

SAMSONPLAB ACADEMY LIMITED

Email: info@samsonplab.co.uk

Tel: 07940433068

Address: Bow house Business Centre
153--159 Bow Road London
E3 2SE

PSYCHIATRY SINGLE BEST ANSWER QUESTIONS

1. A 72 year old woman, who has lived alone since her husband's death one year ago, presents with forgetfulness and social withdrawal. She misses her husband but appears normal in mood. Her recent memory is impaired but she tends to minimize this blaming it on tiredness. What is the single most appropriate next step?

- A. Computed tomography of the brain
- B. Full blood count
- C. Neurophysiology testing
- D. Therapeutic trial of anti-depressant
- E. Thyroid function test

2. A 30 year old lady is found to have arachnophobia. What is the single most appropriate method from the list of options below?

- A. Supportive therapy
- B. Psychoanalysis
- C. Interpersonal therapy
- D. Desensitization
- E. Lorazepam

3. A 78 year old lady is inconsolable after the death of her husband. 1 week after the funeral she has been withdrawn but her sleep is not affected and no weight loss. What is the single most appropriate method from the list of options below?

- A. Amitryptilline
- B. Cognitive behaviour therapy
- C. Cognitive behaviour therapy
- D. Supportive therapy
- E. Electroconvulsive therapy

4. A 20 year old Female lawyer is becoming increasingly anxious when she wants to speak in front of people. This is affecting her work as she needs to speak out in court. What is the single most appropriate method from the list of options below?
- A. Lorazepam
 - B. Desensitization
 - C. Cognitive behaviour therapy
 - D. Interpersonal therapy
 - E. Group therapy
5. This treatment is very affective in endogenous anxiety phobias. What is the single most appropriate method from the list of options below?
- A. Electroconvulsive therapy
 - B. Cognitive Behaviour therapy
 - C. Supportive therapy
 - D. Group therapy
 - E. Desensitization
6. Post traumatic stress disorder. What is the single most appropriate management plan from the list of options below?
- A. Cognitive behaviour therapy
 - B. Supportive therapy
 - C. Counselling
 - D. Reassurance
 - E. anti--depressant
7. Performance induced tremor. What is the single most appropriate management plan from the list of options below?
- A. Cognitive behaviour therapy
 - B. Desensitization
 - C. Benzodiazepine
 - D. Relaxation therapy
 - E. Interpersonal therapy
8. Arachnophobia. What is the single most appropriate management plan from the list of options below?
- A. Interpersonal therapy
 - B. Cognitive behaviour therapy
 - C. Desensitization
 - D. Psychoanalysis

E. Benzodiazepine

9. Bereavement. What is the single most appropriate management plan from the list of options below?

- A. Cognitive behaviour therapy
- B. Supportive therapy
- C. Relaxation therapy
- D. Desensitization
- E. Couple therapy

10. Anxiety induced insomnia. What is the single most appropriate management plan from the list of options below?

- A. Cognitive behaviour therapy
- B. Supportive therapy
- C. Relaxation therapy
- D. Group therapy
- E. Benzodiazepine

11. A 30 year old woman fainted in the street and was brought into A&E. She weighs 33 kg. She is alert and well in A E and states that she is on diet and admits to not eating or drinking anything for 48 hours. She says she want to reach her target weight of 30 kg. She is annoyed she has been brought to hospital and adamantly states she wants to leave. What is the most appropriate step?

- A. Detain her under mental act
- B. Refer to dietician
- C. Voluntary admission to medical team
- D. Voluntary admission to psychiatric ward
- E. Refer to GP

12. A 22 year old man complains that he can hear the voice of his deceased uncle telling him that he is being spied on. The patient is distressed by this, becoming low in mood and anxious, and has not left the house for two weeks. He is starting to drink alcohol to excess. He is noted to have thought block and passivity phenomena. What is the single most suitable medication to treat his symptoms from the list of options below?

- A. amitryptiline
- B. Diazepam

- C. Disulfiram
- D. Haloperidol
- E. Lithium

13. A 60 year old man presents with a six month history of poor sleep loss of interest, episodes of anxiety and forgetfulness. He shows psychomotor retardation and tends to answer most questions with "I don't know". What is the single most likely diagnosis from the list of options below?

- A. Bipolar disorder
- B. Dementia
- C. Depressive illness
- D. Normal aging process
- E. Panic disorder

14. A 17 year old girl parent separated two years ago presents to the accident and emergency department. She stayed with her mother who remarried. They moved and does not get on with her step father. She took five of her mother's diazepam tablets after a family argument. Her parents are mystified by her actions. What is the single most likely management plan from the list of options below?

- A. Admit to adolescent unit
- B. Refer for psychiatric opinion
- C. Family therapy
- D. Behaviour therapy
- E. Amitryptilline

15. A 16 year old boy is in a residential learning disability unit. The staff are concerned about an escalating number of head banging episodes, sometimes, against glass windows. If this continues, he may seriously injure himself. What is the single most likely management plan from the list of options below?

- A. Behaviour therapy
- B. Couple therapy
- C. Refer to psychiatrist
- D. Cognitive behaviour therapy
- E. Psychotherapy

16. A 30 year old man with schizophrenia heard voices telling him to kill himself by drinking bleach. He is brought to the accident and emergency

department . What is the single most likely management plan from the list of options below?

