

Psychiatry Fundamentals

Psychiatry · Practice Test · 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

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

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

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