss of vision  
   (c) Fixed positioning of eye in upward gaze (d) Pupil failure to respond to light

96. Naloxone therapy is prescribed for 
   (a) Opioid overdose  (b) Alcohol overdose  
   (c) Cocaine overdose (d) Benzodiazepines overdose

97. The clouded state of consciousness is referred as 
   (a) Dementia (b) Coma  
   (c) Stupor (d) Delirium

98. Confabulation means 
   (a) Filling of memory gaps  (b) Repetition of acts  
   (c) Repetition of thoughts (d) Filling of truth in place of false statement

99. In Ayurveda, schizophrenia is known as 
   (a) mano avasad (b) Unmada  
   (c) Rakta Gata Vata (d) Prameha

100. Meaningful interpretation of stimuli is called as 
    (a) Sensation (b) Illusion  
    (c) Perception (d) Intelligence

* * * * * * *