- A. Admit to medical ward
- B. Admit to psychiatric ward
- C. Give amitrytilline
- D. admit to paediatric ward
- E. Sedative medication

17. A 40 year old man is admitted to a surgical ward following a car accident in which he sustained a minor head injury and leg fracture. After ten days is it is apparent he is monosyllabic his injuries are healing well. There were no witnesses to the accident. What is the single most likely management plan from the list of options below?

- A. Admit to general medical ward
- B. Admit to general psychiatric ward
- C. refer for psychiatric opinion
- D. Psychotherapy
- E. Family therapy

18. A 27 year old single woman has two small children aged five and seven. She has no family support. She is recovering from influenza and that morning the washing machine had broken down. She presents herself to the accident and emergency department admitting that she had taken eight aspirin tablets. What is the single most likely management plan from the list of options below?

- A. Counselling from community mental team
- B. Psychotherapy
- C. behaviour therapy
- D. Reassure
- E. Cognitive behaviour therapy

19. A 46 year old lady who lack energy and has dishevelled hair and appearance. She has no any past medical history. What is the single most likely diagnosis form the list of options below?

- A. Anxiety disorder
- B. Bipolar
- C. Phobic disorder
- D. Depression
- E. Mixed anxiety depressive disorder

20. A 40 year old woman who is admitted in the psychiatric ward feels that the staff knows what she is thinking. What is the single most likely diagnosis ?

- A. Delusion
- B. Thought withdrawal
- C. Thought insertion
- D. thought broadcasting
- E. Hallucinations

21. A 45 year old man has is depressed and he has come to hospital to seek help and he is hoping to get relief of his symptoms. What is the single most likely diagnosis?

- A. Agoraphobia
- B. Thought disorder
- C. Suicide
- D. Insight
- E. delusion

22. A 25 year old man keeps on talking and he jumps from one topic to another even before he finishes one stream of thought. What is the single most likely diagnosis form the list of options below?

- A. Insight
- B. Flight of ideas
- C. Depression
- D. Mania
- E. Hypomania

23. A 20 year old man presents to the addiction clinic and wishes to give up his habit of drinking. He does not want to get relapse and he is fried of relapses as he had tried t stop on his own. What is the single most appropriate management?

- A. acamprosate
- B. Disulfiram
- C. Naloxone
- D. Naltrexone
- E. Refer to self help group

24. A 30 year old heroin addict clinically depressed and comes for treatment. What is the single most appropriate management?

- A. refer to self help group

- B. Fluoxetine
- C. Naltrexone
- D. methadone
- E. Benzodiazepine

25. A woman on lorazepam, wishes to withdraw from it. What is the single most likely diagnosis from the list of options below?

- A. Long acting benzodiazepine
- B. Methadone
- C. short acting benzodiazepine
- D. Amitryptilline
- E. Citalopram

26. A 30 year old woman is on holiday. At a rave party after binge drinking of 4 hours during she later presents with confusion and vomiting. What is the single most likely diagnosis?

- A. Alcohol withdrawal
- B. alcohol intoxication
- C. Schizophrenia
- D. Depression
- E. Hypomania

27. A 68 year old lady comes to the hospital with her husband. She says her husband has become increasingly forgetful recently. What is the most appropriate investigation?

- A. Mini--mental state examination
- B. Psychoanalysis
- C. CT head
- D. Urea and electrolytes
- E. Chest X--ray

28. A young woman fainted in the street and was brought into A&E. She weight 33kg. She alert and well in A&E and states is on a diet and admits to not eating or drinking anything for 48 hours. She says she wants to reach her target weight of 30 kg. She is annoyed she has been brought to the hospital and adamantly states she wants to leave. What is the most appropriate investigation?

- A. ECG
- B. Urea and electrolytes

- C. CT head
- D. MRI head
- E. Full blood count

29. A 28 year old man has been detained in hospital and being treated for paranoid schizophrenia with depot anti--psychotic medication. He had stabbed his mother in the hand with a screwdriver. He is now symptom free and ready to be discharge home to live with his mother who is worried. What is the single most important intervention?

- A. Alternative housing
- B. Clozapine
- C. Education
- D. Risk assessment strategy
- E. Family therapy

30. A 26 year old woman with established schizophrenia since age 15 lives with he very supportive parents, but has never fully recovered. She has been on a range of appropriate medication in adequate dosage diagnosis. What is the single most important intervention?

- A. Family therapy
- B. Tricyclic anti--depressant
- C. Voluntary inpatient admission
- D. Oral antipsychotic medication
- E. Rehabilitation ward

31. A 89 year old woman presents with a three week history of not eating and not sleeping. She is convinced that she is about to be investigated by the government for spying which is not case. She refuses to eat or drink and her physical state is deteriorating. She is agreeable to treatment. What is the single most important intervention?

- A. Electroconvulsive therapy (ECT)
- B. Clozapine
- C. Depot anti--psychotic medication
- D. Education
- E. Voluntary inpatient admission

32. An 80 year old man ha a paranoid psychosis and mild cognitive decline. He is hard of hearing and says his neighbours are constantly tapping on his walls. What is the single most important intervention?

