# Advanced Mental Health Science

Mental Health Science · Practice Test · 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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