

Introduction to Psychiatry

Psychiatry · Answer Key · 10 Questions

1. What is the primary focus of psychiatry as a medical specialty?

- A) The study of the human brain's physical structure.
- B) The diagnosis, treatment, and prevention of mental, emotional, and behavioral disorders.**
- C) The development of new surgical techniques for neurological conditions.
- D) The understanding of genetic predispositions to physical illnesses.

2. Which of the following is a common tool used by psychiatrists for diagnosis?

- A) Blood tests for vitamin deficiencies.
- B) Electroencephalography (EEG) to measure brain waves.
- C) Diagnostic and Statistical Manual of Mental Disorders (DSM).**
- D) Genetic sequencing to identify inherited traits.

3. Who is often considered one of the founders of psychoanalysis, a major influence in early psychiatry?

- A) Ivan Pavlov
- B) B.F. Skinner
- C) Sigmund Freud**
- D) Albert Bandura

4. What is a psychiatrist's educational background?

- A) A PhD in philosophy.
- B) A Master's degree in social work.
- C) A medical degree (MD or DO) followed by specialized training in psychiatry.**
- D) A Bachelor's degree in nursing.

5. Which of these is a common class of psychiatric medication used to treat depression?

- A) Antibiotics
- B) Antihistamines
- C) Antidepressants**
- D) Antivirals

6. What does 'psychotherapy' generally involve?

- A) Administering electric shocks to the brain.
- B) Performing brain surgery.
- C) Talking with a trained professional to address mental health issues.**
- D) Prescribing strong painkillers for emotional distress.

7. Which historical figure is associated with the development of the lobotomy procedure in psychiatry?

- A) Walter Freeman**
- B) Sigmund Freud
- C) Carl Jung
- D) Abraham Maslow

8. What is a common symptom of anxiety disorders?

- A) Excessive sleeping
- B) Persistent worry and nervousness**
- C) Sudden loss of appetite
- D) Hallucinations

9. What is the primary difference between a psychiatrist and a psychologist in many countries?

- A) Psychiatrists cannot prescribe medication, while psychologists can.
- B) Psychologists focus on physical ailments, while psychiatrists focus on mental health.
- C) Psychiatrists are medical doctors who can prescribe medication, while psychologists typically focus on therapy and assessment.**
- D) Only psychologists can diagnose mental health conditions.

10. What is electroconvulsive therapy (ECT) primarily used for in modern psychiatry?

- A) To treat mild cases of insomnia.
- B) As a primary treatment for all mental health conditions.
- C) For severe, treatment-resistant depression and other mood disorders.**
- D) To relieve physical pain associated with mental illness.