- A. clozapine
- B. Hospital hostel
- C. Fluoxetine
- D. Depot antipsychotic medication
- E. Electroconvulsive therapy

33. A 34 year old man with eight admissions to hospital in the last five years is again detained in hospital for treatment. It is known that he always stops taking his antipsychotic tablets at home. When he was admitted he said he had been arguing with his neighbours and girlfriend. What is the single most important intervention?

- A. Detain under mental act
- B. Depot anti-psychotic therapy
- C. Family therapy
- D. Voluntary in patient admission
- E. Oral anti-psychotic medication

34. A 30 year old woman has experienced restlessness, muscle tension and sleep disturbance on most days over the last six months. She worries excessively about a number of everyday events and activities, and is unable to control these feelings, impairing her ability to hold down her job. What is the single most likely diagnosis?

- A. Panic attack
- B. Generalised anxiety disorder
- C. Bipolar disorder
- D. Depression
- E. Mania

35. A 26 year old political refugee has sought asylum in the UK and complains of poor concentration. He keeps getting thoughts of his family whom he saw killed in a political coup. He is unable to sleep and feels hopeless about his survival. Because of this he is afraid to go out. What is the single most likely diagnosis?

- A. Post traumatic stress disorder
- B. Acute stress disorder
- C. Social phobia
- D. Panic disorder
- E. Agoraphobia

36. A 30 year old man is becoming concerned about the safety of his family. He has been checking the locks of the door every hour during the night. He becomes very anxious if his wife tries to stop him. What is the single most likely diagnosis?

- A. Obsessive compulsive disorder
- B. Panic attack
- C. Social phobia
- D. Psychotic disorder
- E. Generalised disorder

37. A 48 year old woman, always socially withdrawn, has stopped going out of the house since the sudden death of her husband. She complains of palpitations, breathlessness and restlessness as soon as she steps out of the house. She has a rush back and allay her anxiety with a drink. What is the single most likely diagnosis?

- A. Agoraphobia
- B. Social phobia
- C. Acute stress disorder
- D. Panic attack
- E. Post traumatic stress disorder

38. A 30 year old woman has stopped eating because she feels guilty about worldwide famine. What is the single most likely diagnosis?

- A. Severe depressive disorder
- B. Phobic anxiety disorder
- C. Schizophrenia
- D. Bulimia nervosa
- E. Anorexia nervosa

39. A 20 year old woman eats only little solid food as she fears it will stick in her throats and lead to her death. What is the single most likely diagnosis?

- A. Depression
- B. Anxiety
- C. Obsessive compulsive disorder
- D. Phobic anxiety disorder
- E. severe depression

40. A 50 year old woman has had increasing difficulty swallowing a tendency to regurgitate and accompanying weight loss. What is the single most likely diagnosis?

- A. Gastro--oesophageal reflux disease
- B. Anxiety
- C. Oesophageal carcinoma
- D. Motor neurone disease
- E. Thyrotoxicosis

41. An 18 year old woman is worried by bouts dieting, interspersed with bouts of excessive eating, sometimes followed by vomiting. She has lost about 7 lbs in weight and feels depressed. What is the single most likely diagnosis?

- A. anorexia nervosa
- B. Obsessive compulsive disorder
- C. Panic attack
- D. Bulimia nervosa
- E. Obsessive compulsive disorder

42. A 35 year old lawyer has become increasingly anxious before court appearances. She is now very reluctant to speak in public. But this is necessary for her job. She is searching for a long term solution to the problem. What is the single most appropriate treatment?

- A. behaviour therapy
- B. Cognitive behaviour therapy
- C. Desensitization
- D. Diazepam
- E. Interpersonal therapy

43. A 45 year old woman has become tearful and feels unable to cope. She worries about everything. She has difficulty getting to sleep and wakes early in the morning. She is always tired. What is the single most appropriate treatment?

- A. Cognitive behaviour therapy
- B. Psychoanalysis
- C. Mini--mental state examination
- D. Group therapy
- E. couple therapy

44. A 55 year old woman wishes to attend her daughter's wedding in Newzealand in two weeks time. She is frightened of flying and feels she would be unable to get on the plane. What is the single most appropriate treatment?
- A. Desensitization
 - B. Interpersonal therapy
 - C. Electroconvulsive therapy
 - D. Cognitive behaviour therapy
 - E. Psychoanalysis
45. An 18 year old man presents in the accident and emergency department. He is in a state of terror and is convinced that he is being pursued by people who are out to kill him. What is the single most appropriate treatment?
- A. Diazepam
 - B. amitriptylline
 - C. Haloperidol
 - D. Lorazepam
 - E. Cognitive behaviour therapy
46. A 50 year old man in the surgical ward has suddenly become anxious and somewhat agitated. He was admitted three days ago with a haematemesis which has now settled. And there appears to be no other physical cause to explain his behaviour. What is the single most appropriate treatment?
- A. Cognitive behaviour therapy
 - B. Diazepam
 - C. Phenelzine
 - D. Propranolol
 - E. Chlordiazepoxide
47. A 35 year old woman attends with a history ingestion of 40 x 500 paracetamol tablets 12 hours ago. What is the single most appropriate immediate management?
- A. Activated charcoal
 - B. Gastric lavage
 - C. N--acetyl cysteine
 - D. Dialysis
 - E. Admit for observation to general ward

48. A 30 year old woman presents to the accident and emergency department saying that she has recently taken a substantial overdose of tricyclic antidepressants prescribed by her general practitioner (GP) when she is called to be seen it is found that she has left the department. What is the single most appropriate immediate management?

