

Foundations of Psychiatry: Core Knowledge Assessment

Psychiatry · Answer Key · 18 Questions

1. Which of the following is considered the primary diagnostic manual used globally by mental health professionals to classify and diagnose mental disorders?

- A) The ICD-11 (International Classification of Diseases, 11th Revision)
- B) The DSM-5-TR (Diagnostic and Statistical Manual of Mental Disorders, 5th Edition, Text Revision)**
- C) The RDoC (Research Domain Criteria) Matrix
- D) The PDM (Psychodynamic Diagnostic Manual)

2. What is the name of the neurotransmitter primarily implicated in the 'fight-or-flight' response and also significantly involved in mood regulation and attention, with dysregulation linked to conditions like depression and ADHD?

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

3. Electroconvulsive therapy (ECT) is a medical treatment most commonly used for which severe psychiatric condition when other treatments have been ineffective?

- A) Schizophrenia
- B) Obsessive-Compulsive Disorder (OCD)
- C) Major Depressive Disorder (MDD) with psychotic features or catatonia**
- D) Anxiety Disorders

4. The 'cognitive triangle' in cognitive behavioral therapy (CBT) posits that an individual's thoughts, feelings, and behaviors are interconnected. Which of these is considered the central element that influences the other two in this model?

- A) Emotions
- B) Behaviors
- C) Thoughts**
- D) Physiological sensations

5. Which early antipsychotic medication, introduced in the 1950s, revolutionized the treatment of psychosis, particularly schizophrenia, by reducing positive symptoms?

- A) Lithium
- B) Imipramine
- C) Chlorpromazine**
- D) Haloperidol

6. A hallmark symptom of a manic episode in Bipolar Disorder is a distinct period of abnormally and persistently elevated, expansive, or irritable mood, and abnormally and persistently increased activity or energy, lasting at least how long?

- A) One day
- B) One week**
- C) One month
- D) Six months

7. What is the primary mechanism of action for Selective Serotonin Reuptake Inhibitors (SSRIs), a common class of antidepressants?

- A) Blocking the reuptake of serotonin in the synaptic cleft**
- B) Increasing the release of dopamine in the brain
- C) Inhibiting the breakdown of norepinephrine
- D) Activating GABA receptors

8. The term 'anosognosia' refers to a deficit in insight, commonly seen in which psychiatric disorder, where individuals lack awareness of their own illness or symptoms?

- A) Major Depressive Disorder
- B) Obsessive-Compulsive Disorder
- C) Schizophrenia**
- D) Panic Disorder

9. Which neurotransmitter is most closely associated with reward, motivation, pleasure, and motor control, and is heavily implicated in addiction and conditions like Parkinson's disease and schizophrenia?

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

10. What is the typical therapeutic window for Lithium, a mood stabilizer, which requires regular blood monitoring due to its narrow therapeutic range and potential for toxicity?

- A) 0.1-0.4 mEq/L
- B) 0.4-1.0 mEq/L**
- C) 1.5-2.5 mEq/L
- D) 2.0-3.0 mEq/L

11. The 'otorhinolaryngologist' is a medical specialist, but which of the following is a specialist in the branch of medicine dealing with the diagnosis and treatment of mental disorders?

- A) Neurologist
- B) Psychiatrist**
- C) Cardiologist
- D) Endocrinologist

12. Which of the following is a core diagnostic criterion for Post-Traumatic Stress Disorder (PTSD) involving recurrent, involuntary, and intrusive distressing memories of the traumatic event?

- A) Persistent avoidance of stimuli associated with the trauma
- B) Negative alterations in cognitions and mood
- C) Intrusion symptoms**
- D) Marked changes in arousal and reactivity

13. What is the primary function of benzodiazepines, a class of drugs often used for short-term treatment of anxiety and insomnia?

- A) Increasing serotonin reuptake
- B) Enhancing the effects of GABA**
- C) Blocking dopamine receptors
- D) Stimulating norepinephrine release

14. The concept of 'hallucinations' in psychiatry refers to perceptions in the absence of an external stimulus. Which type of hallucination involves hearing voices or sounds?

- A) Visual hallucinations
- B) Tactile hallucinations
- C) Auditory hallucinations**
- D) Olfactory hallucinations

15. Sigmund Freud is widely considered the father of psychoanalysis. His theory of personality structure proposed three fundamental components: Id, Ego, and which other component?

- A) Superego**
- B) Conscious
- C) Unconscious
- D) Preconscious

16. Which personality disorder is characterized by a pervasive pattern of social inhibition, feelings of inadequacy, and fear of negative evaluation?

- A) Narcissistic Personality Disorder
- B) Antisocial Personality Disorder
- C) Avoidant Personality Disorder**
- D) Borderline Personality Disorder

17. In the context of schizophrenia, 'negative symptoms' refer to a deficit in normal emotional and behavioral functioning. Which of the following is a common negative symptom?

- A) Delusions
- B) Hallucinations
- C) Alogia (poverty of speech)**
- D) Disorganized speech

18. The monoamine hypothesis of depression suggests that depression is caused by a deficiency in which group of neurotransmitters?

- A) Dopamine, Acetylcholine, Serotonin
- B) Norepinephrine, Serotonin, Dopamine**
- C) GABA, Glutamate, Serotonin
- D) Histamine, Melatonin, Serotonin