Advanced Mental Health Science

Mental Health Science · Answer Key · 12 Questions

1. Which neurotransmitter is primarily synthesized from the amino acid tryptophan and plays a key role in regulating mood, appetite, and sleep cycles?

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

2. In the context of the HPA axis, which hormone is released from the adrenal cortex in response to chronic stress, leading to long-term physiological changes?

A) Cortisol
B) Adrenaline
C) Insulin
D) Oxytocin

3. What is the primary function of the prefrontal cortex in the human brain regarding mental health and executive control?

A) Regulation of involuntary breathing
B) Processing of sensory visual data
C) Decision making and impulse control
D) Regulation of base physiological drives

4. Which psychological model proposes that mental health disorders arise from a combination of hereditary vulnerability and environmental triggers?

A) Biopsychosocial Model
B) Diathesis-Stress Model
C) Cognitive-Behavioral Model
D) Psychodynamic Model

5. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR) is primarily published and maintained by which organization?

A) World Health Organization
B) American Psychological Association
C) American Psychiatric Association
D) International Federation of Mental Health

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6. Which structural brain change is most commonly associated with chronic, untreated Major Depressive Disorder in neuroimaging studies?

A) Hypertrophy of the cerebellum
B) Enlargement of the amygdala
C) Reduction in hippocampal volume
D) Increased grey matter in the occipital lobe

7. In the study of psychopharmacology, what is the mechanism of action of SSRIs?

A) Blocking the release of serotonin
B) Inhibiting the reuptake of serotonin into the presynaptic neuron
C) Increasing the synthesis of dopamine
D) Binding to GABA receptors

8. What term describes the psychological phenomenon where an individual adopts a self-perception consistent with the negative labels society attaches to their mental health condition?

A) Self-stigma
B) Cognitive dissonance
C) External locus of control
D) Fundamental attribution error

9. The 'fight or flight' response is mediated by the activation of which specific division of the autonomic nervous system?

A) Parasympathetic nervous system
B) Enteric nervous system
C) Sympathetic nervous system
D) Central nervous system

10. Which brain region is heavily implicated in the processing of threat-related stimuli and the initiation of the fear response?

A) The Amygdala
B) The Corpus Callosum
C) The Pons
D) The Hypothalamus

11. What is the primary characteristic of 'negative symptoms' in the clinical presentation of Schizophrenia?

A) Presence of hallucinations
B) Presence of delusions
C) Diminished emotional expression or motivation
D) Disorganized speech patterns

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12. Which hormone, produced by the hypothalamus and released by the posterior pituitary, is commonly referred to as the 'bonding hormone' and influences social recognition?

A) Prolactin
B) Oxytocin
C) Thyroxine
D) Cortisol

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