



971 Practice Questions with Rationale for Mental Health Professionals

Solomon Barroa R.N.

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People caring for a client with mental disorder are called mental health professionals. They include psychiatrists, practitioners, counselors, psychologists, nurses, therapists, social workers, case managers, psychiatric technicians, aides, and others. These types of professionals are trained both academically and clinically in the field of mental health. A licensure examination or certification is usually required before getting hired or sworn in as a mental health professional. This book contains practice questions with rationales broadly and explicitly covering mental health, behavioral science, and Psychiatry including theories of personality, defense mechanisms, psychosocial tasks, developmental disorders, anxiety disorders, affective disorders, organic brain syndromes, mood disorders, personality disorders, eating disorders, substance abuse disorders, schizophrenia, sexual issues, psychopharmacology, psychotherapy, therapeutic techniques of communication, and other important topics. It is not intended to reflect the exact questions of the Board examination. The author's intention is to provide effective review material for the reader. Various levels of difficulty are reflected in this book. There are easy and difficult questions. Sample Questions: 1. The mental health professional is visiting a school where a first grade student was murdered in the school's playgrounds. Counseling is planned for the classmates of the murdered child. Which of the following should be initially identified to understand how will a child respond to this case? (a. the quality of the child's peer relationship at school and home b. the communication pattern within the child's family c. the child's perception of the situation d. the child's developmental level) 2. Donepezil was administered to a client with Alzheimer's disease. The drug doesn't seem to help improve the client's condition. Which of the following will increase Donepezil's rate of elimination from the client? (a. neostigmine b. phenytoin c. ambenonium d. all of the above) 3. A client with bipolar disorder is threatening to hit the mental health professional. He demonstrated manic episodes. Which of the following verbal responses is best for this type of client? (a. "Stop that. Why do you continue with this kind of behavior?" b. "Stop right there. I did no harm to you and you have no reason to hit me" c. "Do not hit me. If you are unable to control yourself, I can help you" d. "You will be restrained if you continue acting this way") 4. A 39-year-old client ritualistically cleans the sink of her private room multiple times daily. A treatment plan was prepared for her. Which of the following interventions enables the client to use more effective coping measures? (a. encourage the client to examine negative self-perception b. encourage the client to engage in cleaning other sinks of the facility c. focus on the symptoms rather than on the feelings of the client d. encourage the client to participate in different activities) 5. The mental health professional is monitoring for alcohol withdrawal from a client with alcohol abuse problem. Signs of delirium tremens are being monitored. Which of the following may occur? (a. stupor, agitation, and visual hallucination b. changes in the level of consciousness, hypertension, and visual hallucination c. hypotension, tactile hallucination, and delusions d. hypertension, changes in level of consciousness, and stupor) The answers inside.

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