- A. Contact the police
- B. Admit for observation in the general ward
- C. Psychiatric admission
- D. Establish full psychiatric history
- E. Cognitive behaviour therapy

49. A 21 year old woman presents to the accident and emergency department with superficial cuts to her arms and wrists following an argument with her boyfriend. What is the single most appropriate immediate management?

- A. Intravenous blood bolus
- B. Give antibiotics and discharge
- C. Admit to general ward
- D. Psychiatric admission
- E. Establish full psychiatric history

50. A 55 year old divorced unemployed man with a family history of depression is brought to the accident and emergency department, having apparently trying to hang himself at home. He has been found by chance by a family member and reluctantly agreed to assess. He agrees to be seen by the general practitioner (GP) at home but says he thinks his children would be better off without him and that he still wishes to die. What is the single most appropriate immediate management?

- A. Out patient psychiatrist referral
- B. Admit to general ward for observation
- C. Community psychiatric assessment
- D. Admit under psychiatrist
- E. Admit to medical ward

51. A 28 year old man with a history of previous overdoses presents to the accident and emergency department saying he has taken 10 tablets of diazepam of uncertain strength in the last hour, and other unidentified tablets. He is known from previous records to misuse illegal

drugs. He refuses physical examination or blood samples but not appear sedated. What is the single most appropriate immediate management?

- A. refer to psychiatrist immediately
- B. admit to general ward for admission
- C. Out patient psychiatrist referral
- D. cognitive behaviour therapy
- E. Discharge home with advise

52. A 75 year old man presents with a history of gradual deterioration of memory and intellect. His son complains of a change in his behaviour and personality. What is the single most likely diagnosis?

- A. Alzheimer,s disease
- B. Hepatic encephalopathy
- C. Delirium
- D. Schizophrenia
- E. delusional disorder

53. A 58 year old man who has been an alcoholic for the past 30 years presents with memory loss. What is the single most appropriate tretatment?

- A. Benzodiazepine
- B. Multivitamins
- C. Thiamine
- D. Amitryptylline
- E. Anti--psychotics

54. A 24 year old male homosexual patient with heart failure takes an overdose of his medication. On questioning he says he sees yellow green visual haloes and his pulse is irregular. What is the single best management strategy?

- A. CT head
- B. Echocardiogram
- C. Visual assessment
- D. Urea and electrolytes
- E. ECG

55. A 40 year old man is being treated for depression for the past six months. He now refuses to eat or drink and is losing weight and getting suicidal thoughts more frequently. What is the single appropriate treatment?

- A. Anti-depressant
- B. Cognitive behaviour therapy
- C. Electroconvulsive therapy
- D. Supportive therapy
- E. Interpersonal therapy

56. A 20 year old first time mother shortly after putting to bed began feeling low. She has been having thoughts about killing her baby. What is the single appropriate treatment?

- A. Refer to the out patient psychiatrist
- B. admit to medical ward
- C. Admit under psychiatrist
- D. Discharge home with advice
- E. Supportive therapy

57. A 35 year old business executive is noticed to have become lousy at work but his sleep and eating patterns are unaffected. What is the single appropriate treatment?

- A. Counselling
- B. Cognitive behaviour therapy
- C. Amitriptylline
- D. Citalopram
- E. Refer to psychiatrist

58. A 21 year old man admits to smoking 1g of heroin daily. It is noticed that he has multiple venepuncture marks. He says he is not yet ready for withdrawal. What is the single appropriate management?

- A. Methadone
- B. Refer to self help group
- C. Advice about needle exchange program
- D. Admit to hospital
- E. Call the police

59. A 39 year old man presents at 9.00 am, smelling of alcohol. His gamma glutamyl transpeptidase (GGT) is three times the upper limit of normal. He says that he drinks three pints of beer daily. . What is the single appropriate management?

- A. Chlordiazepoxide
- B. Oral thiamine
- C. Lorazepam

- D. Intravenous fluids
- E. Discharge home with advice

60. A 23 year old woman says that some one put amphetamine in her drink at party. . What is the single appropriate management?

- A. Reassure and discharge
- B. admit for inpatient admission
- C. Refer to psychiatrist
- D. Involve the police
- E. refer to psychiatrist

61. A 31 year old woman who is a know heroin addict says that she has been stealing football shirts to fund her addiction. She wants to stop taking drugs. What is the single appropriate management?

- A. Naltrexone
- B. Naloxone
- C. Methadone
- D. Acomprostate
- E. Disulfuram

62. An 18 year old girl is found collapsed outside a local discotheque. She has a make tachycardia is found to have water intoxication. What is the single most likely cause of their symptom?

- A. Ecstasy
- B. Amphetamine
- C. LSD
- D. Heroin
- E. Cocaine

63. A medical student who is about to sit her exams is complaining of insomnia, tremor and excessive sweating. What is the single most likely cause of their symptom?

- A. Anxiety
- B. Coffeine
- C. Drug abuse
- D. alcohol
- E. Delirium

64. A divorced middle aged woman who is a chief executive in a bank is fund to have elevated liver enzymes. What is the single most likely cause of their symptom?

