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MCQs in Psychiatry



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Foreword
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JAYPEE

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5 CHAPTER

Psychiatry Postgraduate Level

Namdev Chawan, Chandrashekar B Huded

1. One of the diagnostic criteria for anorexia nervosa is body weight maintained at least below_____% of expected weight.

a. 15% b. 16%
c. 17% d. 17.5%

2. One unit of alcohol is_____mL of ethanol.

a. 30 b. 20
c. 10 d. 35

3. The first-line treatment for depression in children and adolescent is:

a. Sertraline b. Escitalopram
c. Fluoxetine d. Citalopram

4. First-line treatment for bipolar depression in adults according to NICE guidelines:

a. Lithium b. Valproate
c. Olanzapine + fluoxetine d. Quetiapine

5. Step ladder pattern of cognitive changes seen in:

a. Picks disease b. Vascular dementia
c. Alzheimer's dementia d. Wilson's disease

6. Attachment theory was proposed by:

a. Adolf Meyer b. Alfred Adler
c. Carl Jung d. John Bowlby

7. Maximum recommended dose of amisulpride is:

a. 1,200 mg/day b. 800 mg/day
c. 600 mg/day d. 750 mg/day

8. Which is the standard EEG lead placement pattern?

a. 10–10 system b. 20–10 system
c. 10–66 system d. 10–20 system

9. Who proposed the word "neurosis"?

a. Paul Hoch and Philip Polatin
b. Karl Jaspers
c. Leo Kanner
d. Dr William Kullen

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10. Interpersonal therapy was developed by:
a. Klerman and Weissman
b. Anna Freud
c. Erik Erikson
d. Aron Beck

11. Omega sign is seen in:
a. Depression
b. Parkinson's disease
c. Catatonia
d. Mental retardation

12. Hindi mental state examination (HMSE) was developed by:
a. Folstein
b. Gurmeet Singh
c. Savita Malhotra
d. Mary Ganguly

13. Clinical features of Kluver–Bucy syndrome include all, *except*:
a. Visual agnosia
b. Hyperorality
c. Hyperthymia
d. Hypersexuality

14. Werther effect is:
a. Copycat suicide
b. Effect on suicide survivors
c. Self-harm behaviors
d. Active suicidal thoughts

15. Persian Sufi tradition as a way of narrative psychotherapy is used by:
a. Pakaslahti
b. Nossrat Peseschkian
c. Milton Erickson
d. RC Jiloha

16. Lithium can be prescribed safely along with:
a. ACE inhibitors
b. Thiazide diuretic
c. NSAIDs
d. Azithromycin

17. Person-centered therapy was developed by:
a. Erik Erikson
b. Carl Rogers
c. Lawrence Kohlberg
d. Harley Harlow

18. The author of the book "The Myth of Mental Illness" is:
a. R D Laing
b. David Cooper
c. Thomas Szasz
d. Erving Goffman

19. Three monthly depot preparation is available for:
a. Risperidone
b. Paliperidone
c. Aripiprazole
d. Olanzapine

20. Risk of seizures with clozapine increases over the doses of:
a. 300 mg
b. 600 mg
c. 500 mg
d. 400 mg

21. Opioid overdose is characterized clinically by all, *except*:
a. Unconsciousness
b. Respiratory rate <12/min
c. Pinpoint pupils
d. Dilated pupils

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22. All of the following about CIWA-Ar are true, *except*:
a. Maximum possible score is 67
b. Headache and fullness in head is one of the items
c. Tactile disturbances are not an item
d. >15 is severe withdrawal

23. All are features of histrionic personality disorder, *except*:
a. Suggestibility
b. Shallow and labile affect
c. Impulsivity
d. Theatricality

24. Principles to treat geriatric age group people include all, *except*:
a. Use drug only when absolutely necessary
b. Target the symptoms
c. Quickly titrate the dose to reach maximum levels
d. Use drug for time-limited period

25. The teratogenic drug is:
a. Duloxetine
b. Bupropion
c. Mirtazapine
d. MAOIs

26. Acute SCRA (synthetic cannabinoid receptor agonists) intoxication includes all, *except*:
a. Psychosis
b. Hypertension
c. Hypotension
d. Arrhythmia

27. Risk of hyponatremia is high with:
a. SSRIs
b. Tricyclics
c. MAOIs
d. NaSSas

28. Management of TD includes all, *except*:
a. Clozapine
b. Quetiapine
c. Tetrabenazine
d. Anticholinergic

29. The term "Psychiatry" was coined by:
a. Johann Christian Reil
b. Emil Kraepelin
c. Eugen Blueler
d. Nancy Andreasen

30. Some of the strategies and techniques that are used in DBT include the following, *except*:
a. Core mindfulness
b. Distress tolerance
c. Interpersonal effectiveness
d. Role transition

