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| Mock MCQ Paper 2023 (Produced by the New Zealand Training Programmes)   |  |  | | --- | --- | | Candidate’s name: | Date: |   The real MCQ paper is usually held via computer stations at special testing venues. This Mock Paper cannot replicate those conditions, but is still a useful exercise in managing the size of the task, the timing, and individual question types.  We suggest that candidates replicate actual exam conditions as far as possible, according to the rules in the [Exams section of the 2012 Regulations](https://www.ranzcp.org/Files/PreFellowship/2012-Fellowship-Program/RPP-EXAMINATIONS.aspx) (see: Written Examination policy esp. pages 7-12), and that they use the [MCQ Information](https://www.ranzcp.org/pre-fellowship/assessments-college-administered/mcq-exam), [tutorial MCQ exam](http://www.pearsonvue.com/ranzcp/tutorial.asp), [and tutorial model answers](http://www.ranzcp.org/Files/PreFellowship/2012-Fellowship-Program/Practice-Exam-Answers.aspx) provided by the College to familiarise themselves with the MCQ electronic interface.  This version of the MCQ can be completed electronically, on a computer using Word to fill in the correct answers in each answer box. Remember to hit control-S to save your completed paper intermittently, and at the very end of the exam save the file. If you'll be doing this at a centralised venue, bring a flash-drive to save your completed mock exam and take it home to mark.  The model answers will be here: <http://www.psychtraining.org/Mock-exams.html> (no cheating beforehand!). This exam is only written *once* a year, mid-year, so if you're not sitting until the next year, save it to do before that sitting and don't look at the answers earlier.  You are allowed 3 hours and 10 minutes total time to complete the paper. All of that is exam-time – there is no 'reading time'.  *– REMEMBER TO HIT SAVE OR CONTROL-S REGULARLY TO SAVE YOUR ANSWERS ! –* | |
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| MCQ Mock Exam |
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| Extended Matching Questions (EMQs)  You are about to commence the EMQ component of the Mock Exam.   * The Question Instructions are on the left panel of each page. * The Questions and Answer Options are on the right hand panel. * Please read Question Instructions, Questions and options CAREFULLY before answering. * There may be a series of Questions that could share the same list of answer options.   To answer a Question, left-click on the checkbox beside your preferred option, to select it. e.g.    To change your answer, click the checkbox again to de-select it, and click another one.  To 'flag' a question and review it later add an ! to the 'Flag box' at top right. Then search for all the !s when you want to review any questions you were unsure about, by hitting control-F to bring up the navigation field, then type ! in that field.  Skip past any !s in the explanatory pages, and review the rest. To refresh the search, put your cursor on the Navigation search box (which will highlight the contents) and left-click. When you've finished a question and no longer want to review it, delete the ! from the "Flag box" on the Question page.  Example of a 'flagged' question |
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| MCQ Mock Exam | | | | |
| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 1 |
| For the following patient, please select the MOST LIKELY diagnosis listed below. |  | Q.1 Bob is a 53 year old man who presents three days after deciding to ‘knock it off’ with confusion and complaints of difficulty walking and ‘flickering eyes’.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Acute alcohol withdrawal | |  |  | Alcohol intoxication | |  |  | Beriberi | |  |  | Delirium tremens | |  |  | Korsakoff’s syndrome | |  |  | Wernicke’s encephalopathy | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 2 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.2 An example of a tetracyclic antidepressant.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Amoxapine | |  |  | Bupropion | |  |  | Duloxetine | |  |  | Fluvoxamine | |  |  | Trazodone | |  |  | Venlafaxine | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 3 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.3 Clozapine was first discovered in which decade?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | 1940s | |  |  | 1950s | |  |  | 1960s | |  |  | 1970s | |  |  | 1980s | |  |  | 1990s | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 4 |
| For the following clinical example, please select the MOST ACCURATE answer listed below. |  | Q.4 As part of your workup of a patient with possible delirium you order an EEG. What do you expect to find if this is a delirium?    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | 3-per-second spike and wave pattern | |  |  | Frontocentral beta activity | |  |  | Posterior alpha rhythm | |  |  | Right temporal spikes | |  |  | Theta and delta waves with some focal areas of hyperactivity | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 5 |
| For the following patient, please select the MOST IMPORTANT areas to include in your assessment, from the list below. |  | Q.5 You are reviewing a 15-year-old girl seen by a Community CAP Mental Health team twice before, for treatment of selective mutism. She first presented aged 7 and didn’t engage well with psychological support offered then, nor when she re-presented last year. She is not known to have any other diagnoses.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Any history of restricted or repetitive behaviour | |  |  | Any physical symptoms suggesting generalised anxiety | |  |  | Family history of SSRI usage | |  |  | Her level of written language comprehension | |  |  | Symptoms of specific phobias | |  |  | Whether English is her first language | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 6 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.6 Anton has a Fregoli delusion. This means that he believes:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | A famous person is in love with him | |  |  | A known person is presenting themself as a stranger | |  |  | A microchip generating voices has been implanted in him | |  |  | A stranger is presenting themself as a known person | |  |  | God has chosen him for a specific task | |  |  | Part of his body is dead or decaying | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 7 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.7 A brief self-report questionnaire suitable for screening 12-18 year olds for substance abuse:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | AUDIT (Alcohol Use Disorders Identification Test) | |  |  | AUS (Alcohol Use Scale) | |  |  | CAGE questionnaire | |  |  | DAST-10 (Drug Abuse Screening Test) | |  |  | PESQ (Personal Experience Screening Questionnaire) | |  |  | SDSS (Substance Dependence Severity Scale) | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 8 |
| For the following example, please select the LEAST ACCURATE answer listed below. |  | Q.8 Regarding personality disorders:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Borderline personality disorder is associated with an ambivalent attachment | |  |  | Howells and Day suggested that the treatability of personality disorder is related to intellectual functioning, psychological mindedness, and readiness for treatment | |  |  | In treating Histrionic personality disorder it is useful to challenge the patient’s superficial cognitive style | |  |  | Schizoid personality disorder does not have features of paranoid ideation | |  |  | SSRI treatment is not useful in Avoidant personality disorder | |  |  | Vaillant suggested that personality disorders may be best understood as a collection of immature defences | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 9 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.9 The ethical system best represented by the maxim ‘the greatest good for the greatest number’ is:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Duty ethics | |  |  | Pragmatism | |  |  | Principle-based ethics | |  |  | Situational ethics | |  |  | Utilitarianism | |  |  | Virtue ethics | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 10 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.10 The electrode placement used in Electro-convulsive Therapy (ECT) with the lowest impact on memory and cognitive impairment:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Bifrontal | |  |  | Bitemporal | |  |  | Frontoparietal | |  |  | Left Anterior Right Temporal | |  |  | Left Unilateral | |  |  | Temporoparietal | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 11 |
| For the following patient, please select the MOST APPROPRIATE medication listed below. |  | Q.11 Dorothy is aged 79 with a new diagnosis of mild Alzheimer’s Dementia. She has started to accuse her husband of hiding her keys but is not aggressive and shows minimal distress. Her mood is euthymic and she has no significant past psychiatric history.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Citalopram | |  |  | Donepezil | |  |  | Methylphenidate | |  |  | Olanzapine | |  |  | Risperidone | |  |  | Venlafaxine | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 12 |
| For the following example, please choose the MOST ACCURATE answer listed below. |  | Q.12 The lifetime risk of schizophrenia for a person where both their parents have been diagnosed with schizophrenia:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | 10% | |  |  | 20% | |  |  | 30% | |  |  | 40% | |  |  | 50% | |  |  | 90% | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 13 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | **Q.13 There is some evidence for the effectiveness of Mentalisation Based Treatment for personality disorders. Which therapist behaviours are most consistent with a mentalizing approach?**  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | **Absence of self-disclosure** | |  |  | **Active problem solving** | |  |  | Analysis of transference | |  |  | **Chain analysis of problem behaviours** | |  |  | **Curiosity and an inquisitive demeanour** | |  |  | **Finding synthesis in opposites** | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 14 |
| For the following question, please select the MOST APPROPRIATE medication listed below. |  | Q.14 Which medication is primarily used for the treatment of opioid addiction?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Acamprosate | |  |  | Buprenorphine | |  |  | Disulfiram | |  |  | Mirtazapine | |  |  | Naltrexone | |  |  | Topiramate | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 15 |
| For the following patient, please select the MOST APPROPRIATE diagnosis from the list below. |  | Q.15 Zhang Wei, a middle manager aged 41, is convinced his nose is too large. He has plastic surgery in the private sector to reshape his nose, but is not satisfied with the outcome and believes the surgeon has not made his nose any smaller. He persuades the surgeon to operate again, but remains unhappy with the outcome, believing that if anything, his nose is larger than before. He takes the surgeon to court.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Body dysmorphic disorder | |  |  | Briquet’s syndrome | |  |  | Conversion disorder | |  |  | Illness anxiety disorder | |  |  | Pinnochio syndrome | |  |  | Somatic symptom disorder | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 16 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.16 Clinical depression and bereavement share many common features. Which of the following clinical features after the first month post-bereavement points to clinical depression rather than normal mourning?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Anger or anxiety linked to the loss | |  |  | Brief hallucinations | |  |  | Psychomotor retardation | |  |  | Self-blame regarding the death | |  |  | Shock and disbelief | |  |  | Somatic symptoms | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 17 |
| For the following clinical example, please select the MOST APPROPRIATE answer listed below. |  | Q.17 The preferred treatment intervention for children with obsessive compulsive disorder:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Clonidine, if there are associated tics | |  |  | Low dose Escitalopram | |  |  | Low dose Fluoxetine | |  |  | No medication, just psychological therapy | |  |  | Quetiapine to reduce the distress of the obsessions | |  |  | Sertraline, increased to the maximum tolerated dose | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 18 |
| For the following example, please choose the MOST ACCURATE answer listed below. |  | Q.18 Tardive dyskinesia, in people with a diagnosis of schizophrenia who are treated with neuroleptics, can occur:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | In any patient, including those who are neuroleptic-naive | |  |  | Only in patients treated for more than six months with a neuroleptic dose expected to cause greater than 95% dopamine receptor occupancy | |  |  | Only in patients treated with 1st generation neuroleptics for more than one year | |  |  | Only in patients treated with 1st generation neuroleptics for more than two years | |  |  | Only in patients treated with 2nd generation neuroleptics for more than ten years | |  |  | Only in patients treated with a combination of neuroleptics | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 19 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.19 What is the primary goal of harm reduction strategies in addiction treatment?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Complete abstinence from the addictive substance | |  |  | Enhancing motivation to change | |  |  | Identifying and treating underlying causes of the addiction | |  |  | Improving social functioning and relationships | |  |  | Reducing the negative consequences associated with substance use | |  |  | Strengthening coping skills and self-efficacy | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 20 |
| For the following patient, please choose the MOST LIKELY diagnosis listed below. |  | Q.20 Sofia, a 23 year old woman, presents with complaints of vivid visual hallucinations occurring as she goes to sleep, somnolence and difficulty staying awake at her training course, and episodes of recurring facial weakness whenever she laughs.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Alcohol Use Disorder | |  |  | Factitious Disorder | |  |  | Hypnagogic Hallucinations | |  |  | Obstructive Sleep Apnoea | |  |  | Type 1 Narcolepsy | |  |  | Type 2 Narcolepsy | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 21 |