- A. Primary bilary cirrhosis

- B. Hepatitis A
- C. Alcohol abuse
- D. Drug side effect
- E. Idiopathic autoimmune hepatitis

65. A 69 year old man who usually lives in a hotel for the homeless has been admitted to a general hospital because he has collapsed. Three days after admission, he is anxious and restless. He does not know where he is or the correct date and he points to objects in the room that cannot be seen by anyone else. What is the single most likely diagnosis?

- A. Wernicke's encephalopathy
- B. Alzheimer's disease
- C. Subdural haematoma
- D. Stroke
- E. Acute confusion state

66. An 84 year old woman lives alone supported by neighbours. She has always been physically well and takes no medication; concern has been brought to hospital because she has been trying to get into local shop at 6.00 her neighbours says that it is just old age but admits that the woman's memory is not good as it was two years ago and is gradually worse. What is the single most likely diagnosis?

- A. Schizophrenia
- B. Depression
- C. Alzheimer's disease
- D. Bipolar disorder
- E. Hepatic encephalopathy

67. A 76 year old man has problems finding words his short term memory is impaired he is easily tearful but seems not to have persistent low mood. He has diabetes and has had brief episodes. Hemiparesis, associated with loss of speech. What is the single most likely diagnosis?

- A. Alzheimer disease
- B. Parkinson disease
- C. stroke
- D. Motor neurone disease
- E. Depression

68. A 74 year old man says his memory is poor. He says there is no point talking to him as he is not worth the trouble. He apologises for his

existence. His speech and movement are very slow and he has lost weight. What is the single most likely diagnosis?

- A. schizophrenia
- B. Severe depressive disorder
- C. Generalised anxiety disorder
- D. Mania
- E. Bipolar disorder

69. A 80 year old man has markedly impaired concentration and is disorientated in terms of time and place. His wife says the previous day he was mentally well, but had a cough and fever. What is the single most likely diagnosis?

- A. Dementia
- B. Delirium
- C. Depression
- D. Delusional disorder
- E. Panic attack

70. A 56 year old man has the belief that his neighbour is planning an attack. What is the single most likely diagnosis?

- A. Delusion of grandiose
- B. Paranoid delusion
- C. Persecutory delusion
- D. Depression
- E. Delusion of guilty

71. A 70 year old woman has been admitted and feels that the staff of the hospital knows what she is thinking all the time. What is the single most likely diagnosis?

- A. Thought broadcasting
- B. Thought insertion
- C. thought withdrawal
- D. Delusion
- E. Illusion

72. A 69 year old lady who lost her husband is sad now and avoids eye contact. What is the single most likely diagnosis?

- A. Bereavement period
- B. Depression
- C. schizophrenia
- D. Mania

E. Anxiety

73. A 35 year old man has had four admissions to a psychiatric hospital in the last 18 months with two episodes of depression, one of mania and the other a mixed state where he showed symptoms of both hypomania and depression. What is the single most appropriate treatment?

- A. Sodium valproate
- B. Lithium
- C. Couple therapy
- D. Marital therapy
- E. Carbamazepin

74. A 26 year old woman had previously suffered from the blues after birth of her first baby. After having the second baby three months ago. She has become withdrawn, oppressed and lethargic. She is convinced that her husband is trying to kill their baby. She is already on anti depressant therapy. What is the single most appropriate treatment?

- A. Counselling
- B. Lithium
- C. Electroconvulsive therapy
- D. Flupentixol
- E. Psychosurgery

75. A 28 year old dentist has developed symptoms of low mood and is convinced that he is a failure despite evidence to the contrary. He is intelligent articulate and questioning. He has poor self esteem and makes excuses for him not going into work as he feels that he is not doing a good job. He has no confidence in himself but there are no somatic symptoms of depression. What is the single most appropriate treatment?

- A. Cognitive behaviour therapy
- B. Abreaction
- C. Lithium
- D. Couple therapy
- E. Counselling

76. A 46 year old man presents to the clinic with a history of shakes for 12 hours, which started after he had been drinking alcohol heavily for 36 hours at a party. Although he normally consumes 36 units of alcohol per week he had no alcohol for the previous two days. What is the single most appropriate treatment?

- A. Lithium
- B. Methadone
- C. Multivitamins
- D. Admit and give benzodiazepine
- E. Vitamin K

77. A 34 year old man has been in hospital for his third admission for detoxification from alcohol. He is ready for discharge and wants to remain abstinent. He has previously attended an alcoholic's support group but despite this has continued to drink heavily. What is the single most appropriate treatment?

- A. Admit and give benzodiazepine
- B. Benzodiazepine
- C. Chlorpromazine
- D. Haematinics
- E. Disulfuram

78. A 27 year old woman wants help in giving up heroin abuse; she attends the accident and emergency department. She has been injecting heroin intermittently for the last six months. Her partner is not a drug user and is very supportive. What is the single most appropriate treatment?

- A. Multivitamins
- B. Refer to substance misuse team
- C. Naltrexone
- D. Vitamin K
- E. Haematinics

79. A 46 year old film maker present with inventing stories to fill up memory gaps he shows global amnesia on testing. There is no impairment in consciousness. He gives a history of alcohol abuse and says he has been hearing voices. He is already taking vitamin supplements. ALCOHOL HALLUCINATIONS. What is the single most appropriate treatment?

