Psychiatry Fundamentals

Psychiatry · Answer Key · 20 Questions

1. Which neurotransmitter is most commonly implicated in the 'monoamine hypothesis' of depression?

A) GABA
B) Serotonin
C) Acetylcholine
D) Glutamate

2. What is the primary function of the amygdala within the human brain?

A) Motor coordination
B) Processing of emotional responses
C) Regulation of body temperature
D) Long-term memory storage

3. In the DSM-5-TR, which category does 'Schizophrenia' fall under?

A) Neurodevelopmental disorders
B) Personality disorders
C) Schizophrenia spectrum and other psychotic disorders
D) Dissociative disorders

4. Which medication class is primarily used to treat Bipolar Disorder by stabilizing mood?

A) Benzodiazepines
B) Selective Serotonin Reuptake Inhibitors
C) Lithium salts
D) Tricyclic antidepressants

5. What does the term 'anhedonia' refer to in a clinical psychiatric context?

A) The inability to feel pleasure
B) A persistent state of sadness
C) Excessive fear of social situations
D) Rapid speech patterns

6. Which brain imaging technique measures blood flow to identify active areas of the brain?

A) EEG
B) fMRI
C) X-ray
D) CT scan

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7. The 'Diathesis-Stress Model' suggests that psychological disorders develop from:

A) Biological predisposition and environmental stressors
B) Only genetic inheritance
C) Purely environmental conditioning
D) Unconscious childhood desires

8. What is the clinical definition of a 'delusion'?

A) A false sensory perception
B) A fixed, false belief that is resistant to reason
C) A sudden loss of memory
D) A recurring intrusive thought

9. Which structure in the brain is often smaller in patients with chronic Post-Traumatic Stress Disorder (PTSD)?

A) Cerebellum
B) Hippocampus
C) Pons
D) Medulla oblongata

10. What is the standard diagnostic manual used by psychiatrists globally?

A) ICD-11
B) Physicians' Desk Reference
C) Merck Manual
D) Gray's Anatomy

11. Which hormone is commonly referred to as the 'stress hormone' and is elevated in many anxiety disorders?

A) Insulin
B) Cortisol
C) Melatonin
D) Estrogen

12. The 'prefrontal cortex' is primarily responsible for which executive function?

A) Visual processing
B) Auditory processing
C) Decision-making and impulse control
D) Heart rate regulation

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13. What characterizes 'Negative Symptoms' in schizophrenia?

A) Hallucinations
B) Delusions
C) Avolition and social withdrawal
D) Disorganized speech

14. Which of the following is an example of a 'Cluster A' personality disorder?

A) Borderline
B) Paranoid
C) Histrionic
D) Dependent

15. What is the definition of 'comorbidity' in psychiatry?

A) The presence of two or more disorders in the same person
B) The inherited nature of a disease
C) The improvement of symptoms over time
D) The side effects of medication

16. Which neurotransmitter is primarily associated with the brain's reward and pleasure circuitry?

A) Dopamine
B) Serotonin
C) Norepinephrine
D) Glycine

17. What is the primary purpose of 'Cognitive Behavioral Therapy' (CBT)?

A) To explore childhood trauma exclusively
B) To identify and change maladaptive thought patterns
C) To induce rapid chemical changes in the brain
D) To focus on the interpretation of dreams

18. Which condition is characterized by a persistent pattern of inattention and/or hyperactivity-impulsivity?

A) Autism Spectrum Disorder
B) ADHD
C) Major Depressive Disorder
D) Obsessive-Compulsive Disorder

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19. What is the medical term for a 'false sensory perception' that occurs in the absence of an external stimulus?

A) Delusion
B) Hallucination
C) Illusion
D) Disorientation

20. Which part of the brain is the 'master gland' responsible for hormone regulation impacting psychiatric health?

A) Thalamus
B) Pituitary gland
C) Amygdala
D) Basal ganglia

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