| For the following example, please choose the MOST ACCURATE factor listed below. |  | Q.21 A key factor contributing to the development of a narcissistic personality disorder:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Being brought up in poverty | |  |  | Low parental expectations throughout childhood | |  |  | Paternal grandfather with schizophrenia | |  |  | Poor attunement between mother and child | |  |  | Single parent upbringing | |  |  | Suffering physical illness prior to primary school | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 22 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.22 Which of the following medications is most likely to worsen cognitive impairment in older people, in normal therapeutic doses?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Amitriptyline | |  |  | Citalopram | |  |  | Donepezil | |  |  | Lithium | |  |  | Venlafaxine | |  |  | Vortioxetine | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 23 |
| For the following description, please select the MOST ACCURATE historical figure listed below. |  | Q.23 A pioneering researcher in early intervention who opened the United Kingdom’s first ‘Early Intervention in Psychosis’ team in 1994:    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Eugene Blueler | |  |  | Max Birchwood | |  |  | Pat McGorry | |  |  | Stefan Leucht | |  |  | Michael Rutter | |  |  | Kurt Schneider | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 24 |
| For the following question, please choose the MOST ACCURATE answer from the list below. |  | Q.24 Which of the following is true with regard to lithium toxicity?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Fine tremor of the hands indicates lithium toxicity | |  |  | Gastrointestinal symptoms are not common | |  |  | Lithium levels often rise even after cessation of treatment | |  |  | Most patients are left with some residual neurological damage | |  |  | Neurotoxicity only occurs when serum levels are higher than the therapeutic range | |  |  | Severity is highly correlated with serum levels | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 25 |
| For the following therapeutic intervention, please choose the MOST ACCURATE answer from the list below. |  | Q.25 Motivational Interviewing was first described by:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Carl Hart | |  |  | Gerald Klerman and Myrna Weissman | |  |  | Jeffrey Lieberman | |  |  | Nora Volkow | |  |  | Tom Beauchamp and James Childress | |  |  | William Miller and Stephen Rollnick | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 26 |
| For the following example, please select the MOST ACCURATE answer from the list below. |  | Q.26 The preferred test to diagnose human central nervous system prion disease is:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Blood test to determine serum level of 14-3-3 proteins | |  |  | CSF assay for 14-3-3 and tau proteins | |  |  | Electroencephalogram | |  |  | Head CT scan with contrast | |  |  | MRI of the brain with and without gadolinium | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 27 |
| For the following clinical case and question, please select the MOST APPROPRIATE answer listed below. |  | Q.27 You assess John, aged 9, who has just been diagnosed with intellectual disability plus ADHD and severe asthma. The referral letter also says he has significant emotional regulation issues and he’s been excluded from two primary schools. He’s otherwise well, and has no unusual facial features. His father asks if his difficulties could be connected to his mother’s alcohol use during pregnancy – she stopped drinking after learning of the pregnancy at 14 weeks gestation.  Could John have Foetal Alcohol Spectrum Disorder (FASD)?    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Inappropriate to make the diagnosis as it would make his mother feel guilty, and wouldn’t change anything now | |  |  | No, because he doesn’t have the typical facial features of FASD | |  |  | No, because he requires more specific neuropsychological testing before the diagnosis can be confirmed | |  |  | No, because his mother stopped drinking early in the second trimester | |  |  | Yes, because he has three severe neuropsychological deficits and a history of antenatal alcohol exposure | |  |  | Yes, because him having ADHD is sufficient to diagnose FASD where there has been antenatal maternal alcohol use | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 28 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.28 Which ratio of cannabinoids in marijuana is thought to be the most potent at inducing psychosis?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | High tetrahydrocannabinol high cannabidiol | |  |  | High tetrahydrocannabinol low cannabidiol | |  |  | Low tetrahydrocannabinol high cannabidiol | |  |  | Low tetrahydrocannabinol low cannabidiol | |  |  | Moderate tetrahydrocannabinol moderate cannabidiol | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 29 |
| For the following example, please select the LEAST ACCURATE answer listed below. |  | Q.29 Sleep changes associated with depression:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Increased amount of REM sleep | |  |  | Increased duration of the first REM period | |  |  | Increased frequency of waking | |  |  | Increased REM sleep latency | |  |  | Prolonged sleep onset latency | |  |  | Reduced slow wave sleep | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 30 |
| For the following question, please select the MOST ACCURATE answer from the list below. |  | Q.30 Which intervention has a good evidence base for efficacy in reducing harmful stimulant use?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Acceptance and commitment therapy | |  |  | Antipsychotic medication | |  |  | Cognitive behavioural therapy | |  |  | Community reinforcement approach | |  |  | Contingency management | |  |  | Self-help interventions | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 31 |
| For the following example, please select the MOST ACCURATE statement from the list below. |  | Q.31 Regarding pharmacotherapy in borderline personality disorder:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Depressed mood in borderline personality is generally not responsive to SSRIs | |  |  | Drug treatment should routinely be used for individual symptoms or behaviours such as: repeated self-harm, marked emotional instability, risk taking behaviour, or transient psychotic symptoms | |  |  | Impulsivity in borderline personality is generally responsive to SSRIs | |  |  | Short-term use of sedative medications should be avoided for patients with borderline personality who are in crisis due to the risk of medication misuse | |  |  | There is strong evidence that mood stabilisers have minimal to no effect in borderline personality | |  |  | While Clozapine has been shown to have anti-aggressive effects in people with schizophrenia, it has not been shown to have anti-aggressive effects in patients with borderline personality disorder | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 32 |
| For the following presentation, please select the MOST LIKELY diagnosis from the list below. |  | Q.32 Sarah is a 43-year-old nurse referred as she has lost her nursing job due to refusing to have the Covid vaccine as she believes it is ineffective and may harbour nanotechnology. She presents with a large folder of social media articles asserting this, and is a member of multiple online groups focussed on vaccine injury. Other than distress at the loss of her job, you can find no other psychopathology.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Brief Psychotic Disorder | |  |  | Delusional Disorder | |  |  | Psychotic Disorder due to another medical condition | |  |  | Schizophrenia | |  |  | Substance/Medication-induced Psychotic Disorder | |  |  | None of the above | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 33 |
| For the following patient, please select the MOST LIKELY diagnosis listed below. |  | Q.33 Ellie is a 21-year-old university student who has been evaluated at the Emergency Department after presenting with tachycardia. Her BMI is 26 and her blood pressure is 94/70. Her serum potassium is 3.2 mMol/L, and other electrolytes are normal. She complains of lethargy and non-specific gastrointestinal symptoms.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Alcohol Use Disorder | |  |  | Anorexia nervosa, restrictive type | |  |  | Binge Eating Disorder | |  |  | Bulimia Nervosa | |  |  | Cannabis-induced hyperemesis | |  |  | SSRI-induced hypokalaemia | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 34 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.34 Regarding conversion disorder:    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | It can be limited to pain | |  |  | It can be limited to sexual dysfunction | |  |  | It involves complaints in multiple organ systems | |  |  | It involves neurological symptoms | |  |  | It is intentionally produced | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 35 |
| For the following patient, please select the MOST ACCURATE answer listed below. |  | **Q.35 Franco, a 33-year-old man, develops persistent personality change with disinhibition and emotional lability after a building site accident in which he sustained a significant head injury. Which region of his brain is most likely to be affected?**  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | **Amygdala** | |  |  | **Dorsolateral prefrontal cortex** | |  |  | Orbitofrontal cortex | |  |  | **Posterior cingulate cortex** | |  |  | Ventral striatum | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 36 |
| For the following presentation, please select the MOST APPROPRIATE first-line treatment from the list below. |  | Q.36 A patient presents with acute opioid toxicity:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Buprenorphine | |  |  | Codeine | |  |  | Fentanyl | |  |  | Methadone | |  |  | Morphine | |  |  | Naloxone | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 37 |
| For the following patient, please select the MOST APPROPRIATE factor listed below. |  | Q.37 Hōne has Obsessive Compulsive Disorder, and has had only a partial response to high dose SSRIs. Which factor would indicate that a trial of adjuvant Risperidone might be helpful?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Comorbid ADHD | |  |  | Comorbid generalised anxiety symptoms | |  |  | His pharmacogenetic test results | |  |  | Significant aggressive behaviour | |  |  | Sleep difficulties | |  |  | The presence of tics | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 38 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.38 Which two psychological interventions are supported by clear evidence regarding their use in Schizophrenia, according to the *RANZCP Guidelines for the Management of Schizophrenia and Related Conditions* *(2014)*?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Befriending and motivational interviewing | |  |  | Befriending and psychodynamic psychotherapy | |  |  | CBT for psychosis and cognitive remediation | |  |  | CBT for psychosis and IPT for psychosis | |  |  | CBT for psychosis and motivational interviewing | |  |  | IPT for psychosis and motivational interviewing | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 39 |
| For the following question, please select the MOST ACCURATE answer from the list below. |  | Q.39 Which of the following is true with regard to the longitudinal course of bipolar disorder?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | A seasonal pattern is more common in bipolar type 1 than type 2 | |  |  | Initial episodes have more rapid onset than later episodes | |  |  | Later episodes are more likely to be triggered by life events than are the initial episodes | |  |  | The duration of mood episodes decreases progressively | |  |  | The interval between mood episodes decreases progressively | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 40 |
| For the following patient, please select the MOST LIKELY diagnosis from the list below. |  | Q.40 Mr Angus Kinraith is an 80-year-old man with apathy and increasing cognitive impairment, on a background of several months of gait change and urinary urgency. He has magnetic gait but no tremor or signs in his upper limbs on examination. Computed tomography shows disproportionately large ventricles.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Hepatic encephalopathy | |  |  | Korsakoff’s Dementia | |  |  | Major Depressive Disorder with psychomotor retardation | |  |  | Normal Pressure Hydrocephalus | |  |  | Parkinson’s Disease Dementia | |  |  | Pick’s Disease | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 41 |
| For the following patient, please select the MOST APPROPRIATE screening tool from the list below. |  | Q.41 Daniel is a 36-year-old software engineer. He began working from home during the pandemic and has continued this. He divorced from his wife two years ago and since then he’s lost touch with many of his friends as well. He finds that he’s easily angered, easily fatigued and always has neck and shoulder pain, which causes significant distress. He has difficulty concentrating and difficulty sleeping as he’s unable to “switch off” his head from ruminating about what might happen.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Beck Depression Inventory | |  |  | Health Anxiety Inventory | |  |  | Panic Disorder Severity Scale | |  |  | Penn State Worry Questionnaire | |  |  | Personality Assessment Screener | |  |  | Yale-Brown Obsessive Compulsive Scale | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 42 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.42 What are the key components of a brief intervention in addiction?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Immediate cessation of substance use | |  |  | Medication-assisted treatment and group therapy | |  |  | Mindfulness-based relapse prevention and contingency management | |  |  | Motivational interviewing and cognitive behavioural therapy | |  |  | Psychoeducation about withdrawal syndromes | |  |  | Screening, brief advice, and referral to treatment | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 43 |
| For the following example, please select the MOST ACCURATE answer from the list below. |  | Q.43 Charles Bonnet syndrome is:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | A dissociative state with rapid cycling between depersonalisation and derealisation | |  |  | A genetic disorder with a high risk (>70% lifetime) of developing schizophrenia | |  |  | Hallucinations in a patient with significant visual loss | |  |  | Rapid onset rigidity of part of the body associated with the first use of antipsychotics | |  |  | The inability to recognise faces | |  |  | Visual hallucinations of multiple small people or animals | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 44 |