- A. Lithium
- B. High potency
- B -- Vitamins
- C. Vitamin K
- D. Haematinics
- E. Methadone

80. A 46 year old woman with jaundice and a past history of alcohol abuse has been admitted to the medical ward. She is becoming disturbed and restless and believes she can see ants crawling over her. What is the single most appropriate treatment?

- A. Benzodiazepine
- B. Admit and give benzodiazepine
- C. Chlopromazine
- D. Diamorphine
- E. Disulfuram

81. A 15 year old girl has a BMI of 16 complains of a 6 week history of amenorrhoea. She is not on the pill and her pregnancy test is negative. She wants to be a model. What is the single most appropriate treatment?

- A. Lithium
- B. Abreaction
- C. Electroconvulsive therapy
- D. Behaviour therapy
- E. Cognitive therapy

82. A 20 year old woman presents with inability to sleep and aggressiveness and increase libido. Her husband says prior to this she was markedly withdrawn and blamed herself for their daughter's death due to leukaemia. She feels life is not worth living. What is the single most appropriate treatment?

- A. Imipramine
- B. Counselling
- C. Lithium
- D. Flupenthixol
- E. Abreaction

83. A 14 year old boy refuses to go school because of constant failure to score grade A. He is threatening to drown himself. What is the single most appropriate treatment?

- A. Cognitive therapy
- B. Marital therapy
- C. Counselling
- D. Abreaction
- E. No action

84. A 20 year old first presents a week after delivering with episodes of crying and feeling alone. What is the single most appropriate treatment?
- A. Counselling
 - B. Imipramine
 - C. No action
 - D. Abreaction
 - E. Psychosurgery
85. A 40 year old man has been treated for depression for 5 months. He has lost several kgs in weight and is getting suicidal thoughts. What is the single most appropriate treatment?
- A. Lithium
 - B. Marital therapy
 - C. Cognitive therapy
 - D. Electroconvulsive therapy
 - E. Flupenthixol
86. A 20 year old man keeps cleaning his hands every time he shakes his partners hands. He was a high achiever in high school. What is the single most likely diagnosis?
- A. Antisocial personality disorder
 - B. Paranoid personality disorder
 - C. Obsessive compulsive personality disorder
 - D. Panic attack disorder
 - E. Dependent personality disorder
87. A 56 year old farmer believes his 34 year old neighbour is killing him farm animals despite the local veterinary advice that the death is due to an outbreak of anthrax. He spends hours watching his neighbour through pair of binocular le hoping to catch in the act. What is the single most likely diagnosis?
- A. Avoidant personality disorder
 - B. Paranoid personality disorder
 - C. Antisocial personality disorder
 - D.
 - E.
88. A 16 year old girl in high school always comes late to class wearing strong perfume in a vain attempt to attract attention. She laughs loudly

at jokes many of her mates don't find particularly hilarious. What is the single most likely diagnosis?

- A. Borderline personality disorder
- B. Histrionic personality disorder
- C. panic attack
- D. paranoid personality disorder
- E. Obsessive compulsive personality disorder

89. A 32 year old man always gives into his wife over any decision even when he knows this isn't right. He insists on having his wife prepare his every meal, wash him and put him to sleep. He cries whenever his wife's away. What is the single most likely diagnosis?

- A. Schizotypal personality disorder
- B. Schizoid personality disorder
- C. Dependent personality disorder
- D. Histrionic personality disorder
- E. Borderline personality disorder

90. A man is brought to A and E with agitation. He had history of attempted suicide twice before. This time he is threatening to kill himself after going home. What is the single most appropriate management?

- A. Admit to hospital
- B. Reassure
- C. Psychotherapy
- D. Counselling
- E. Lorazepam

91. An agitated schizophrenic is attempting suicide. What is the single most appropriate management?

- A. Reassure
- B. Psychotherapy
- C. Counselling
- D. IM antipsychotics
- E. Admit to hospital

92. A man on the second post operative day is attacking the nurses and wants to jump from the window. What is the single most appropriate management?

- A. Cognitive therapy

- B. Reassure
- C. Psychotherapy
- D. Counselling
- E. Lorazepam

93. A middle aged woman has several admissions for severe depression. She now turns up with a very severe depression despite all treatments. What is the single most appropriate management?

- A. Amitryptiline
- B. Imipramine
- C. Electroconvulsive therapy
- D. Lithium
- E. Counselling

94. A woman has bouts of depression alternating with bouts of mania. She had first line antidepressants but they have not worked. What is the single most appropriate management?

- A. Desensitization
- B. Psychoanalysis
- C. Imipramine
- D. Lithium
- E. Counselling

95. A young dentist successful at work lacks confidence in himself. He finds he is unable to socialise properly and has early morning waking. He is on no treatment. What is the single most appropriate management?

- A. Counselling
- B. Lithium
- C. Desensitization
- D. Psychoanalysis
- E. Imipramine

96. A young business executive previously known to be very efficient at work is noticed to have become lousy with his business. His sleep and eating pattern are unaffected, and he is otherwise normal. What is the single most appropriate management?

