

Introduction to Psychiatry

Psychiatry · Practice Test · 18 Questions

1. What is the primary academic degree a psychiatrist must earn before completing medical school?

- A) Bachelor of Arts
- B) Doctor of Medicine or Osteopathic Medicine
- C) Master of Psychology
- D) Bachelor of Science in Nursing

2. Which medical specialty focuses on the diagnosis, treatment, and prevention of mental, emotional, and behavioral disorders?

- A) Psychology
- B) Neurology
- C) Psychiatry
- D) Sociology

3. What is the name of the manual used by mental health professionals to classify and diagnose mental health conditions?

- A) DSM-5-TR
- B) The Biology of Mind
- C) Pharmacology Handbook
- D) Clinical Practice Guide

4. Which of these is a biological treatment method often used in psychiatry?

- A) Talk therapy
- B) Medication
- C) Massage therapy
- D) Group singing

5. What is the core difference between a psychiatrist and a psychologist?

- A) Psychiatrists can prescribe medication
- B) Psychologists can prescribe medication
- C) Psychiatrists do not work in hospitals
- D) Psychologists only treat children

6. What is the term for a mental health condition characterized by persistent feelings of sadness and loss of interest?

- A) Anxiety
- B) Depression
- C) Insomnia
- D) Dementia

7. Which organ is the primary focus of psychiatric study?

- A) Heart
- B) Liver
- C) Brain
- D) Stomach

8. What is the purpose of 'cognitive behavioral therapy' (CBT)?

- A) To perform surgery on the brain
- B) To change negative thought patterns and behaviors
- C) To provide physical exercise routines
- D) To test blood samples

9. What is an anxiety disorder?

- A) A physical bone injury
- B) Excessive fear, worry, or nervousness
- C) A type of skin allergy
- D) A digestive health issue

10. What is the definition of 'stigma' in the context of mental health?

- A) A type of medical diagnosis
- B) Disapproval or discrimination against a person based on their mental health condition
- C) A form of effective treatment
- D) A laboratory test result

11. Which neurotransmitter is often studied in relation to mood regulation and is sometimes called the 'feel-good' chemical?

- A) Serotonin
- B) Insulin
- C) Glucose
- D) Adrenaline

12. What does 'bipolar disorder' primarily involve?

- A) A broken arm
- B) Changes in mood between extreme highs and lows
- C) Difficulty hearing
- D) An inability to read

13. What is the term for a state of mental health where a person can cope with the normal stresses of life?

- A) Mental illness
- B) Psychosis
- C) Mental well-being
- D) Delirium

14. Which profession involves providing talk therapy without the ability to prescribe medication?

- A) Psychiatrist
- B) Psychologist
- C) General Practitioner
- D) Surgeon

15. What is 'schizophrenia'?

- A) A common cold
- B) A chronic mental disorder affecting how a person thinks, feels, and behaves
- C) A muscle disease
- D) A sleep deprivation condition

16. What is the purpose of a psychiatric evaluation?

- A) To measure height and weight
- B) To determine the presence of a mental health disorder and plan treatment
- C) To perform an eye exam
- D) To check for broken bones

17. Which of these is a common method of gathering information during a psychiatric assessment?

- A) An interview with the patient
- B) A blood pressure check only
- C) An X-ray of the lungs
- D) A dental cleaning

18. What is the term for the branch of psychiatry that focuses on the mental health of children and adolescents?

- A) Geriatric psychiatry
- B) Child and adolescent psychiatry
- C) Forensic psychiatry
- D) Addiction psychiatry