| For the following example please select the MOST ACCURATE factor from the list below. |  | Q.44 The most important factor in distinguishing somatic symptom disorder with predominant pain, from chronic pain syndromes:    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | No physical lesion is found on imaging studies | |  |  | The pain is attributed to psychological factors | |  |  | The pain is severe enough to warrant clinical attention | |  |  | The patient suffers disability from the pain | |  |  | The picture is often complicated by substance abuse and dysfunctional personality traits | | | |
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| MCQ Mock Exam | | | | |
| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 45 |
| For the following patient, please select the MOST LIKELY diagnosis listed below. |  | Q.45 Malosi is a 29-year-old man with a five year history of mood and psychotic symptoms. He consistently insists that he’s had a microchip implanted in his brain by the police to track him. His clinical file documents past episodes of mania and depression.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Bipolar Affective Disorder | |  |  | Delusional Disorder – paranoid type | |  |  | Psychosis – not otherwise specified | |  |  | Schizoaffective Disorder – bipolar type | |  |  | Schizoaffective Disorder – unipolar type | |  |  | Schizophrenia – paranoid type | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 46 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.46 The Eriksonian stage in which a young person must learn to function in society (e.g. at school, with friends, as a family member):  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Anxiety vs Autonomy | |  |  | Confusion vs Identity | |  |  | Engagement vs Self-sufficiency | |  |  | Guilt vs Initiative | |  |  | Individualism vs Communalism | |  |  | Inferiority vs Industry | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 47 |
| For the following patient, please select the MOST APPROPRIATE intervention listed below. |  | Q.47 Alex is a 16-year-old trans youth who lives with his father and older brother, and stays with his mother and younger sister every weekend. He’s been admitted for medical and nutritional treatment of significant weight loss over the last five months. He reports low mood and recurrent thoughts about still being overweight.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Cognitive behavioural therapy | |  |  | Dialectical behavioural therapy | |  |  | Exposure and response prevention | |  |  | Individual psychodynamic psychotherapy | |  |  | Interpersonal psychotherapy | |  |  | Maudsley family therapy | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 48 |
| For the following patient, please select the MOST APPROPRIATE intervention listed below. |  | Q.48 Kiri is a 10-year-old girl with combined-subtype ADHD. She has previously been diagnosed with generalised anxiety disorder, skin picking, trichotillomania and complex PTSD. Her Adverse Childhood Experiences (ACE) score is 9. There are reports of substance use and domestic violence in the home.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Atomoxetine | |  |  | Clonidine | |  |  | Methylphenidate | |  |  | No medication | |  |  | Risperidone | |  |  | Sertraline | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 49 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.49 Which of the following types of encephalitis are most likely to present with an acute psychosis, in Australasia?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Anti-GAD encephalitis | |  |  | Anti-NMDAr encephalitis | |  |  | Anti-VGKC encephalitis | |  |  | HSV encephalitis | |  |  | Leucine-rich glioma-inactivated 1 (LGI1) antibody encephalitis | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 50 |
| For the following patient, please select the MOST LIKELY  histopathological findings from the list below. |  | Q.50 Mr Taylor is an 81-year-old man who presents with a slow and progressive deterioration in cognition across 12 months. His short term memory is particularly affected, with lesser impacts on language and problem-solving. CT head shows disproportionate atrophy of his hippocampi.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Aβ-containing extracellular neuritic plaques and tau-containing neurofibrillary tangles | |  |  | Copper deposition in oligodendroglial cells | |  |  | Eosinophilic cytoplasmic inclusion bodies consisting largely of alpha-synuclein | |  |  | Significant loss of dopaminergic neurons in the substantia nigra | |  |  | Spongiform change with multiple vacuoles in the neuropil | | | |
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| MCQ Mock Exam | | | | |
| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 51 |
| For the following patient please select the MOST LIKELY cause for his presentation, from the list below. |  | Q.51 Peter, a 47 year old married lawyer with no past psychiatric history, presents complaining of repeated episodes of yelling, lashing out as if to defend himself, and leaping out of bed. These occur during his sleep, usually in the first half of the night.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Alcohol Use Disorder | |  |  | Incipient Parkinsons Disease | |  |  | Iron Deficiency | |  |  | Multiple Sclerosis | |  |  | Stress and past traumatic life events | |  |  | Taking an SSRI antidepressant | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 52 |
| For the following example, please select the LEAST ACCURATE answer from the list below. |  | Q.52 Regarding the epidemiology of deliberate self-harm (DSH):    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | About four out of five individuals who receive care for hospital-treated self-harm will not present to hospital for DSH again within the following 12 months | |  |  | Community-managed self-harm often has high repetition rates | |  |  | The most common form of DSH assessed in the community is cutting | |  |  | The most common form of hospital-treated DSH is self-poisoning | |  |  | The rates of hospital-treated DSH are higher for women than men | |  |  | The rates of hospital-treated DSH are lower in Pacific Island people than the rest of the NZ population | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 53 |
| For the following example please select the MOST ACCURATE answer from the list below. |  | Q.53 According to the RANZCP Clinical Memorandum on the therapeutic use of medicinal cannabis products:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | A body of research exists that evaluates the long-term side effects of using medicinal cannabis products | |  |  | Evidence for the use of medicinal cannabis in the treatment of mental disorders is very limited | |  |  | Medicinal cannabis is appropriate for people with a previous history of psychosis | |  |  | Medicinal cannabis products are an inexpensive treatment option | |  |  | The efficacy and effectiveness of medicinal cannabis products has been well researched | |  |  | The majority of the adverse effects caused by medicinal cannabis products are independent of the amount of THC in the product | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 54 |
| For the following example, please select the MOST ACCURATE answer from the list below. |  | Q.54 A woman who has had a post partum psychosis is most likely to later be diagnosed with which illness:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Bipolar disorder | |  |  | Delusional disorder | |  |  | Major Depressive disorder | |  |  | Obsessive Compulsive disorder | |  |  | Schizophrenia | |  |  | Schizophreniform disorder | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 55 |
| For the following patient, please select the MOST LIKELY diagnosis listed below. |  | Q.55 A 20-year-old woman is brought to the Emergency Department with hypokalaemic alkalosis, enlarged parotids, hypotension, and Russell’s sign.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Anorexia Nervosa, Restrictive Type | |  |  | Blockage of the parotid duct | |  |  | Bulimia Nervosa | |  |  | Sarcoidosis | |  |  | Sjogren’s syndrome | |  |  | Solvent inhalation | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 56 |
| For the following patient, please select the MOST LIKELY diagnosis from the list below. |  | Q.56 Janelle is a 28-year-old woman afraid of being alone. She takes on tasks others would find unpleasant but avoids jobs needing responsibility. She’s been in an abusive and controlling relationship for six years and panics at the idea of having to choose her own clothes, as her partner has always told her how to dress. She rarely expresses her feelings and never disagrees with his choices.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Agoraphobia with panic attacks | |  |  | Agoraphobia without panic attacks | |  |  | Avoidant personality disorder | |  |  | Dependent personality disorder | |  |  | Generalised anxiety disorder | |  |  | Social anxiety disorder | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 57 |
| For the following example, please select the MOST ACCURATE statement listed below. |  | Q.57 Regarding the possible link between SSRIs and suicide in adolescents:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | For SSRIs used in major depression causing suicidality in adolescents, the ‘number needed to harm’ is double the ‘number needed to treat’ | |  |  | Reporting bias in studies tends to favour placebo, therefore SSRI-linked suicidality is probably under-reported | |  |  | Studies that systematically assess suicidality do not show different rates between SSRIs and placebo, in adolescent depression | |  |  | There is a link between suicidality in adolescents and longer SSRI half-life | |  |  | There is a positive association over time between youth suicide rates and SSRI prescribing patterns | |  |  | Youth rates of treatment response vs control, in trials, tend to be lower than in adults | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 58 |
| For the following example, please select the MOST ACCURATE answer from the list below. |  | Q.58 A 10 item score for the severity of depression that is sensitive to change over time.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Beck Depression Inventory (BDI) | |  |  | Beck Hopelessness Scale | |  |  | Hamilton Depression Rating Scale (HDRS) | |  |  | Major Depression Inventory (MDI) | |  |  | Montgomery-Åsberg Depression Rating Scale (MADRS) | |  |  | Quick Inventory of Depressive Symptomatology-Self-Report (QIDS-SR) | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 59 |
| For the following question, please select the MOST ACCURATE answer from the list below. |  | Q.59 Which of the following medications is used for opioid replacement therapy?    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Acamprosate | |  |  | Buprenorphine | |  |  | Disulfiram | |  |  | Gabapentin | |  |  | Mirtazapine | |  |  | Naltrexone | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 60 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.60 The life expectancy for people with a diagnosis of schizophrenia has been shown to be highest when they are on which treatment:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Aripiprazole | |  |  | Clozapine | |  |  | No antipsychotic medication | |  |  | Olanzapine | |  |  | Quetiapine | |  |  | Risperidone | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 61 |
| For the following patient, please select the MOST LIKELY diagnosis listed below. |  | Q.61 Pauline, a 37-year-old mother of two children, has been receiving treatment for Major Depression. She presents complaining of a persistent urge to move her legs through the night, disturbing her partner. Which of the following conditions is the most likely?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Hypnic jerks | |  |  | Hypnagogic foot tremor | |  |  | Nocturnal leg cramps | |  |  | Propriospinal myoclonus | |  |  | Restless legs syndrome | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 62 |
| For the following example, please select the MOST ACCURATE answer from the list below. |  | **Q.62 From a psychodynamic perspective, people with borderline personality disorder could be considered to be operating from:**  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Freud's oedipal phase | |  |  | Freud's oral phase | |  |  | Klein’s depressive position | |  |  | Klein’s paranoid-schizoid position | |  |  | Mahler’s symbiotic phase | |  |  | **Winnicott’s false self** | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 63 |
| For the following patient, please select the MOST LIKELY syndrome or diagnosis listed below. |  | Q.63 Mr Singh is a 71 year old man who appears withdrawn and dysphoric, but is physically well. He believes that his intestines are rotting and that he is dying.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Asperger’s Syndrome | |  |  | Capgras Syndrome | |  |  | Cotard Syndrome | |  |  | De Clérambault Syndrome | |  |  | Diogenes Syndrome | |  |  | Pick’s Disease | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 64 |
| For the following example, please select the MOST ACCURATE statement from the list below. |  | Q.64 Regarding Seasonal Affective Disorder (SAD):  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Early-morning light therapy is more effective than evening exposure | |  |  | In phototherapy for SAD, light exposure to the skin is more effective than exposure to the eyes | |  |  | SAD is a minor and mild form of depression | |  |  | Seasonal depression carries higher familial risk of affective disorders than non-seasonal depression | |  |  | The antidepressants used to treat severe major depression are ineffective in seasonal depression | |  |  | There are higher rates of SAD in men as opposed to women | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 65 |
| For the following example please select the MOST ACCURATE answer listed below. |  | Q.65 Psychometric assessment of people with schizophrenia most consistently shows difficulties with:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Linguistic comprehension, naming, working memory | |  |  | Processing speed, naming, attention | |  |  | Processing speed, working memory, attention | |  |  | Verbal knowledge, naming, attention | |  |  | Verbal knowledge, processing speed, attention | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 66 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.66 Evidence supports the use of disulfiram to reduce the likelihood of relapse in people with severe alcohol use disorder when:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Beer is the main beverage consumed | |  |  | It’s provided for motivated people | |  |  | It’s provided for people in paid employment | |  |  | It’s used in males older than age 50 | |  |  | The doses are supervised by external supports | |  |  | The person is in paid employment | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 67 |
