

1. A client presents to the provider with symptoms of obsessive-compulsive disorder. In determining whether the client's symptoms are subclinical or clinical, which factor should the psychiatric mental health nurse practitioner consider?

- A. whether the client has a comorbid tic disorder
- B. whether others in the client's life find the behaviors problematic
- C. the patient's level of distress and impairment in function**
- D. whether the client has an awareness of their behaviors

2. A 21-year old presents with symptoms of obsessive-compulsive disorder. Which factor is the best predictor for positive prognosis?

- A. the client also has symptoms of major depressive disorder
- B. lorazepam
- C. the client acts on their compulsions**
- D. bupropion
- E. the symptoms began at age 11

3. A screening tool is available to the psychiatric-mental health advanced practice registered nurse to rate a client's six domains which includes memory, orientation problem-solving, community affairs, home and hobbies, and personal care. Select the name of this tool.

- A. Global Deterioration Scale
- B. Clinical Dementia Rating Scale**
- C. Functional Assessment Staging Test
- D. Blessed Dementia Rating Scale

4. A client presents with symptoms of female sexual interest/arousal disorder. What information collected in the interview may indicate a potential cause?

- A. A client takes lisinopril for hypertension**
- B. client is in a monogamous relationship with a woman
- C. client began menstruating at age 15
- D. client takes diphenhydramine every night before bed

5. A 52-year-old client presents to the emergency, department following a car accident. The emergency, department (ED) physician is concerned that the client may have intentionally crashed her car and requests a stat PMHNP consult. In speaking with the PMHNP, the client describes persistent feelings of sadness and hopelessness. She states that she often wonders if her husband would be happier if she wasn't around anymore since she's never

happy and sometimes thinks about what it would be like to just take a handful of sleeping pills and go to sleep forever. The client reports a previous suicide attempt when she was 16 but denies that she is considering killing herself right now. Based on the client's ASQ score, what is the most appropriate response?

- A. No action is necessary as the client is not currently considering suicide
- B. Provide a brief suicide safety assessment**
- C. Alert the client's primary care physician
- D. Provide a STAT and full mental health in evaluation.

6. A 85-year-old patient with Alzheimer's Disease starts to become agitated in the afternoon (sundowning), refuses to eat, and is losing weight. Which medications to give?

- A. amitriptyline (Elavil)
- B. sertraline (Zoloft)
- C. aripiprazole (Ability)
- D. olanzapine (Zyprexa)**

7. Which of the following should be included when providing client education about medication regimens? Select all that apply.

- A. Explain how the medication targets the symptoms, specific benefits, and expected time course. (Correct answer)**
- B. Identify potential side effects, duration of side effects, and adverse effects. (Correct answer)**
- C. Explain the instructions, dosing, and special requirements. (Correct answer)**
- D. Use teach-back methods to ensure client understanding. (Correct answer)**

7. Callie is an 18-year-old college student who reports to the healthcare provider that she feels anxious "about everything." Her restlessness and irritability have impacted her relationship with her significant other. She reports no significant past medical or mental health history. She states that her anxiety started about 8 months ago when she decided to transfer from her local community college to a large state university to pursue a law degree. During the law program's orientation attended by 300 students, she learned that only 100 students would be selected out of 300 applications for the fall admission. She began feeling inferior that she would not be one of the students accepted. She also started thinking about "plan B," assuming that her grades are not "good enough" to get her selected for the program. She told the PMHNP that she was preparing for the rejection because she does not measure-up to the other applicants since none of her other family members had ever been to college and she would be better off going back to the community

college. Callie decided to leave the orientation to choose another major other than law. Which is the most appropriate anxiety disorder diagnosis for Callie?

- A. generalized anxiety disorder
- B. panic attack
- C. panic disorder
- D. social anxiety

9. Jeremy is a 44-year-old male who works as a department head for a local grocery store chain that is down-sizing due to economic reasons. Top level management has announced that there will be restructuring of the company where many of the employees are no longer deemed essential. Because of the automatic self-check-out systems, there is no longer the need to employ as many cashiers as possible. Jeremy has been given the task of notifying his employees of this major change in staffing. He plans to share these decisions at next week's staff meeting. From the moment Jeremy received this directive, he started to feel fearful of the possibility of announcing the decision to downsize as well as deciding on who would be eliminated. On the day of the staff meeting, his employees were present. As he started the staff meeting, he began to feel nausea. He even noticed his heart pounding. When he was questioned by an employee on how it would be decided who would be "let go" he experienced even more intense nausea accompanied by heart pounding and the inability to formulate an organized answer to the question. He quickly excused himself from the room in order to pull himself together and to organize his thoughts. Which is the most appropriate anxiety disorder diagnosis for Jeremy?

- A. generalized anxiety disorder
- B. panic disorder
- C. panic attack
- D. social anxiety

10. Apply the Ask Suicide-Screening Questions (ASQ) Suicide Risk Screening Tool (Links to an external site.) to the scenario below.

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