31. Who developed the concept of "Abnormal Illness Behavior"?
a. Erwin Stengel
b. Issy Pilowsky
c. Paul Schilder
d. Talcott Parsons

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32. Which one of the following enzymes is the rate-limiting enzyme responsible for the synthesis of serotonin?

a. Tyrosine hydroxylase
b. Tryptophan hydroxylase
c. Monoamine oxidase (MAO)
d. Catecholamine-O-methyltransferase (COMT)

33. By which of the following ages do most children develop a stable gender identity?

a. 12–18 months
b. 3 years
c. 5 years
d. 7 years

34. Which of the following genetic variations is strongly associated with Rett syndrome?

a. Mutations of *MECP2* gene
b. Mutations of *FMR1* gene
c. Deletion of an elastin gene
d. Deletion of chromosome 15p11q13

35. Which of the following ages represent the time when children first begin to be involved with pretend play?

a. 2 years
b. 4 years
c. 6 years
d. 8 years

36. Based on the "temperament theory" developed by Stella Chess and Alexander Thomas, all of the following are behavioral dimensions of young children, *except*:

a. Activity level
b. Adaptability
c. Intensity
d. Mood lability

37. The classical triad of Lewy body dementia includes all, *except*:

a. Fluctuating cognition
b. Visual hallucinations
c. Severe neuroleptic sensitivity
d. Parkinsonism

38. Based on DSM-5, which of the following conditions is not considered under the category of disruptive, impulse-control, and conduct disorders (CD)?

a. Oppositional defiant disorder
b. Intermittent explosive disorder
c. Pyromania
d. Pathological gambling

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39. Which of the following is a correct estimated heritability of antisocial behavior?

a. 30% b. 40%
c. 50% d. 60%

40. Risk factors that are associated with a poorer outcome from conduct disorder include all of the following, *except*:

a. Lower than average intelligence
b. Large family size
c. Adolescence onset of conduct disorder
d. Peer rejection and association with a delinquent peer group

41. Asperger's syndrome differs from childhood autism in:

a. Restricted, repetitive interests
b. Language development
c. Reciprocal social interactions
d. Nonverbal communication

42. What was the new phase of sexual response suggested by Helen Kaplan (1974) with respect to the earlier Masters and Johnson's model (1966)?

a. Excitation b. Desire
c. Plateau d. Resolution

43. Which of the following medical conditions should be the least considered in the differential diagnosis of major depressive disorder?

a. Infectious mononucleosis b. Premenstrual dysphoric disorder
c. Chronic fatigue syndrome d. Hyperthyroidism

44. All of the following features in a patient with depression indicate toward bipolarity, *except*:

a. Rapid onset b. More frequent episodes
c. Longer duration of episodes d. Presence of psychotic symptoms

45. Which of the following neurotransmission systems is crucial for forming of memory?

a. Cholinergic neurotransmission
b. GABAergic neurotransmission
c. Noradrenergic neurotransmission
d. Glutamatergic neurotransmission

46. Which one of the following factors is the most consistently related to the outcome of autism spectrum disorder?

a. Amount of time spent in school
b. Comorbid neuropsychiatric disorders
c. Communicative skills
d. Rating of social maturity

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47. Which of the following is the accurate cut-off duration to distinguish persistent motor or vocal tic disorder from provisional tic disorder?

a. 3 months
b. 6 months
c. 1 year
d. 18 months

48. The diagnoses now included in the trauma- and stressor-related disorder category are all, *except*:

a. Acute stress disorder
b. Adjustment disorder
c. Reactive attachment disorder
d. Major Depressive Disorder

49. All of the following conditions share common anatomic targets (the basal ganglia and related cortical and thalamic sites), *except*:

a. Sydenham's chorea (SC)
b. Major depressive disorder (MDD)
c. Obsessive-compulsive and related disorders (OCD)
d. ADHD

50. According to MHCA 2017, provisional registration of a mental health establishment is valid for a period of:

a. 1 year
b. 2 years
c. 3 years
d. 5 years

51. According to MHCA 2017, Section 89 deals with:

a. Independent admission of an adult
b. Independent admission of a minor
c. Supported admission up to 30 days
d. Supported admission up to 90 days

