

# Advanced Mental Health Knowledge Assessment

Mental Health · Practice Test · 18 Questions

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**1. Which neurotransmitter is most strongly associated with the development and maintenance of panic disorder?**

- A) Serotonin
- B) Dopamine
- C) Norepinephrine
- D) Acetylcholine

**2. The 'biopsychosocial model' of mental health posits that mental health is influenced by a combination of:**

- A) Genetics, diet, and lifestyle
- B) Biological, psychological, and social factors
- C) Environmental toxins, stress, and sleep
- D) Cognitive biases, emotional regulation, and interpersonal skills

**3. What is the primary mechanism of action for Selective Serotonin Reuptake Inhibitors (SSRIs)?**

- A) Blocking the reuptake of norepinephrine
- B) Increasing the release of dopamine in the prefrontal cortex
- C) Inhibiting the breakdown of serotonin
- D) Preventing the reabsorption of serotonin into neurons

**4. Which diagnostic criterion is essential for a diagnosis of Major Depressive Disorder according to the DSM-5-TR?**

- A) Hallucinations or delusions
- B) A persistent low mood or loss of interest/pleasure
- C) Significant weight loss or gain
- D) Manic episodes

**5. The prodromal phase of schizophrenia is characterized by:**

- A) Acute psychotic symptoms
- B) Complete remission of symptoms
- C) Subtle changes in thinking, mood, and behaviour before overt psychosis
- D) Severe motor disturbances

**6. What is the core feature of Obsessive-Compulsive Disorder (OCD)?**

- A) Recurrent intrusive thoughts and repetitive behaviours
- B) Anxiety related to social situations
- C) Intense mood swings
- D) Persistent feelings of emptiness

**7. Which class of medications is typically the first-line treatment for bipolar disorder?**

- A) Benzodiazepines
- B) Antipsychotics
- C) Mood stabilizers
- D) Stimulants

**8. The concept of 'cognitive distortions' is central to which therapeutic approach?**

- A) Psychodynamic therapy
- B) Behavioral therapy
- C) Cognitive Behavioral Therapy (CBT)
- D) Humanistic therapy

**9. Which personality disorder is characterized by a pervasive pattern of grandiosity, a need for admiration, and a lack of empathy?**

- A) Borderline Personality Disorder
- B) Antisocial Personality Disorder
- C) Schizoid Personality Disorder
- D) Narcissistic Personality Disorder

**10. What is the primary function of the amygdala in the context of mental health?**

- A) Processing sensory information
- B) Regulating sleep-wake cycles
- C) Processing emotions, particularly fear and anxiety
- D) Executive functions like planning and decision-making

**11. The Diagnostic and Statistical Manual of Mental Disorders (DSM) is published by:**

- A) The World Health Organization (WHO)
- B) The National Institute of Mental Health (NIMH)
- C) The American Psychiatric Association (APA)
- D) The World Federation for Mental Health (WFMH)

**12. Post-Traumatic Stress Disorder (PTSD) is characterized by:**

- A) Intrusive memories, avoidance of trauma-related stimuli, and negative alterations in cognition and mood
- B) Excessive worry about everyday events
- C) Episodes of intense fear accompanied by physical symptoms
- D) Compulsive urges and repetitive behaviours

**13. Which neurotransmitter is primarily involved in the reward pathway and is often implicated in addiction?**

- A) Serotonin
- B) GABA
- C) Dopamine
- D) Glutamate

**14. What is the characteristic hallmark of a manic episode in Bipolar Disorder?**

- A) Persistent sadness and hopelessness
- B) A period of abnormally and persistently elevated, expansive, or irritable mood and increased activity or energy
- C) Severe social withdrawal
- D) Hallucinations and delusions

**15. A phobia is defined as:**

- A) A generalized feeling of unease
- B) An irrational and intense fear of a specific object or situation
- C) A persistent feeling of worry
- D) A fear triggered by traumatic events

**16. Which type of therapy focuses on exploring unconscious conflicts and past experiences to understand present behaviour?**

- A) Exposure therapy
- B) Dialectical Behavior Therapy (DBT)
- C) Psychodynamic therapy
- D) Mindfulness-based cognitive therapy (MBCT)

**17. The 'fight-or-flight' response, mediated by the sympathetic nervous system, is a key component of:**

- A) Schizophrenia
- B) Anxiety disorders
- C) Autism Spectrum Disorder
- D) Eating disorders

**18. Which of the following is NOT a commonly recognized symptom of psychosis?**

- A) Hallucinations
- B) Delusions
- C) Disorganized speech
- D) Intense sadness