

Understanding Psychiatry

Psychiatry · Answer Key · 25 Questions

1. Which branch of medicine focuses on the diagnosis, treatment, and prevention of mental, emotional, and behavioural disorders?

- A) Neurology
- B) Psychiatry**
- C) Cardiology
- D) Oncology

2. What is the primary role of a neurotransmitter in the brain?

- A) To provide structural support for neurons
- B) To transmit signals between nerve cells**
- C) To produce energy for brain cells
- D) To filter waste products from the bloodstream

3. The 'fight-or-flight' response, often associated with stress, is primarily regulated by which part of the nervous system?

- A) Central Nervous System
- B) Parasympathetic Nervous System
- C) Autonomic Nervous System**
- D) Somatic Nervous System

4. What is the main function of the prefrontal cortex, a key area studied in psychiatry?

- A) Processing visual information
- B) Regulating emotions and decision-making**
- C) Controlling muscle movements
- D) Interpreting sounds

5. Which of the following is a common class of medication used to treat depression by affecting serotonin levels?

- A) Antihistamines
- B) Antibiotics
- C) Selective Serotonin Reuptake Inhibitors (SSRIs)**
- D) Steroids

6. What is the term for a prolonged and intense feeling of sadness, loss of interest, and difficulty functioning in daily life?

- A) Anxiety
- B) Schizophrenia
- C) Depression**
- D) Bipolar Disorder

7. Cognitive Behavioral Therapy (CBT) is a type of psychotherapy that focuses on:

- A) Exploring past childhood experiences
- B) Identifying and changing negative thought patterns and behaviours**
- C) Using medication to alter brain chemistry
- D) Practicing mindfulness and meditation techniques

8. Which brain structure plays a crucial role in processing emotions, particularly fear and anxiety?

- A) Cerebellum
- B) Hippocampus
- C) Amygdala**
- D) Thalamus

9. What is the primary characteristic of a phobia?

- A) A pervasive feeling of worry
- B) An irrational and intense fear of a specific object or situation**
- C) Hallucinations and delusions
- D) Extreme mood swings

10. The Diagnostic and Statistical Manual of Mental Disorders (DSM) is a widely used classification system for:

- A) Surgical procedures
- B) Nutritional guidelines
- C) Mental disorders**
- D) Genetic predispositions

11. Which neurotransmitter is primarily associated with reward, pleasure, and motivation, and is implicated in addiction?

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

12. What is the term for a mental disorder characterized by a disconnect from reality, often involving hallucinations and delusions?

- A) Obsessive-Compulsive Disorder
- B) Post-Traumatic Stress Disorder
- C) Schizophrenia**
- D) Panic Disorder

13. The hippocampus, a structure in the brain, is primarily involved in:

- A) Motor coordination
- B) Memory formation**
- C) Language comprehension
- D) Regulating breathing

14. What is the main purpose of psychoeducation in psychiatric treatment?

- A) To prescribe medication
- B) To help patients and their families understand their condition and treatment**
- C) To conduct surgical interventions
- D) To develop new therapeutic techniques

15. Which of the following is a symptom that might be associated with anxiety disorders?

- A) Hallucinations
- B) Persistent fatigue
- C) Excessive worry and nervousness**
- D) Loss of appetite

16. What is the function of the frontal lobe in the brain, relevant to psychiatric conditions?

- A) Processing auditory information
- B) Planning, decision-making, and personality**
- C) Regulating body temperature
- D) Controlling voluntary muscle movement

17. Electroconvulsive Therapy (ECT) is a medical treatment most commonly used for:

- A) Mild anxiety
- B) Severe depression**
- C) Fungal infections
- D) Allergies

18. What does the term 'comorbidity' refer to in psychiatry?

- A) The severity of a single mental disorder
- B) The presence of two or more mental disorders in the same person**
- C) The recovery rate of a specific treatment
- D) The genetic link to mental illness

19. Which of these is a symptom of mania, often seen in Bipolar Disorder?

- A) Persistent sadness
- B) Increased energy and euphoria**
- C) Social withdrawal
- D) Difficulty concentrating

20. The 'limbic system' is a complex set of structures in the brain that plays a major role in:

- A) Gross motor skills
- B) Emotions, motivation, and memory**
- C) Vision and hearing
- D) Digestion and metabolism

21. What is the primary aim of psychopharmacology?

- A) To understand brain anatomy
- B) To study the effects of drugs on the mind and behaviour**
- C) To develop surgical techniques
- D) To analyze genetic mutations

22. A delusion is best described as:

- A) A false sensory perception
- B) A misinterpretation of stimuli
- C) A fixed, false belief that is not amenable to change**
- D) An intense, irrational fear

23. What is the primary focus of a psychiatric nurse?

- A) Performing brain surgery
- B) Administering medication and providing therapeutic support to patients with mental health conditions**
- C) Diagnosing physical illnesses
- D) Conducting laboratory experiments

24. The development of mental disorders is often understood as a result of complex interactions between:

A) Diet and exercise

B) Genetics and environmental factors

C) Social media use and peer pressure

D) Climate change and natural disasters

25. What is the term for the process of mentally and emotionally recovering from a mental health condition?

A) Rehabilitation

B) Stabilisation

C) Remission

D) Recovery