52. The dose of ketamine used for treatment resistant depression:

a. 0.5–1.0 mg/kg
b. 2.0–3.0 mg/kg
c. 3.0–4.0 mg/kg
d. 4.0–5.0 mg/kg

53. According to Section 107 of MHCA 2017, what is the maximum penalty for maintaining a mental health establishment without registration in contravention of provisions of this Act?

a. 1 lakh rupees
b. 2 lakhs rupees
c. 5 lakhs rupees
d. 7 lakhs rupees

54. Which of the following is not a required baseline medical test prior to initiating treatment with lithium?

a. Blood urea nitrogen (BUN)
b. Thyroid function test
c. Liver function test
d. Electrolytes test

55. Who invented "insulin coma therapy"?

a. Egasmoniz
b. Ugo Cerletti
c. Lucio Bini
d. Manfred J Sakel

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56. Who discovered lithium as a treatment of bipolar disorder?

a. Benjamin Rush
b. John Frederick Joseph Cade
c. Robert Wallace Wilkins
d. Paul Charpentier

57. Who was the first woman psychiatrist of India?

a. Thara Rangaswamy
b. Mambalikalathil Sarada Menon
c. Ajita Chakraborty
d. Erna Hoch

58. "Primum non nocere" (first, do no harm) refers to which ethical principle?

a. Autonomy
b. Justice
c. Beneficence
d. Nonmaleficence

59. If the research results are generated by manipulating data, what is this termed as?

a. Falsification
b. Fabrication
c. Plagiarism
d. Miscalculation

60. Patient is coming voluntarily for clinical examination—which type of consent is it?

a. Implied consent
b. Informed consent
c. Express consent
d. Active consent

ANSWERS

1. a	7. a	13. c	19. b	25. d	31. b	37. c	43. d	49. b	55. d
2. c	8. d	14. a	20. c	26. d	32. b	38. d	44. c	50. a	56. b
3. c	9. d	15. b	21. d	27. a	33. b	39. c	45. d	51. c	57. b
4. c	10. a	16. d	22. c	28. c	34. a	40. c	46. c	52. a	58. d
5. b	11. a	17. b	23. c	29. a	35. a	41. b	47. c	53. c	59. a
6. d	12. d	18. c	24. c	30. d	36. d	42. b	48. d	54. c	60. a

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MCQs in Psychiatry

Tips to Answer MCQs

- Plan your time and pace. Allocate time to review your answers.
- *Read each question carefully*: Multiple Choice tests also examine your ability to read carefully and thoughtfully, as much as they test your ability to recall and reason.
- *Read each of the responses*: Do not just stop when you come upon the one that seems likely. Remember, you are looking for the best answer, not only a correct one.
- *Identify keywords*: Circle or underline keywords, such as "all," "always," "never," "none," "not," "few," "many," "some," "sometimes," and "except".
- *Identify subject area*: Identifying what lecture, reading, topic, or laboratory exercise the question is from might help you narrow the choice of possible responses.
- *Identify what is being asked*: Answer each question in the context of what the examiner intended.
- *The "cover up" strategy*: Some students find it helpful to read the question and try to recall the answer from memory before looking at each of the five responses.
- *The "true/false" strategy*: Identify if the question is looking for a true or false statement. Then label each of the five responses as "true" or "false" and eliminate those that do not correctly complete the question.
- *Do not dismiss a response* because it seems too obvious and simple an answer; if you are well prepared for the test, some of the questions may appear very straight forward.

  As you read through the possible responses, mark off the ones you know are wrong. This will save time, if you have to come back to the question later.
- *If you are not certain of an answer, guess! Only if there is no negative marking.*
  - Look at none of the above and all of the above options.
  - Test makers have to make sure that the right answers are indisputably right, so can think of the long answers or the detailed ones.
  - Research indicates your first answer is usually the right one!
- *The use of exclusion mechanism is a cause of confusion.*

Anil Kakunje DPM MD has more than 100 publications to his credit in national and international peer-reviewed journals. He has edited 10 books and has written chapters for 8 books. He is a well-known teacher and is a popular Quiz Master in Psychiatry. He is a Guide and Examiner for MD and PhD students. He has received Research Grants from ICMR, DHR, IAPP, Pittsburgh University, Yenepoya University, etc.



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He has received the Best Outgoing Student Gold Medal in Psychiatry for the year 2008 from Manipal University; the Young Psychiatrist Track Award from the World Association of Social Psychiatry for the year 2016; and Professor Raguram Distinguished Young Teacher Award from Indian Psychiatric Society Karnataka Chapter for the year 2018.

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