

Foundations of Psychiatry

Psychiatry · Answer Key · 12 Questions

1. Which part of the brain is most closely associated with the regulation of emotions like fear and anxiety?

- A) Cerebellum
- B) Amygdala**
- C) Medulla Oblongata
- D) Pons

2. What class of neurotransmitters plays a crucial role in mood regulation and is a common target for antidepressant medications?

- A) GABA
- B) Dopamine
- C) Serotonin**
- D) Acetylcholine

3. Electroconvulsive therapy (ECT) is primarily used to treat which severe mental health condition?

- A) Schizophrenia
- B) Obsessive-Compulsive Disorder (OCD)
- C) Bipolar Disorder
- D) Major Depressive Disorder**

4. A mental disorder characterized by a persistent and excessive fear of an object or situation is known as a:

- A) Phobia**
- B) Delusion
- C) Hallucination
- D) Mania

5. Which of the following is a common diagnostic manual used by mental health professionals?

- A) ICD-10
- B) DSM-5**
- C) CBT-I
- D) MMPI-2

6. The therapeutic approach that focuses on identifying and challenging irrational thoughts and beliefs is called:

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

7. What is the primary function of antipsychotic medications?

- A) To reduce anxiety
- B) To stabilize mood
- C) To manage psychotic symptoms like hallucinations and delusions**
- D) To improve sleep

8. A state of abnormally elevated or irritable mood and increased energy is characteristic of:

- A) Depression
- B) Anxiety
- C) Mania**
- D) Phobia

9. Which disorder is characterized by recurring intrusive thoughts (obsessions) and repetitive behaviors (compulsions)?

- A) Panic Disorder
- B) Generalized Anxiety Disorder
- C) Obsessive-Compulsive Disorder (OCD)**
- D) Post-Traumatic Stress Disorder (PTSD)

10. A profound disruption of thought, perception, mood, and behavior is a hallmark of which condition?

- A) Anxiety Disorder
- B) Depressive Disorder
- C) Schizophrenia**
- D) Eating Disorder

11. What is the main goal of psychopharmacology in psychiatry?

- A) To conduct brain surgery
- B) To understand historical psychological theories
- C) To use medications to treat mental disorders**
- D) To analyze dream content

12. Which area of study within psychiatry investigates the biological and neurological basis of mental disorders?

A) Social Psychiatry

B) Child Psychiatry

C) Biological Psychiatry

D) Forensic Psychiatry