| For the following nerve palsy, please select the MOST ASSOCIATED alcohol-related disorder from the list below. |  | Q.67 Sixth cranial nerve palsy:    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Alcohol intoxication | |  |  | Alcoholic cerebellar degeneration | |  |  | Alcoholic dementia | |  |  | Korsakoff’s syndrome | |  |  | Marchiafava–Bignami syndrome | |  |  | Wernicke’s encephalopathy | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 68 |
| For the following patient, please select the MOST APPROPRIATE psychometric test from the list below. |  | Q.68 Sven, a 7-year-old boy, has very challenging behaviour at school and at his mother’s house. He often doesn’t go to sleep at night until after 11.30 pm.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Connors rating scale | |  |  | Multidimensional anxiety scale for children | |  |  | Social responsiveness scale | |  |  | Spence anxiety scale | |  |  | Trauma symptoms checklist for children | |  |  | Weschler intelligence scale for children | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 69 |
| For the following patient, please select the MOST LIKELY therapeutic strategy being used, from the list below. |  | **Q.69 Kenneth, a 41-year-old businessman, is extremely anxious when speaking publicly because he believes others can see how nervous he is. He is encouraged to use a therapy session to view a video of himself speaking in public when nervous, and to look for signs of anxiety.**  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | **Affirmation** | |  |  | **Behavioural experiment** | |  |  | **Challenging automatic thoughts** | |  |  | **Exposure** | |  |  | **Guided Discovery** | |  |  | **Problem solving** | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 70 |
| For the following example, please select the MOST ACCURATE answer from the list below. |  | Q.70 A clinical feature much more associated with serotonin syndrome than with neuroleptic malignant syndrome:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Autonomic Instability | |  |  | Fever | |  |  | Hyperreflexia | |  |  | Rigidity | |  |  | Tachycardia | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 71 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.71 The proportion of patients who develop a depressive episode and then go on to have an episode of mania within the next 10 years is approximately:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | 1 in 2 | |  |  | 1 in 4 | |  |  | 1 in 10 | |  |  | 1 in 50 | |  |  | 1 in 200 | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 72 |
| For the following patient, please select the MOST APPROPRIATE treatment, from the list below. |  | Q.72 Wiremu is a 40-year-old man with a history of heavy alcohol use who has managed to cut his drinking back considerably so that it no longer causes medical, legal or social problems. He sees a counsellor and has a good support network. He’s worried, nonetheless, that he might lapse back into problem drinking and asks if there’s any medication that might help him ‘not like the booze so much’. You discuss with him a medication that can block the effects of endorphins and reduce the rewarding effects of alcohol.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Acamprosate | |  |  | Buprenorphine | |  |  | Disulfiram | |  |  | Methadone | |  |  | Naltrexone | |  |  | Topiramate | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 73 |
| For the following example, please select the LEAST ACCURATE answer listed below. |  | Q.73 Regarding depression and the cardiovascular system:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Depression increases the risk of cardiovascular disease | |  |  | Depression is associated with platelet activation | |  |  | During the first 18 months following myocardial infarction, major depression occurs in 15-30% of patients | |  |  | Tricyclic antidepressants have effects on cardiac calcium channels | |  |  | With or without established heart disease, poor adherence to diet, exercise, and medications and a higher prevalence of smoking have been associated with depression | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 74 |
| For the following individual, please select the MOST ACCURATE answer listed below. |  | Q.74 You are assessing Mike, a 35-year-old man with antisocial personality disorder. Which predictor of a negative response to treatment in antisocial personality disorder would you make sure to screen for?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | A history of repeatedly lying and conning others | |  |  | Comorbid diagnosis of bipolar affective disorder | |  |  | Comorbid diagnosis of depression | |  |  | Comorbid alcohol use disorder | |  |  | Past history of psychosis | |  |  | The presence of anxiety | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 75 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.75 Which one of the following interactions might occur when a thiazide diuretic is prescribed to a patient taking psychiatric medication?      Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Decreased clozapine level | |  |  | Decreased lithium level | |  |  | Decreased valproic acid level | |  |  | Increased clozapine level | |  |  | Increased lithium level | |  |  | Increased tricyclic level | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 76 |
| For the following example, please select the MOST ACCURATE answer from the list below. |  | Q.76 He asserted that running commentary hallucinations were more likely to reflect a diagnosis of schizophrenia:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Eugene Blueler | |  |  | Kurt Schneider | |  |  | Max Birchwood | |  |  | Michael Rutter | |  |  | Pat McGorry | |  |  | Stefan Leucht | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 77 |
| For the following patient, please select the MOST APPROPRIATE intervention listed below. |  | Q.77 Philip is a 14-year-old youth with significant school absenteeism which was previously attributed to social anxiety. He now presents due to his parents’ concerns about shop-lifting, his unexplained absences from home, and cannabis use.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Cognitive behaviour therapy | |  |  | Dialectical behaviour therapy | |  |  | Interpersonal psychotherapy | |  |  | Maudsley family therapy | |  |  | Multisystemic therapy | |  |  | Parent child interaction therapy | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 78 |
| For the following patient, please select the MOST URGENT initial intervention from the list below. |  | Q.78 Jim is a 55-year-old homeless man with severe alcohol use disorder. On admission to hospital with a fractured femur he presents with confusion and nystagmus.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Baclofen | |  |  | Diazepam | |  |  | Haloperidol | |  |  | Parenteral thiamine | |  |  | Sodium valproate | |  |  | Vitamin B12 | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 79 |
| For the following patient, please select the MOST LIKELY diagnosis listed below. |  | Q.79 River is a 25-year-old woman brought into the Emergency Department from a nightclub with agitation, confusion, tachycardia, dilated pupils, muscle rigidity, hypertension, sweating and shivering. Her girlfriend says she’s been taking St John’s Wort as she’s been ‘feeling stink’ because she prefers natural remedies and ‘it’s herbal.’  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Acute dystonia | |  |  | Anticholinergic delirium | |  |  | Neuroleptic malignant syndrome | |  |  | Psilocybin toxicity | |  |  | Septicaemia | |  |  | Serotonin syndrome | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 80 |
| For the following patient, please select the MOST LIKELY diagnosis from the list below. |  | Q.80 Mrs Reihana is a 83-year-old woman who presents with six months of increasing cognitive impairment with prominent fluctuation in her level of consciousness, and visual hallucinations. In the last month she has had several falls. She is otherwise well, and takes no medications.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Alzheimer’s Dementia | |  |  | Binswanger’s Disease | |  |  | Creutzfeldt-Jacob Disease | |  |  | Lewy Body Dementia | |  |  | Multiple Sclerosis | |  |  | Temporal Lobe Epilepsy | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 81 |
| For the following patient, please select the MOST LIKELY diagnosis listed below. |  | Q.81 Nigel is a 42-year-old man referred by his oncology team. He was unexpectedly diagnosed with stage 4 bowel cancer three weeks ago with spread to his liver, but no other metastases found. He had a first round of FOLFIRI chemotherapy 5 days ago, with high dose dexamethasone and ondansetron for nausea. He has now become extremely irritable and believes the Prime Minister has made the nursing staff infuse nanites with his chemotherapy, to insert a ‘master voice’ in his mind to control him.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Brief psychotic disorder | |  |  | Delusional Disorder | |  |  | Psychotic disorder due to another medical condition | |  |  | Schizophrenia | |  |  | Substance/medication induced psychotic disorder | |  |  | None of the above | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 82 |
| For the following example, please select the LEAST ACCURATE statement from the list below. |  | Q.82 Regarding ethical considerations for drug trials:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Drug trials should not enrol vulnerable participants | |  |  | Drugs given in trials as alternatives need to have already undergone clinical trials themselves | |  |  | Informed consent for study participation should not be waived | |  |  | Placebo trials should not be conducted where an effective treatment exists | |  |  | Study participants should not bear research costs | |  |  | Participants in drug trials should be given written as well as verbal information about possible risks and benefits | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 83 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.83 Which of the following is a characteristic finding in studies comparing people with personality disorder to those without personality disorder?    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | In people with personality disorder, symptoms of Axis I psychiatric disorders tend to be less severe | |  |  | Mortality from accidents and violence equals population norms in people with personality disorder | |  |  | Mortality from suicide equals population norms in people with personality disorder | |  |  | People with personality disorder have lower rates of Axis I psychiatric disorders | |  |  | People with personality disorder require a more conservative approach to the treatment of Axis I disorders | |  |  | People with personality disorder tend to have longer and costlier treatment periods for Axis I disorders | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 84 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.84 A motivational interviewing approach includes which of the following:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Abreaction | |  |  | Confrontation | |  |  | Exposure | |  |  | Grounding | |  |  | Identification of cognitive bias | |  |  | Reflective listening | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 85 |
| For the following patient, please select the MOST LIKELY diagnosis from the list below. |  | Q.85 Jana is a 46-year-old woman who presents very worried about her physical health. She feels her abdomen is somewhat enlarged and thinks she might have felt something move inside it, thus worries that she might possibly have worms. Exploring this with her, and based on negative tests done by her GP, you are sure that she is misinterpreting normal bodily sensations.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Conversion disorder | |  |  | Factitious disorder | |  |  | Illness anxiety disorder | |  |  | Pseudocyesis | |  |  | Somatic symptom disorder with predominant pain | |  |  | Delusional disorder (somatic type) | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 86 |
| For the following question, please select the MOST ACCURATE answer from the list below. |  | Q.86 Family psychoeducation is considered to be at which evidence level by the RANZCP guidelines for the management of schizophrenia and related conditions?    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | A pseudo-randomised controlled trial (i.e. alternate allocation or some other method) | |  |  | A randomised controlled trial | |  |  | A systematic review of level II studies | |  |  | Case series with either post-test or pre-test/post-test outcomes | |  |  | Expert opinion | |  |  | No supporting evidence or opinion | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 87 |
| For the following question, please select the LEAST ACCURATE answer from the list below. |  | Q.87 Typically seen on functional neuro-imaging in children and adolescents with conversion disorder.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Abnormal self-monitoring | |  |  | Deficient motor planning | |  |  | Different areas of activation compared with deliberate feigning | |  |  | Differential processing of traumatic life events  Inhibition of normal motor, sensory, and special sensory networks | |  |  | Preserved emotional regulation and emotional-motor connectivity | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 88 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.88 Compared with the general population, the risk of Ebstein’s anomaly in children of mothers exposed to lithium during the first trimester of pregnancy is:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | 2–3 times higher | |  |  | 10–20 times higher | |  |  | 50–80 times higher | |  |  | 100–120 times higher | |  |  | 300-400 times higher | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 89 |