- A. Counselling
- B. Lithium
- C. Desensitization
- D. Psychoanalysis

E. Imipramine

97. A young woman after the birth of her first child has become very depressed and she refuses to feed her baby. What is the single most appropriate management?

A. Electroconvulsive therapy

B. Amitryptiline

C. Imipramine

D. Psychoanalysis

E. Counselling

98. A 35 year old man is agitated and euphoric. He claims to be helping the prime minister with economic policy although this is not true when checked. What is the single most likely diagnosis?

A. Paraphrenia

B. Mania

C. Delirium tremens

D. Drug induced

E. Hysteria

99. A 20 year old man complains that all his movements are being watched. Sometimes he feels as though his actions are being controlled by his radio. At other times he is aware of voices describing what he is doing. What is the single most likely diagnosis?

A. Schizophrenia

B. Psychotic depression

C. Mania

D. Delirium tremens

E. Toxic confusional state

100. A 50 year old man complains of being pursued by the police for a crime he denies committing. He has poor concentration and impaired short term memory. He admits to drinking large amounts of alcohol. What is the single most likely diagnosis?

A. Paraphrenia

B. Mania

C. Delirium tremens

D. Drug induced

E. Hysteria

101. A 65 year old woman says that she died 3 months ago and is very distressed that nobody has buried her. When she is outdoors she hears people say that she is evil and needs to be punished. What is the single most likely diagnosis?

- A. Personality disorder
- B. Drug induced
- C. paraphrenia
- D. Psychotic depression
- E. Hysteria

102. A 40 year old woman is recovering from a hysterectomy she had two days earlier. At night, she becomes agitated and complains of seeing animals and children walking round the ward. What is the single most likely diagnosis?

- A. Schizophrenia
- B. Psychotic depression
- C. Mania
- D. Delirium tremens
- E. Toxic confusion state

103. A 20 year old man was brought by the police. He states that he is being pursued by communist agents who have been controlling him. He vows to kill the agents if they approach him. What is the single most likely diagnosis?

- A. Korsakoff's psychosis
- B. Concussion
- C. Hypomania
- D. Fugue state
- E. Drug -- induced psychosis

104. A 25 year old single man has recently become increasingly active, sleeping little and drinking more alcohol than is usual for him. He enters a bank demanding money because he states that he is the owner of the bank. What is the single most likely diagnosis?

- A. Concussion
- B. Alcohol intoxication
- C. paranoid schizophrenia
- D. Severe depression
- E. Hypomania

105. A 16 year old boy has developed a facial tic and has been muttering and shouting obscenities in the street. What is the single most likely diagnosis?

- A. Concussion
- B. Fugue state
- C. Gilles de la Tourette's syndrome
- D. Hypomania
- E. Epilepsy

106. A refugee, whose family was killed in a military coup, keeps remembering the tragedy. He now feels guilty, having survived and he repetitively thinks he should have died as well. What is the single most likely diagnosis?

- A. Depression
- B. Anxiety
- C. Anti social personality disorder
- D. Subdural haematoma
- E. Post traumatic stress disorder

107. A 32 year old woman whose husband died recently is afraid of going out and feels uncomfortable in public places. She feels relaxed while at home. What is the single most likely diagnosis?

- A. Agoraphobia
- B. Depression
- C. Anxiety
- D. Histrionic personality
- E. Post traumatic stress disorder

108. A 26 year old man talks about several issues. Suddenly he stops talking and says that thoughts have been stolen from him. What is the single most likely diagnosis?

- A. Schizophrenia
- B. Depression
- C. Anxiety
- D. Agoraphobia
- E. Generalised stress disorder

109. A 33 year old man is concerned about his family's security and he keeps on checking the locks to the house again and again. What is the single most likely diagnosis?

- A. Schizophrenia
- B. Agoraphobia
- C. Depression
- D. Obsessive compulsive disorder
- E. Anxiety

110. A 20 year old man university student goes to lectures late with noisy shoes and strong perfume. Her fellow students find her behaviour odd. What is the single most likely diagnosis?

- A. schizophrenia
- B. Anxiety
- C. Histrionic personality
- D. Agoraphobia
- E. Depression

111. A 70 year old man with a history of a fall 10 days ago presents with a 2 day history of increasingly drowsiness and disorientation. What is the single most likely diagnosis?

- A. Subddural haematoma
- B. Post traumatic stress disorder
- C. Depression
- D. Anxiety
- E. Obsessive compulsive disorder

112. A 40 year old businessman gives a 2 week history of early morning awakening weight loss and inability to concentrate. What is the single most likely diagnosis?

- A. Depression
- B. Subddural haematoma
- C. Histrionic personality
- D. Schizophrenia
- E. Agoraphopia

113. Prevalence 0.5--1.0 % even social class distribution incidence higher in developed countries than developing countries, 90% amongst young woman and prevalence varies across ethnic groups. The condition is more common in cultures in which thinness is considered desirable. What is the single most likely mental lines?

- A. Schizophrenia
- B. Depressive disorder
- C. Generalized anxiety disorder

- D. Bulimia nervosa
- E. Alcoholism

114. Life time prevalence of 1 in 20 affects woman twice as frequently as men. Reduced prevalence in older people. What is the single most likely mental illness?

