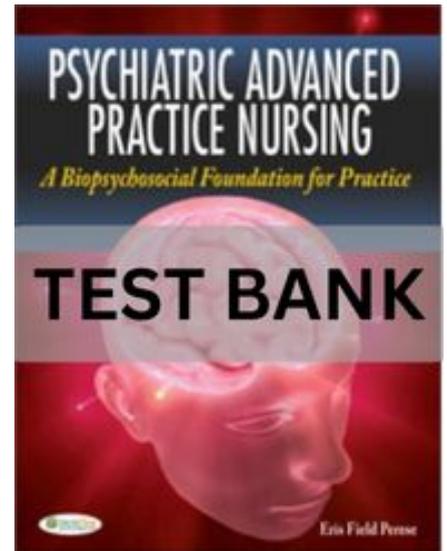


Chapter 1: Theoretical Framework of Practice

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- _____ 1. Temperament—a genetically influenced early form of personality—describes an infant’s pattern of central nervous system responses and behaviors. Among the different types of temperament, which one is associated with more impairment of brain functioning and, in the absence of positive, nurturing parenting, is a risk factor for later development of psychiatric disorders?
- A. Easy
 - B. Slow-to-warm-up/inhibited
 - C. Mixed
 - D. Difficult
- _____ 2. According to psychosocial developmental theory, in the recently described “ninth age of man,” beyond the life cycle,
- A. There are no further tasks to accomplish.
 - B. The tasks that are the most important are generative versus stagnation.
 - C. There is an emphasis on intimacy versus isolation.
 - D. Tasks include overcoming life transitions.
- _____ 3. Which attachment pattern is more likely to be found among children who have been abused?
- A. Secure
 - B. Inhibited
 - C. Disorganized
 - D. Avoidant
- _____ 4. Nobel Prize winner Eric Kandel demonstrated that the brain
- A. Is plastic before birth but becomes hard-wired at birth
 - B. Has plasticity and can change during the first 3 years of life
 - C. Has plasticity that allows it to make new connections in response to learning
 - D. Is unable to make new connections after age 26
- _____ 5. The primary relevance of Bowlby’s attachment theory for psychiatric advanced practice nurses is that
- A. Toddlers develop primitive defense mechanisms such as denial.
 - B. Toddlers develop an inner working model of how adults will respond to them.
 - C. Toddlers face the psychosocial task of autonomy versus shame.
 - D. Toddlers develop a fear of engulfment and enmeshment.
- _____ 6. Early attachment experiences are transformed into inner working models of the self and mother by age
- A. 7 years



- B. 5 years
- C. 3 years
- D. 1 year

- _____ 7. In a cantilevered model of needs such as Hansell's model,
- A. Basic needs must be met first
 - B. There is a hierarchy of needs
 - C. Each need supports all other needs
 - D. Self-actualization is the last need to be met
- _____ 8. Freud's drive theory proposes that individuals are motivated by
- A. Basic drives for survival and reproduction.
 - B. Need to reduce anxiety.
 - C. Need to resolve interpersonal conflicts.
 - D. Basic drives for altruism.
- _____ 9. Brain plasticity, which refers to the brain's capacity to change in response to an event,
- A. Is the same for all individuals
 - B. Involves physical changes of the brain
 - C. Is absent in older adults
 - D. Is independent of genetic influence
- _____ 10. It is believed that recovery can be promoted in children by all of the following *except*
- A. Teaching problem-solving skills
 - B. Providing social support
 - C. Limiting challenging experiences
 - D. Providing structure to daily life
- _____ 11. The primary focus of the biopsychosocial model is
- A. Heritability of psychiatric disorders
 - B. Domains of functioning
 - C. Abnormalities of neurotransmission
 - D. Abnormalities of systems and circuits

Chapter 1: Theoretical Framework of Practice Answer Section

MULTIPLE CHOICE

- | | |
|------------|--------|
| 1. ANS: D | PTS: 1 |
| 2. ANS: D | PTS: 1 |
| 3. ANS: C | PTS: 1 |
| 4. ANS: C | PTS: 1 |
| 5. ANS: B | PTS: 1 |
| 6. ANS: D | PTS: 1 |
| 7. ANS: C | PTS: 1 |
| 8. ANS: A | PTS: 1 |
| 9. ANS: B | PTS: 1 |
| 10. ANS: C | PTS: 1 |
| 11. ANS: B | PTS: 1 |

Chapter 2: Neurobiological Theory of Psychiatric Disorders: Brain functioning, brain development and prenatal and perinatal factors disrupting brain development

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- _____ 1. On evaluation, the patient appears to be having difficulty with working memory, planning, and insight into his problems. The psychiatric advanced practice nurse recognizes that these symptoms are associated with problems with the
- A. Frontal lobe
 - B. Temporal lobe
 - C. Parietal lobe
 - D. Occipital lobe
- _____ 2. On mental status examination, the patient's thoughts reveal lack of directedness, excessive details, and difficulty with closure. This pattern is called
- A. Concrete thinking
 - B. Circumstantiality
 - C. Perseveration
 - D. Thought blocking
- _____ 3. The brain structure that is believed to have a gating/filtering function and is the area of the brain through which all sensory information passes en route to various cortical areas is which of the following:
- A. Brainstem
 - B. Reticular activating system
 - C. Thalamus
 - D. Hypothalamus
- _____ 4. Which area of the brain is a very primitive in terms of evolution and is involved in swallowing, arousal, and breathing?

- A. Parietal lobe
 - B. Insula
 - C. Cerebellum
 - D. Brainstem
- _____ 5. Which of these brain structures puts emotional meaning on a stimulus, forms emotional memories, and is involved with rage and fear?
- A. Hippocampus
 - B. Temporal lobe
 - C. Amygdala
 - D. Midbrain
- _____ 6. The principal excitatory neurotransmitter in the central nervous system is
- A. Gamma-aminobutyric acid (GABA)
 - B. Serotonin
 - C. Glutamate
 - D. Acetylcholine
- _____ 7. Which structure of the brain is involved in learning, processing information into memories, and assigning the time and the place to memories?
- A. Hippocampus
 - B. Olfactory bulb
 - C. Limbic system
 - D. Occipital lobe
- _____ 8. Which one of the following is *not* one of the meninges, the three layers that cover the brain?
- A. Arachnoid
 - B. Pia
 - C. Reticular formation
 - D. Dura
- _____ 9. Which of the following structures provides for communication between the two hemispheres of the brain?
- A. Lateral ventricle
 - B. Basal ganglia
 - C. Corpus callosum
 - D. Hypothalamus
- _____ 10. Which of the lobes of the brain is primarily involved in auditory hallucinations?
- A. Occipital lobe
 - B. Parietal lobe
 - C. Frontal lobe
 - D. Temporal lobe
- _____ 11. The function of this brain structure was formerly believed to be limited to maintaining balance and learning motor skills but is now believed to be involved in learning and emotions and may be involved in autism. It is the
- A. Cerebellum
 - B. Insula

- C. Corpus callosum
- D. Pons

- _____ 12. This area of the brain is called a system and is made up of the rim of the medial (innermost) portions of the frontal, parietal, and temporal lobes and overlies the brainstem. It is involved with emotions and is referred to as the
- A. Ventricular system
 - B. Limbic system
 - C. Reticular activating system
 - D. Blood-brain barrier system