| For the following patient, please select the MOST LIKELY diagnosis listed below. |  | Q.89 Barry is a 45-year-old executive who presents complaining of somnolence and fatigue, and restless non-restorative sleep. His wife complains that he’s disturbing her sleep. His BMI is 36, he smokes 10 cigarettes a day and drinks 25 units of alcohol per week.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Major Depressive Disorder | |  |  | Obstructive Sleep Apnoea | |  |  | REM sleep disorder | |  |  | Restless Legs Syndrome | |  |  | Substance Use Disorder | |  |  | Type 2 Narcolepsy | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 90 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.90 Nitrous oxide abuse has been associated with which physical morbidity?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Cardiac arrhythmia | |  |  | Cardiomyopathy | |  |  | Cholecystitis | |  |  | Hypertension | |  |  | Pneumonitis | |  |  | Subacute degeneration of the spinal cord | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 91 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | **Q.91 Which treatment is most likely to have a beneficial effect on the core symptoms of borderline personality disorder (identity disturbance, and chronic feelings of emptiness and abandonment).**  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | **Fluoxetine** | |  |  | **Lamotrigine** | |  |  | **No medication is effective** | |  |  | **Olanzapine** | |  |  | **Quetiapine** | |  |  | **Sertraline** | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 92 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.92 Tomas is a 43-year-old man who began using marijuana as an adolescent. He has never been abstinent from marijuana. He is currently well on a Paliperidone depot. He has had four admissions to hospital with psychotic episodes during which he becomes disorganised and believes his flat is bugged by the Russians, the longest of these having taken eight weeks to resolve. The last three admissions have occurred within a year of planned or unplanned discontinuation of his medication.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Brief psychotic disorder | |  |  | Cannabis intoxication | |  |  | Delusional disorder (paranoid type) | |  |  | Psychotic disorder due to another medical condition | |  |  | Schizophrenia | |  |  | Substance/medication induced psychotic disorder | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 93 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.93 A poor treatment response to ECT used for depression is associated with:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | A past history of mania | |  |  | A past positive response to antidepressant treatment | |  |  | Good seizure coherence on EEG | |  |  | High ictal amplitude on EEG | |  |  | Shorter illness duration | |  |  | Significant post-ictal suppression on EEG | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 94 |
| For the following patient, please select the MOST LIKELY diagnosis listed below. |  | Q.94 Mrs Sivalu is a 76-year-old woman who presents with acute-onset confusion. Her sodium is 121 mmol/L (normal range 135-145), and she started citalopram one week ago.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Antidepressant-induced mania | |  |  | Cushing’s Disease | |  |  | Diabetes insipidus | |  |  | Epilepsy | |  |  | SIADH | |  |  | Thyrotoxicosis | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 95 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.95 The sign that best differentiates between delirium and dementia:    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Alteration of consciousness | |  |  | Disorientation regarding place | |  |  | Misidentification delusions | |  |  | Sleep disturbance | |  |  | Violent behaviour | |  |  | Visual hallucinations | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 96 |
| For the following question, please select the LEAST ACCURATE answer listed below. |  | Q.96 A common symptom of cannabis withdrawal:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Abdominal cramps | |  |  | Anxiety | |  |  | Decreased appetite | |  |  | Headaches | |  |  | Insomnia | |  |  | Nausea | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 97 |
| For the following clinical scenario, please select the MOST ACCURATE answer listed below. |  | Q.97 Jodie, aged 23, is the identical twin sister of one of your patients with schizophrenia. She asks what the chances are that she will also develop schizophrenia. You explain what the lifetime risk is, for monozygotic twins:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | 10% | |  |  | 20% | |  |  | 30% | |  |  | 40% | |  |  | 50% | |  |  | 90% | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 98 |
| For the following patient, please select the MOST APPROPRIATE intervention listed below. |  | Q.98 Mei is a 9-year-old girl who needs to take an exactly even number of steps to walk between rooms in her house, and is finding it takes her a very long time to get dressed in the morning as she has to check and recheck that she still has the right ratio of red socks to blue socks in her dresser.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Cognitive behavioural therapy | |  |  | Dialectical behavioural therapy | |  |  | Exposure and response prevention therapy | |  |  | Interpersonal psychotherapy | |  |  | Maudsley family therapy | |  |  | Multisystemic therapy | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 99 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.99 The most common side effect associated with fluoxetine:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Anxiety | |  |  | Difficulty falling asleep or staying asleep. | |  |  | Heartburn | |  |  | Nausea | |  |  | Sexual dysfunction | |  |  | Suicidality | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 100 |
| For the following patient, please select the MOST LIKELY diagnosis listed below. |  | Q.100 Justin, a middle-aged company director, requests therapy because ‘people have trouble getting on with me’. He says this has been the case for many years but he hadn’t felt the need to make any changes until the break-up of his third marriage a few months ago. He’s been ambitious all his life and he attributes his success to other people being ‘mostly incompetent and weak’ and says he doesn’t really like or need others. You’re struck by his calm confidence and his focus on money and power. The letter from his GP says that Justin has always been like this, and that he is, indeed, very successful in business.    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Anankastic personality disorder | |  |  | Antisocial personality disorder | |  |  | Borderline personality disorder | |  |  | Histrionic personality disorder | |  |  | Narcissistic personality disorder | |  |  | Schizoid personality disorder | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 101 |
| For the following question, please select the LEAST ACCURATE answer listed below. |  | Q.101 Premenstrual dysphoric disorder is characterised by the following symptoms:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Depressed mood | |  |  | Emotional lability | |  |  | Fatigue | |  |  | Increased symptoms with onset of menses | |  |  | Irritability | |  |  | Poor concentration | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 102 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.102 The upper limit of the normal range for glycated haemoglobin (HbA1C) in a patient treated with antipsychotic medication:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | 20 mmol/mol | |  |  | 30 mmol/mol | |  |  | 40 mmol/mol | |  |  | 50 mmol/mol | |  |  | 65 mmol/mol | |  |  | 115 mmol/mol | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 103 |
| For the following patient, please select the MOST APPROPRIATE answer listed below. |  | Q.103 Tane, aged 26, abuses alcohol. You see him for a brief intervention. What is your main goal in this session?    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | To confront Tane about his substance use | |  |  | To convince Tane to seek addiction treatment | |  |  | To help Tane explore and resolve his ambivalence about substance use | |  |  | To help Tane take responsibility for his actions | |  |  | To improve therapeutic engagement with Tane | |  |  | To support Tane disclosing his problem alcohol use to his family | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 104 |
| For the following patient, please select the MOST APPROPRIATE alternate treatment to suggest, as listed below. |  | Q.104 Ethan is a 28 year old married tattoo artist with a history of paranoid schizophrenia previously managed with paliperidone palmitate depot. He has developed erectile dysfunction and low libido and refuses to have the paliperidone depot any more as he’s very upset by this and says it’s ‘messing things up between me and the wife’. His serum prolactin is 2600 mIU/L.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Cognitive behavioural therapy and couples counselling | |  |  | Surgical treatment of his underlying prolactinoma | |  |  | Treatment with Risperidone Consta | |  |  | Treatment with Aripiprazole | |  |  | Treatment with Bupropion | |  |  | Treatment with Ropinorole | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 105 |
| For the following patient, please select the MOST LIKELY diagnosis listed below. |  | Q.105 Derek, a 30-year-old man, is referred from the ENT clinic concerned there is an insect in his right ear. He says that he’s been aware of the insect moving around in there for the past 2 years ‘since it flew in and got stuck’ and has had multiple GP visits and two ENT assessments as well as X-Rays of the head and neck. He is an accountant in a busy, successful practice, and says he has no problems at work. The ENT specialist says that the ear canal is clear apart from some scarring where Derek has used cotton buds to ‘get the damn thing out’, and that the problem is ‘functional’. Derek insists that the insect is in there: ‘I can feel it. They just haven’t found it yet.’  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Conversion disorder | |  |  | Delusional disorder (somatic type) | |  |  | Depression with psychotic features | |  |  | Illness anxiety disorder | |  |  | Schizophrenia (paranoid type) | |  |  | Schizotypal personality disorder | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 106 |
| For the following question, please select the MOST LIKELY answer listed below. |  | Q.106 In adolescents, which is the most likely comorbidity seen alongside Obsessive Compulsive Disorder?    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Anxiety disorder | |  |  | Autistic Spectrum Disorder | |  |  | Complex PTSD | |  |  | Depression | |  |  | Eating Disorder | |  |  | Tourette’s Syndrome or another Tic disorder | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 107 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.107 The most important factor found in Harry Harlow's experiments with infant rhesus monkeys establishing an attachment to their mothers:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | The amount of time spent with the mother | |  |  | The mother's ability to protect the infant from physical harm | |  |  | The mother's ability to provide nourishment for the infant | |  |  | The tactile characteristics of the mother | |  |  | The vocalisations of the mother | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 108 |
| For the following question please select the MOST ACCURATE answer listed below. |  | Q.108 Clozapine is thought to act in which way with respect to d1, d4 and 5HT2a receptors in the brain?    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Agonist d1, agonist d4, antagonist 5HT2a | |  |  | Agonist d1, antagonist d4, agonist 5HT2a | |  |  | Agonist d1, antagonist d4, antagonist 5HT2a | |  |  | Antagonist d1, agonist d4, agonist 5HT2a | |  |  | Antagonist d1, antagonist d4, agonist 5HT2a | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 109 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.109 Methamphetamine is likely to be detected in the urine after use for up to:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | 1 hour | |  |  | 6 hours | |  |  | 2-4 days | |  |  | 7 days | |  |  | 10-14 days | |  |  | 21 days | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 110 |
| For the following patient, please select the MOST URGENT medication that needs to be reduced or ceased, from the list below. |  | Q.110 Mr Krustovski is a 78-year-old man with Parkinson’s Disease who has developed increasing cognitive impairment, as well as troubling visual hallucinations and persecutory delusions involving his wife. He is agitated and distressed and has not had any recent medication changes.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Benztropine | |  |  | Citalopram | |  |  | Donepezil | |  |  | Levodopa+carbidopa | |  |  | Pimavanserin | |  |  | Quetiapine | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 111 |
| For the following patient, please select the MOST APPROPRIATE treatment intervention listed below. |  | Q.111 Breanna is a 16 year-old-girl who experiences intense mood swings, alongside attention difficulties and impulsive behaviour. Her relationships seem much more intense than those of her siblings, and she has twice needed hospital treatment for paracetamol overdoses.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Cognitive behavioural therapy | |  |  | Dialectical behavioural therapy | |  |  | Interpersonal psychotherapy | |  |  | Maudsley family therapy | |  |  | Parent child interaction therapy | |  |  | Psychodynamic psychotherapy | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 112 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.112 What percentage of children presenting with Tourette’s Disorder have the triad of Tourette’s, Obsessive Compulsive disorder, and ADHD?    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | 5% -15% | |  |  | 15-25% | |  |  | 25-35% | |  |  | 35-45% | |  |  | 45-55% | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 113 |
| For the following question, please select the MOST ACCURATE answer from the list below. |  | Q.113 Sims (1995) described which feature as typical of a pseudo-hallucination as opposed to a true hallucination?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | The perception has good sensory detail | |  |  | The perception is concrete and tangible | |  |  | The perception is experienced as independent from volition (experience of passivity) | |  |  | The perception is located in the outer objective world | |  |  | The perception is well-defined | |  |  | The person feels they could not experience the perception in another sensory modality | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 114 |
| For the following patient, please select the LEAST LIKELY symptom you expect to elicit, from the list below. |  | Q.114 Anjuli, a married woman aged 52, is brought to see you urgently as across the past week she has stopped eating and she now sleeps very little. She has poverty of speech but you are able to elicit minimal replies to some questions, and her family also provide information. You diagnose her as having a melancholic depression.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Anhedonia | |  |  | Despair | |  |  | Deteriorating mood as the day progresses | |  |  | Early morning waking | |  |  | Excessive guilt | |  |  | Marked psychomotor retardation | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 115 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.115 What percentage of people with problem gambling have a co-morbid mental health disorder?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | 15% | |  |  | 30% | |  |  | 50% | |  |  | 60% | |  |  | 75% | |  |  | 90% | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 116 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.116 This medication is supported by a reasonable evidence-base as being helpful to manage anxiety in young people with autistic spectrum disorder:    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Aripiprazole | |  |  | Clonidine | |  |  | Fluoxetine | |  |  | Methylphenidate | |  |  | Risperidone | |  |  | Sertraline | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 117 |