- A. Schizophrenia
- B. Depressive disorder
- C. Generalized anxiety disorder
- D. Bulimia nervosa
- E. Alcoholism

115. Prevalence of 5--10% in younger adults. Women affected twice as much as men. Fourth most common cause of disability worldwide and expected to rise. What is the single most likely mental illness?

- A. Schizophrenia
- B. Depressive disorder
- C. Generalized anxiety disorder
- D. Bulimia nervosa
- E. Alcoholism

116. Prevalence worldwide at 2.4/1000. One in 1 hundred people will develop it in their lifetime. Average age of onset is 25 earlier in men than women. Outcomes are worse in developed countries. What is the single most likely mental illness?

- A. Schizophrenia
- B. Depressive disorder
- C. Generalized anxiety disorder
- D. Bulimia nervosa
- E. Alcoholism

117. A 34 year old man starts punching people at the local station with no provocation. He is arrested by the police and asked to go for a mental health review. He disagrees strongly. What is the single most appropriate treatment?

- A. Detain under section IV of the mental health act
- B. Cognitive therapy
- C. Detain under the section II of the mental health act
- D. Coagulation profile
- E. No action

118. A known schizophrenic goes missing from the local hospital. He is arrested by the police but refuses to go back. He disagrees strongly he refuses to go back to hospital despite the fact he hasn't finished his course of anti-psychotic medication prescribed by the doctor . What is the single most appropriate treatment?

- A. Detain under section IV of the mental health act
- B. Cognitive therapy
- C. Electro convulsive therapy
- D. Coagulation profile
- E. No action

119. A 16 year old boy refuses to go to church despite the constant insistence of his deeply religious mother. He had previously seen a regular church goer. He disagrees strongly. What is the single most appropriate treatment?

- A. Imipramine
- B. Cognitive therapy
- C. Electro convulsive therapy
- D. Coagulation profile
- E. No action

120. A 23 year old woman complains of tearfulness and feeling low but denies any suicidal thought. She had her first child three days ago. . What is the single most appropriate treatment?

- A. Imipramine
- B. Cognitive therapy
- C. Electro convulsive therapy
- D. Coagulation profile
- E. No action

121. A 45 year old man has been on anti-depressant therapy for 6 months. He continues to deteriorate and has had 4 serious suicidal attempts in the last 10 days. . What is the single most appropriate treatment?

- A. Imipramine
- B. Cognitive therapy
- C. Electro convulsive therapy
- D. Coagulation profile
- E. Fluoxetine

122. An 18 year old lady presents at the accident and emergency with hyperventilation perioral numbness and limb paraesthesia after an argument with her boyfriend. . What is the single most appropriate option?

- A. Methadone
- B. Relaxation therapy
- C. Zopiclone
- D. Diazepam
- E. Acamprosate

123. A 22 year old female with signs and symptoms of pain and tightness in her chest presents at the accident and emergency she also complains of sinking feeling and feeling like she wants to die. She wants some medication for her condition. . What is the single most appropriate treatment?

- A. Methadone
- B. Propranolol
- C. Zopiclone
- D. Diazepam
- E. Acamprosate

124. A 23 year old newlywed lady has to go for an interview. She complains is sweaty palms and palpation and asks for your help. . What is the single most appropriate treatment?

- A. Propranolol
- B. Methadone
- C. Zopiclone
- D. Diazepam
- E. Acamprosate

125. A 35 year old lady having restlessness and pacing up and down after the death of her husband. She also finds it difficult falling asleep. . What is the single most appropriate treatment?

- A. Methadone
- B. Propranolol
- C. Zopiclone
- D. Diazepam
- E. Acamprosate

126. Affects middle aged woman more than men characterized by low mood early morning waking AND LOSS OF LIBIDO TIREDNESS AND SUICIDAL IDEATION LASTING FOR AT LEAST TWO WEEKS. What is the single most likely condition?

- A. Bipolar affective disorder
- B. Cyclothymia
- C. Dysthymia
- D. Major depression
- E. Mixed anxiety and depression

127. Characterized by alternating mood swings associated with a high of ideas elation over activity and disinhibition or low mood with lack of energy and social withdrawal. What is the single most appropriate treatment?

- A. Bipolar affective disorder
- B. Cyclothymia
- C. Dysthymia
- D. Major depression
- E. Mixed anxiety and depression

128. Occurs at least 7--10 days following childbirth characterized by loss of feeling for child loss of appetite sleep disturbance and intrusive and unpleasant thought of harming the baby. What is the single most appropriate treatment?

- A. Postnatal depression
- B. Postnatal psychosis
- C. Bipolar affective disorder
- D. Cyclothymia
- E. Dysthymia

129. Affects woman more than men characterized by presence of low mood loss of libido sleep disturbance tiredness palpation chest discomfort irritability and recurrent worries. What is the single most appropriate treatment?

- A. Bipolar affective disorder
- B. Cyclothymia
- C. Dysthymia
- D. Major depression
- E. Mixed anxiety and depression

130. Affects woman more than men recurring annual characterized by depressed mood being socially withdrawn hypersomnia lack of enjoyment in life lasting for several months. What is the single most appropriate treatment?

- A. Bipolar affective disorder
- B. Cyclothymia
- C. Dysthymia
- D. Major depression
- E. Seasonal affective disorder

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