

# Foundations of Psychiatry

Psychiatry · Practice Test · 12 Questions

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**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