| For the following example, please select the LEAST ACCURATE answer from the list below. |  | Q.117 Regarding thyroid dysfunction caused by the use of lithium:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | 5–10% of patients on lithium develop clinical hypothyroidism | |  |  | A family history of thyroid disease increases the risk | |  |  | Increased TSH is the most sensitive laboratory index | |  |  | Middle-aged women are more susceptible to hypothyroidism | |  |  | The presence of thyroid antibodies increases the risk | |  |  | Thyroid enlargement is the most common presentation of this problem | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 118 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.118 Which component of (tobacco) cigarettes is thought to most affect clozapine and olanzapine metabolism?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Acetone | |  |  | Aromatic hydrocarbons | |  |  | Carbon monoxide | |  |  | Microplastics in filters | |  |  | Nicotine | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 119 |
| For the following patient, please select the MOST LIKELY diagnosis listed below. |  | Q.119 Dmitri, a 29-year-old taxi driver, is admitted with seizures. However, no seizure activity is observed on electroencephalogram during his seizure episodes. The nurses say that he seems worried and unhappy, and that they have seen arguments between the patient and his wife Irina during her visits. Irina confided to one of the nurses that she wants to return to Belarus, but Dmitri doesn’t want to go.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Conversion disorder | |  |  | Factitious disorder | |  |  | Illness anxiety disorder | |  |  | Malingering | |  |  | Social phobia | |  |  | Somatic symptom disorder | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 120 |
| For the following example, please select the MOST ACCURATE answer from the list below. |  | Q.120 Regarding posttraumatic stress disorder (PTSD):  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | DSM-5 removed the category of Avoidant Symptoms (avoiding people, situations, feelings or thoughts connected with the trauma) as symptoms of PTSD | |  |  | In DSM-5, one ‘A’ criterion for PTSD is that the person’s response to the trauma must have involved intense fear, helplessness, or horror | |  |  | Pessimistic people who believe ‘bad things happen to good people’ may have more risk of developing PTSD after a trauma | |  |  | PTSD symptoms are almost entirely mediated through dopaminergic pathways | |  |  | The DSM-5 edition added the new category 'With Dissociation' to subtypes of PTSD | |  |  | The time period across which Acute PTSD can be diagnosed is from the end of the initial month after a traumatic event, to six months after that trauma | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 121 |
| For the following example, please select the MOST ACCURATE answer from the list below. |  | Q.121 The DSM-5 category of substance use disorder introduced the following criterion:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Continued use despite social problems | |  |  | Craving | |  |  | Neglecting major roles in order to use | |  |  | Salience | |  |  | Tolerance | |  |  | Withdrawal | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 122 |
| For the following patient, please select the MOST RELEVANT psychological theory listed below. |  | Q.122 Ruth, a 49-year-old woman with a major depressive episode, is sure that she has failed and is useless and a burden, thinks the world is filled with evil, and believes that she has no future.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Abramson, Metalsky and Alloy’s Hopelessness Theory | |  |  | Ainsworth’s Ambivalent-Insecure Attachment | |  |  | Beck’s Cognitive Triad | |  |  | Erickson’s Stage of Generativity vs Stagnation | |  |  | Klein’s Depressive position | |  |  | Wolpe’s Experimental Model of Neurotic Depression | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 123 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.123 Which of the following genetic differences conveys the highest risk for developing Alzheimer’s Disease?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | APOE2 | |  |  | APOE3 | |  |  | Pathogenic mutation in Neuregulin 1 | |  |  | Pathogenic mutation in NOTCH3 | |  |  | Pathogenic mutations in Presenilin 1 | |  |  | Trinucleotide repeat in HTT | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 124 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.124 A test used to assess parietal lobe functioning:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Antisaccade (Visual grasp) test | |  |  | Finger identification test | |  |  | Paced Auditory Serial Addition Test (PASAT) | |  |  | Stroop test | |  |  | Trail-making test | |  |  | Wisconsin card sorting test | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 125 |
| For the following patient, please select the MOST APPROPRIATE evaluation tool from the list below. |  | Q.125 Alani, a 14-year-old girl, presents with learning difficulties at school, longstanding problems making friends, and intense distress on days when there’s a strong wind. She struggles to make appropriate eye contact when you meet her.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Connors rating scale | |  |  | Multidimensional anxiety scale for children | |  |  | Social responsiveness scale | |  |  | Trauma symptoms checklist for children | |  |  | Weschler intelligence scale for children | |  |  | Yale Brown Obsessive compulsive scale for children | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 126 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.126 Which medication has the best evidence of efficacy in the management of aggressive and assaultive behaviour in patients with personality disorder.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Carbamazepine | |  |  | Haloperidol | |  |  | Lithium | |  |  | Olanzapine | |  |  | Risperidone | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 127 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.127 According to population surveys what percentage of methamphetamine users develop a pattern of severe use disorder?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | 5% | |  |  | 15% | |  |  | 25% | |  |  | 50% | |  |  | 75% | |  |  | 90% | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 128 |
| For the following individual, please select the MOST APPROPRIATE Klein scale rating from the list below. |  | Q.128 Adam is a 64-year-old artist in a stable relationship with Tony, his male partner. In the past, Adam has largely socialised, had sex and been in close relationships with men, apart from a prolonged, intense love affair across five years with Eliza, his favourite model in his forties.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Klein scale 1 | |  |  | Klein scale 2 | |  |  | Klein scale 3 | |  |  | Klein scale 4 | |  |  | Klein scale 5 | |  |  | Klein scale 6 | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 129 |
| For the following example, please select the LEAST ACCURATE statement from the list below. |  | Q.129 Regarding childhood depression:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | A diagnosis of a depressive episode can only be made if depressed mood (subjective or objective) is present most of the day, nearly every day | |  |  | A family history of depression and exposure to adverse life events are the most robust risk factors for depression | |  |  | Concurrent comorbidity with disruptive behavioural disorders and with anxiety is common | |  |  | Major depressive disorder that emerges in children aged 5–12 years can be severe and lead to poorer outcomes, compared with later-onset depression | |  |  | There is no marked gender difference in prevalence rates of depression before puberty | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 130 |
| For the following example, please select the MOST ACCURATE statement from the list below. |  | Q.130 Regarding people with intellectual disability:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | 60% of people with Autism have intellectual disability | |  |  | The DSM-5-TR changes the term ‘intellectual disability’ to ‘intellectual developmental disorder’ | |  |  | In Australasia, most people with intellectual disability live in residential care | |  |  | People with intellectual disability don’t have the same rights as the general population | |  |  | The rate of health problems is the same in people with intellectual disability compared to the general population | |  |  | The same laws apply to people with intellectual disability compared to the general population | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 131 |
| For the following example, please select the MOST ACCURATE answer from the list below. |  | Q.131 Regarding Toxoplasmosis (Toxoplasma Gondii infection) in humans:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Cats, rabbits, guinea pigs, hamsters, and dogs are among the small domesticated ‘carrier’ animals which excrete the oocytes of Toxoplasma Gondii so as to infect humans | |  |  | It is estimated that at least two thirds of humans worldwide are infected with Toxoplasma Gondii, a protozoan parasite | |  |  | It is theorised that Toxoplasma Gondii infected early humans and that the infection became endemic as it made humans more anxious and alert, thus more able to escape predation by big cats | |  |  | Neurological changes caused by Toxoplasma Gondii have been shown to be one cause of human preoccupations with pet cats and with cats on the internet | |  |  | Studies have shown higher levels of anxiety in people infected by Toxoplasma Gondii | |  |  | Studies have shown not shown any association between infection with Toxoplasma Gondii and schizophrenia | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 132 |
| For the following example, please select the MOST ACCURATE answer listed below. |  | Q.132 Regarding tics in young people, and their treatment:  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Behavioural therapies for tics require awareness of a premonitory urge | |  |  | Depression and anxiety are more often comorbid in Tourette’s syndrome than in functional tics | |  |  | Tics are as common in girls as they are in boys | |  |  | Tics occur in around 1 in 20 children under age 10 | |  |  | Tics often improve between ages 8–13 and then worsen again at puberty | |  |  | Unconscious mechanisms mean that tics never cause bodily injury | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 133 |
| For the following question please select the MOST ACCURATE answer from the list below. |  | Q.133 What is the term used to describe the phenomenon of increased drug sensitivity following a period of abstinence, which may contribute to overdose risk in addiction?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Drug potentiation | |  |  | Hyperalgesia | |  |  | Reverse tolerance | |  |  | Sensitization | |  |  | Tachyphylaxis | |  |  | Tolerance reversal | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 134 |
| For the following question, please select the MOST ACCURATE answer from the list below. |  | Q.134 Which of the following is a neurotic defence mechanism, according to Vaillant?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Acting out | |  |  | Denial | |  |  | Hypochondriasis | |  |  | Projection | |  |  | Repression | |  |  | Splitting | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 135 |
| For the following patient, please select the MOST LIKELY diagnosis listed below. |  | Q.135 A 33-year-old man insists that he is Superman and can fly, and has to be wrestled away from the roof of his apartment building by emergency workers. Despite his beliefs he is calm and not elevated in mood, although his thinking is at times disorganised. He says Jesus visited him and gave him superpowers, which he knows for sure as he never has to recharge his phone, and as Beyoncé wants to marry him.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Delusional perceptions | |  |  | Delusions of misidentification | |  |  | Encapsulated delusions | |  |  | Mood-congruent delusions | |  |  | Paranoid delusions | |  |  | Secondary delusions | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 136 |
| For the following patient, please select the MOST RELEVANT ethical principles needing consideration, from the list below. |  | Q.136 Mario, a 27-year-old man with borderline personality disorder, asks to read his case records. His request is postponed until he's coping better as it's felt that his mental state is too unstable, and that reading distressing details in his file would increase his risk of self-harm or suicide.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Beneficence and justice | |  |  | Beneficence and non-maleficence | |  |  | Justice and beneficence | |  |  | Non-maleficence and autonomy | |  |  | Veracity and autonomy | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 137 |
| For the following example, please select the LEAST ACCURATE answer from the list below. |  | Q.137 Regarding the use of psychological and psychosocial interventions in reducing the risk of deliberate self-harm (DSH):  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | At a population level, some specific therapies have been shown to be effective in reducing suicidal ideation, hopelessness and depression scores in people with DSH | |  |  | At an individual level there is not enough evidence to determine with certainty the effectiveness of most specific types of therapy in people who deliberately self-harm | |  |  | Brief psychodynamic interpersonal therapy may reduce repetition of DSH | |  |  | Cognitive Behavioural Therapy may be useful to reduce the risk of repetition of DSH | |  |  | Therapies with a longer duration of treatment are associated with a decreased risk of repetition of DSH | |  |  | There is evidence Dialectical Behavioural Therapy reduces DSH in people with borderline personality disorder | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 138 |
| For the following question, please select the MOST ACCURATE answer listed below. |  | Q.138 Which is the most appropriate screening test for delirium?    Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | 4AT | |  |  | Addenbrooke’s Cognitive Examination | |  |  | EXIT-25 | |  |  | FAB | |  |  | Mini-ACE | |  |  | MoCA | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 139 |
| For the following patient, please select the MOST APPROPRIATE advice you would give his parents, from the list below. |  | Q.139 You are providing Triple P parenting support for the parents of Sam, a 5-year-old boy. They say that Sam regularly wakes a couple of hours after falling asleep. He is upset when he wakes, and looks very frightened. He doesn’t seem to recognise his parents during these times. In the morning he’s his usual self, and he doesn’t seem to recall these times when he wakes up scared.  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Sam may have had a traumatic experience occur with starting school, and his parents should talk with his teachers to understand the cause of these nightmares | |  |  | Sam needs to learn emotional regulation strategies and you’ll include these in your parenting support | |  |  | Sam should have a sleep study to investigate this parasomnia | |  |  | Sam will probably just return to sleep by himself after a few minutes, so they shouldn’t worry | |  |  | Sam’s parents need to keep him awake for longer in the evening to prevent these episodes happening | |  |  | Sam’s parents should try harder to wake him up fully during episodes, to stop them | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | EMQ 140 |
| For the following question please select the MOST ACCURATE answer from the list below. |  | Q.140 Which antidepressant agent causes the lowest incidence of sexual dysfunction?  Select ONLY ONE answer per page.   |  |  |  | | --- | --- | --- | |  |  | Bupropion | |  |  | Citalopram | |  |  | Escitalopram | |  |  | Fluoxetine | |  |  | Sertraline | |  |  | Venlafaxine | | | |
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| Critical Analysis Problems (CAP)  You are about to commence the CAP component of the Mock Exam.  Abstracts, quotes from the papers, tables, and figures are in the left hand panel. They are repeated as needed for question pages relating to that segment of information – this replaces the past use of a Stimulus handout. (In the real electronic exam all this information is made available via data, excerpts and pop-ups in the left-hand panel).     * The Questions and Answer Options and instructions are on the right hand panel. * Please read Question instructions, Questions and options CAREFULLY before answering. * There may at times be a series of Questions scattered through the paper that share the same list of answer options.   To 'flag' a question and review it later add an ! to the 'Flag box' at top right. Then search for all the !s when you want to review any questions you were unsure about, by hitting control-F to bring up the navigation field, then type ! in that field.  Skip past any !s in the explanatory pages, and review the rest. To refresh the search, put your cursor on the Navigation search box (which will highlight the contents) and left-click. When you've finished a question and no longer want to review it, delete the ! from the "Flag box" on the Question page.  Example of a 'flagged' question |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 1.1 |
| CAP Question 1 (20 marks)  “Skills for pills”: The dialectical-behavioural therapy skills training reduces polypharmacy in borderline personality disorder  Joaquim Soler, Elisabet Casellas-Pujol, et al, Acta Psychiatrica Scandinavica, Jan 2022  *Abstract*  *Objective:* Polypharmacy and overprescription of off-label medications are common in patients with borderline personality disorder (BPD). The aim of the present naturalistic study was to explore whether the skills training module of dialectical-behavioural therapy (DBT) can reduce polypharmacy in these patients in routine clinical practice.  *Methods:* Retrospective, observational study of 377 patients with a primary diagnosis of BPD consecutively admitted to the BPD outpatient unit from 2010 through 2020. All patients were invited to participate in the DBT skills training module (DBT-ST). DBT-ST participants (n = 182) were compared with a control group who did not participate in DBT-ST (n = 195). Pre-post intervention changes in medication load and use of antidepressants, benzodiazepines, mood stabilizers, and antipsychotics were evaluated.  *Results:* At baseline, most patients (84.4%) were taking at least one medication and 46.9% were on polypharmacy. Compared to controls, patients in the DBT-ST group presented a significant reduction in the number of medications (2.67–1.95 vs. 2.16–2.19; p < 0.001), medication load (4.25–3.05 vs. 3.45–3.48; p < 0.001), use of benzodiazepines (54.4%–27.5% vs. 40%–40.5%; p < 0.001), mood stabilizers (43.4%–33% vs. 36.4%–39.5%; p < 0.001), and antipsychotics (36.3%–29.1% vs. 34.4%–36.9%; p < 0.001).  *Conclusions:* These findings suggest that patients with BPD can benefit from the DBT-ST module, which may reduce the medication load, particularly of sedatives. The results suggest that DBT-ST may be useful to treat overmedication in patients with BPD and could help to promote “deprescription” in clinical practice. |  | Select ONLY ONE answer per page.  Regarding the adjoining abstract and your prior knowledge:  Question 1.1 (1 mark)  Which of the following best describes the design of this study?   |  |  |  | | --- | --- | --- | |  |  | Case-control study | |  |  | Cross-sectional study | |  |  | Non-randomised observational study | |  |  | Prospective study | |  |  | Randomised controlled trial | |  |  | Systematic review | |  |  | Systematic review | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 1.2 |
| CAP Question 1 (contd.) *(same information as in previous Q)*  “Skills for pills”: The dialectical-behavioural therapy skills training reduces polypharmacy in borderline personality disorder  Joaquim Soler, Elisabet Casellas-Pujol, et al, Acta Psychiatrica Scandinavica, Jan 2022  *Abstract*  *Objective:* Polypharmacy and overprescription of off-label medications are common in patients with borderline personality disorder (BPD). The aim of the present naturalistic study was to explore whether the skills training module of dialectical-behavioural therapy (DBT) can reduce polypharmacy in these patients in routine clinical practice.  *Methods:* Retrospective, observational study of 377 patients with a primary diagnosis of BPD consecutively admitted to the BPD outpatient unit from 2010 through 2020. All patients were invited to participate in the DBT skills training module (DBT-ST). DBT-ST participants (n = 182) were compared with a control group who did not participate in DBT-ST (n = 195). Pre-post intervention changes in medication load and use of antidepressants, benzodiazepines, mood stabilizers, and antipsychotics were evaluated.  *Results:* At baseline, most patients (84.4%) were taking at least one medication and 46.9% were on polypharmacy. Compared to controls, patients in the DBT-ST group presented a significant reduction in the number of medications (2.67–1.95 vs. 2.16–2.19; p < 0.001), medication load (4.25–3.05 vs. 3.45–3.48; p < 0.001), use of benzodiazepines (54.4%–27.5% vs. 40%–40.5%; p < 0.001), mood stabilizers (43.4%–33% vs. 36.4%–39.5%; p < 0.001), and antipsychotics (36.3%–29.1% vs. 34.4%–36.9%; p < 0.001).  *Conclusions:* These findings suggest that patients with BPD can benefit from the DBT-ST module, which may reduce the medication load, particularly of sedatives. The results suggest that DBT-ST may be useful to treat overmedication in patients with BPD and could help to promote “deprescription” in clinical practice. |  | Select ONLY ONE answer per page.  Regarding the adjoining abstract and your prior knowledge:  Question 1.2 (1 mark)  Which of the following is most likely a limitation given the study design?   |  |  |  | | --- | --- | --- | |  |  | Allocation concealment | |  |  | Confounding | |  |  | Data saturation | |  |  | Insufficient power | |  |  | Publication bias | |  |  | Recall bias | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 1.3 |
| CAP Question 1 contd.  (Excerpt from Material and Methods:)  Data were retrospectively collected from 377 patients diagnosed with BPD and admitted to the outpatient BPD unit at the Department of Psychiatry at the *Hospital de la Santa Creu i Sant Pau* … Compared with general mental health center, the BPD Unit offers: reliable confirmation of BPD diagnosis with validated instruments, greater accessibility to the unit, emergency attention in crisis, higher frequency and duration of visits, therapeutic team with specific experience and sensitivity for BPD, family care, psychoeducation of disorder, general management and non- harmful strategies, and, finally, supervision of pharmacological treatment avoiding the excessive use of medication. |  | Select ONLY ONE answer per page.  Regarding the adjoining excerpt, any other information provided and your prior knowledge:  Question 1.3 (1 mark)  Which of the following statements best reflects the study setting?   |  |  |  | | --- | --- | --- | |  |  | Non-Clinical setting | |  |  | Primary care clinical setting | |  |  | Research setting | |  |  | Tertiary care clinical setting | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 1.4 |
| CAP Question 1 contd.  (Excerpt from Materials and Methods)  The DIB-R is an instrument designed to diagnose BPD and to assess the severity of the disorder within the last 2 years. The Spanish version has demonstrated good internal consistency (Cronbach's alpha, 0.89; sensitivity, 0.81; and specificity, 0.94). |  | Select ONLY ONE answer per page.  Regarding the adjoining excerpt, any other information provided and your prior knowledge:  Question 1.4 (1 mark)  A Cronbach’s alpha of 0.89 indicates:   |  |  |  | | --- | --- | --- | |  |  | Good face validity | |  |  | Good internal consistency | |  |  | Good inter-rater reliability | |  |  | Poor internal consistency | |  |  | Poor face validity | |  |  | Poor inter-rater reliability | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 1.5 |
| CAP Question 1 contd.  (Excerpt from Materials and Methods) (same as prior question)  The DIB-R is an instrument designed to diagnose BPD and to assess the severity of the disorder within the last 2 years. The Spanish version has demonstrated good internal consistency (Cronbach's alpha, 0.89; sensitivity, 0.81; and specificity, 0.94). |  | Select ONLY ONE answer per page.  Regarding the adjoining excerpt, any other information provided and your prior knowledge:  Question 1.5 (1 mark)  A sensitivity of 0.81 indicates:     |  |  |  | | --- | --- | --- | |  |  | 81% of the population will screen negative for borderline personality disorder on the DIB-R | |  |  | 81% of the population will screen positive for borderline personality disorder on the DIB-R | |  |  | 81% of those who screen negative on the DIB-R will truly not have borderline personality disorder | |  |  | 81% of those who screen positive on the DIB-R will truly have borderline personality disorder | |  |  | DIB-R will correctly identify 81% of people who do not have borderline personality disorder | |  |  | DIB-R will correctly identify 81% of people who have borderline personality disorder | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 1.6 |
| CAP Question 1 contd.  (Excerpt from Psychotherapeutic intervention – Control group:)  Although these individuals did not receive any specific psychotherapeutic intervention for BPD compared with general mental health services, they valued the higher frequency of psychiatric visits, attention in crisis, family care, and greater experience and sensitivity in the management of BPD. These follow- up visits also include supervision of pharmacological treatment avoiding, if possible, the excessive use of medications, as recommended by all clinical guidelines. They also received non- harmful strategies based on the *Handbook of Good Psychiatric Management for Borderline Personality Disorder*. |  | Select ONLY ONE answer per page.  Regarding the adjoining excerpt, any other information provided and your prior knowledge:  Question 1.6 (1 mark)  Which of the following statements best describes the control group?     |  |  |  | | --- | --- | --- | |  |  | Active comparison group | |  |  | Placebo control | |  |  | Usual clinical care | |  |  | Waitlist control | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 1.7 |
| CAP Question 1 contd. – Table 1 |  | Select ONLY ONE answer per page.  Utilising Table 1, any other information provided and your prior knowledge:  Question 1.7 (2 marks)  Which of the following statements best reflects the baseline characteristics of the sample?   |  |  |  | | --- | --- | --- | |  |  | Females and males were equally represented in the sample | |  |  | Less than half of the intervention group were treated with benzodiazepines | |  |  | More than half of the control group were treated with benzodiazepines | |  |  | Most of the participants were in paid employment | |  |  | Substance use disorders were the most common comorbidity identified in the total sample | |  |  | The median age of the total sample was 30.51 years | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 1.8 |
| CAP Question 1 contd.  Table 1  *(same table as in previous Q – refer to that or the Stimulus)* |  | Select ONLY ONE answer per page.  Utilising Table 1, any other information provided and your prior knowledge:  Question 1.8 (1 mark)  Which of the following statements related to the study’s design is most accurate?   |  |  |  | | --- | --- | --- | |  |  | It is possible that there exist differences between the groups regarding the motivation to reduce prescribing in both individuals and psychiatrists | |  |  | Reduced polypharmacy implies better functional outcomes | |  |  | The retrospective study design eliminated the risk of selection bias | |  |  | The study was unable to find statistically significant differences because it was underpowered | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 1.9 |
| CAP Question 1 contd.  Table 1  *(same table as in previous Q – refer to that or the Stimulus)* |  | Select ONLY ONE answer per page.  Utilising Table 1, any other information provided and your prior knowledge:  Question 1.9 (1 mark)  Which of the following statements regarding P values is most correct?   |  |  |  | | --- | --- | --- | |  |  | A P value higher than 0.05 indicates that there is no difference between the groups | |  |  | A P value is the probability that the null hypothesis is true | |  |  | A P value is the probability of observing data as extreme or more extreme than that observed if the null hypothesis is true | |  |  | P values indicate the clinical significance of a result | |  |  | P values lie between 0 and 2 | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 1.10 |
| CAP Question 1 contd.  Table 1  *(same table as in previous Q – refer to that or the Stimulus)* |  | Select ONLY ONE answer per page.  Utilising Table 1, any other information provided and your prior knowledge:  Question 1.10 (2 marks)  Based on Table 1, which of the following statements regarding statistical significance is most correct?   |  |  |  | | --- | --- | --- | |  |  | There was a statistically significant difference in the employment status of participants between the intervention and control groups at baseline | |  |  | There was no statistically significant difference in DIB-R scores between the intervention and control groups at baseline | |  |  | There was no statistically significant difference in the prescribing of antipsychotics between the intervention and control groups at baseline | |  |  | There was no statistically significant difference in the prescribing of benzodiazepines between the intervention and control groups at baseline | |  |  | When comparing baseline characteristics, t-tests were applied to categorical variables | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 1.11 |
| CAP Question 1 contd.  Table 1  *(same table as in previous Q – refer to that or the Stimulus)* |  | Select ONLY ONE answer per page.  Utilising Table 1, any other information provided and your prior knowledge:  Question 1.11 (2 marks)  How was polypharmacy defined in this study?   |  |  |  | | --- | --- | --- | |  |  | Having a sedation load above 3 | |  |  | Having a sedation load above 5 | |  |  | Receiving 2 or more psychotropic medications | |  |  | Receiving 3 or more psychotropic medications | |  |  | Receiving 4 or more psychotropic medications | |  |  | Receiving 5 or more psychotropic medications | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 1.12 |
| CAP Question 1 contd.  Figure 1  Differences between groups in prescription changes pre-post intervention:  A picture containing text, screenshot, line, diagram  Description automatically generated |  | Select ONLY ONE answer per page.    Utilising Figure 1, any other information provided and your prior knowledge:  Question 1.12 (2 marks)  Which of the following statements regarding figure 1 is most correct?     |  |  |  | | --- | --- | --- | |  |  | The mean number of medications prescribed in the DBT-ST group after the intervention was 1.95 | |  |  | The mean number of medications prescribed in the control group before the intervention was 3.46 | |  |  | There was a statistically significant increase in polypharmacy in the control group | |  |  | The mean sedative load index after the intervention in the control group was 1.38 | |  |  | There was no change in the sedative load index in the DBT-ST group | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 1.13 |
| CAP Question 1 contd.  Figure 2  Pre-post intervention differences in the prescription of antidepressants, benzodiazepines, mood stabilizers, and antipsychotics: |  | Select ONLY ONE answer per page.    Utilising Figure 2, any other information provided and your prior knowledge:  Question 1.13 (2 marks)  Which of the following statements regarding figure 2 is most correct?     |  |  |  | | --- | --- | --- | |  |  | Prescribing of mood stabilisers decreased in the control group | |  |  | Prescribing of antidepressants increased after the intervention in the DBT-ST Group | |  |  | There was no statistically significant difference in the prescribing of benzodiazepines pre- and post- intervention in the DBT-ST Group | |  |  | There was no statistically significant difference in the prescribing of mood stabilisers pre- and post- intervention in the DBT-ST Group | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 1.14 |
| CAP Question 1 contd. |  | Select ONLY ONE answer per page.    Utilising all the information provided and your prior knowledge:  Question 1.14 (2 marks)  What conclusion can most reasonably be drawn from the results?     |  |  |  | | --- | --- | --- | |  |  | Antidepressants are effective in the treatment of borderline personality disorder | |  |  | DBT Skills Training is effective at reducing psychological distress | |  |  | DBT Skills Training may be an effective strategy for reducing polypharmacy in people with borderline personality disorder | |  |  | People with borderline personality disorder are prescribed too many medications | |  |  | Sedative medications are ineffective at managing psychological distress in people with borderline personality disorder | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 2.1 |
| CAP Question 2 (20 marks) |  | Select ONLY ONE answer per page.  Regarding the adjoining abstract and your prior knowledge:  Question 2.1 (1 mark)  The rationale for this review was to:   |  |  |  | | --- | --- | --- | |  |  | Add EMDR to the practice guidelines for depression | |  |  | Examine the effect of EMDR and answer methodological limitations | |  |  | Evaluate the effectiveness of EMDR in treating depression and trauma | |  |  | Evaluate the efficacy of EMDR in treating depression with the aim of reducing quality issues | |  |  | Evaluate the efficacy and safety of EMDR in treating depression | |  |  | Review the existing data on the use of EMDR | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 2.2 |
| CAP Question 2 contd. |  | Select ONLY ONE answer per page.  Regarding the adjoining abstract and your prior knowledge:  Question 2.2 (1 mark)  Which of the following is not always required in a systematic review?     |  |  |  |  | | --- | --- | --- | --- | |  |  | Assessment of study quality | | |  |  | Involvement of more than one author | | |  |  | Meta-analysis | | |  |  | Protocol development | |  |  | Search strategy | | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 2.3 |
| CAP Question 2 contd. |  | Select ONLY ONE answer per page.  Regarding the adjoining abstract and your prior knowledge:  Question 2.3 (2 marks)  A systematic review differs from a literature review in which one of the following ways?       |  |  |  | | --- | --- | --- | |  |  | Eligibility criteria are developed based on population and outcomes of interest, and comparisons | |  |  | Eligibility criteria are developed based on population and outcomes of interest, and intervention | |  |  | It includes relevant articles published about studies found by a database search | |  |  | It includes relevant published and unpublished studies, papers and reports | |  |  | It includes relevant randomised controlled trials from high impact journals only | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 2.4 |
| CAP Question 2 contd.  (excerpt from Method) |  | Select ONLY ONE answer per page.  Regarding the adjoining excerpt, the abstract and your prior knowledge:  Question 2.4 (2 marks)  Inclusion and exclusion criteria meant studies could be included if the research article:     |  |  |  | | --- | --- | --- | |  |  | Measured anxiety outcomes at baseline and endpoint | |  |  | Reported data on any number of cases treated with EMDR | |  |  | Was online access only | |  |  | Was published in a non peer-reviewed journal | |  |  | Was translated into English by an interpreter | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 2.5 |
| CAP Question 2 contd.  (excerpt from Method) |  | Select ONLY ONE answer per page.  Regarding the adjoining excerpt, any other information provided and your prior knowledge:  Question 2.5 (2 marks)  Which of the following can suggest publication bias in a meta-analysis?   |  |  |  | | --- | --- | --- | |  |  | Asymmetrical funnel plot | |  |  | Clinical heterogeneity | |  |  | Database bias | |  |  | English language bias | |  |  | Statistical heterogeneity | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 2.6 |
| CAP Question 2 contd. PRISMA Flow Diagram showing study selection for meta-analysis on EMDR for depression literature:    The kappa rate of agreement beween study coders (AAS and KL) was 88%, and in the event of a discrepancy, the conflict was resolved by discussion between the coders.  For all data analysis, we set the alpha level to .05 and used the Comprehensive  Meta-Analysis software (Ver 2.0) (Borenstein et al, 2005). |  | Select ONLY ONE answer per page.  Regarding the adjoining diagram, any other information provided and your prior knowledge:  Question 2.6 (1 mark)  Which of the following is true?   |  |  |  | | --- | --- | --- | |  |  | 40 full text articles were included in the meta-analysis | |  |  | 425 records were excluded likely due to *a priori* selection criteria | |  |  | PRISMA cannot be used for a literature review | |  |  | PRISMA stands for Preferred Reporting In Systematic Reviews and Meta-Analyses | |  |  | The kappa value of 88% is moderate | | | |
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| MCQ Mock Exam | | | | |
| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 2.7 |
| CAP Question 2 contd. PRISMA Flow Diagram showing study selection for meta-analysis on EMDR for depression literature: (same as previous question)    The kappa rate of agreement beween study coders (AAS and KL) was 88%, and in the event of a discrepancy, the conflict was resolved by discussion between the coders.  For all data analysis, we set the alpha level to .05 and used the Comprehensive  Meta-Analysis software (Ver 2.0) (Borenstein et al, 2005). |  | Select ONLY ONE answer per page.  Regarding the adjoining diagram, any other information provided and your prior knowledge:  Question 2.7 (1 mark)  The alpha level of 0.05:     |  |  |  | | --- | --- | --- | |  |  | Is not associated with the confidence level | |  |  | Lowers the power of the sample | |  |  | Means there is a 5% chance of rejecting the null hypothesis when it's actually true | |  |  | Means there is a 5% chance of committing a Type II error | |  |  | Means the null hypothesis is accepted 5% of the time | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 2.8 |
| CAP Question 2 contd. Figure 2 (larger version available in Stimulus) |  | Select ONLY ONE answer per page.  Regarding Figure 2, any other information provided and your prior knowledge:  Question 2.8 (2 marks)  Which of the following is true?   |  |  |  | | --- | --- | --- | |  |  | Effect sizes are large | |  |  | Effect sizes for studies using full scales are large and heterogeneous | |  |  | EMDR has more impact on BDI-I scores than BDI-II scores | |  |  | EMDR is always better than wait-list or no treatment | |  |  | Significant differences occurred in all studies measuring depression | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 2.9 |
| CAP Question 2 contd. Figure 2 (same as previous question) |  | Select ONLY ONE answer per page.  Regarding Figure 2, any other information provided and your prior knowledge:  Question 2.9 (2 marks)  In the forest plot:     |  |  |  | | --- | --- | --- | |  |  | Studies with longer horizontal lines should be given the most weight | |  |  | The horizontal lines represent the 95% confidence intervals of the odds ratios | |  |  | The diamond shape represents the relative risk of all studies combined | |  |  | The black squares represent confidence intervals | |  |  | The widest point estimates the widest variance in response | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 2.10 |
| CAP Question 2 contd.  (excerpt from Results of Data Analysis)  When reviewing for heterogeneity, we removed the studies by Ostacoli et al. (2018) and Moghadam et al. (2015) |  | Select ONLY ONE answer per page.  Regarding the adjoining excerpt, any other information provided and your prior knowledge:  Question 2.10 (2 marks)  The most likely reason for removing these studies when reviewing for heterogeneity was because they:   |  |  |  | | --- | --- | --- | |  |  | Had inconsistent comparison conditions | |  |  | Had narrow confidence intervals | |  |  | Had small effect sizes | |  |  | Had small sample sizes | |  |  | Were clear outliers | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 2.11 |
| CAP Question 2 contd.  (excerpt from Limitations) |  | Select ONLY ONE answer per page.  Regarding the information already provided, and your prior knowledge:  Question 2.11 (2 marks)  Having regard to the abstract and your other knowledge what is a likely limitation of this meta-analysis?   |  |  |  | | --- | --- | --- | |  |  | Data was not able to be transformed | |  |  | Only published and peer-reviewed English language studies were reviewed | |  |  | Studies used different instruments to measure depression | |  |  | Studies were too homogenous | |  |  | The measures used were unvalidated | | | |
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| MCQ Mock Exam | | | | |
| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 2.12 |
| CAP Question 2 contd.  (excerpt from Limitations) (same as previous question) |  | Select ONLY ONE answer per page.  Regarding the information already provided, and your prior knowledge:  Question 2.12 (1 mark)  Which of these is a likely conclusion of this meta analysis about EMDR?   |  |  |  | | --- | --- | --- | |  |  | EMDR is an effective treatment for depression in adults regardless of age or sex | |  |  | EMDR is only effective in young adults | |  |  | EMDR is useful for neurodegenerative conditions | |  |  | Response to EMDR can only be measured by the BDI-II | |  |  | Response to EMDR is negatively impacted by psychotropic medications | | | |
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| Flag box: (add exclamation mark if you want to review this question later) | | | | CAP 2.13 |
| CAP Question 2 contd.  (excerpt from Limitations) (same as previous question) |  | Select ONLY ONE answer per page.  Regarding the adjoining excerpt, information already provided, and your prior knowledge:  Question 2.13 (1 mark)  How might this study be applied to your clinical practice?   |  |  |  | | --- | --- | --- | |  |  | EMDR is likely to be an effective treatment option for inpatients with depression | |  |  | EMDR is likely to benefit individuals with depression and specific personality traits | |  |  | EMDR should be offered as a therapy option for all out-patients with depression | |  |  | Local populations will differ from those in the studies included in the meta-analysis so caution is needed in applying the results locally | |  |  | The study did not determine how many individuals treated with EMDR actually improved vs those that did not, thus the meta-analysis is invalid | | | |
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| That's the end of the Mock MCQ Exam.  If you have time, you can go back and review questions either by scrolling through the Word document in the usual way, or by using the flagging system as below.  You may have 'flagged' a question for later review by adding an ! to the 'Flag box' at top right.  You can now search for all the !s so as to review any questions you were unsure about, by hitting control-F to bring up the navigation field, then typing ! in that field. Skip past any !s in the explanatory pages, and review the rest. To refresh the search, put your cursor on the Navigation search box (which will highlight the contents) and left-click. When you've finished a question and no longer want to review it, delete the ! from the "Flag box" on the Question page. |
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