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**Nursing**

# PMHCNS-BC

*ANCC Adult Psychiatric-Mental Health Clinical Nurse Specialist*

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### Question: 1

Which treatment modality focuses on empowering individuals to recover and regain control over their lives through self-determination and personal responsibility?

- A. Recovery model
- B. Trauma-informed care
- C. Cognitive-behavioral therapy
- D. Psychodynamic therapy

Answer: A

Explanation: The recovery model is a treatment modality that emphasizes empowering individuals with mental health conditions to recover and regain control over their lives. It recognizes that individuals have the right to self-determination and personal responsibility in their own recovery journey. The recovery model focuses on promoting hope, building resilience, fostering a sense of empowerment, and supporting individuals in achieving their goals and aspirations. It involves collaborative decision-making, person-centered planning, and a holistic approach to care that addresses not only symptoms but also social, psychological, and environmental factors.

### Question: 2

Which disorder is characterized by persistent feelings of sadness, hopelessness, and a loss of interest or pleasure in activities?

- A. Generalized anxiety disorder
- B. Major depressive disorder
- C. Obsessive-compulsive disorder
- D. Bipolar disorder

**Answer: B**

**Explanation:** Major depressive disorder is a psychiatric disorder characterized by persistent feelings of sadness, hopelessness, and a loss of interest or pleasure in activities. Other symptoms may include changes in appetite or weight, sleep disturbances, fatigue or loss of energy, feelings of worthlessness or guilt, difficulty concentrating, and recurrent thoughts of death or suicide. Major depressive disorder significantly impacts a person's daily functioning and quality of life. It is important to differentiate it from other psychiatric disorders to provide appropriate treatment and support.

**Question: 3**

Which coping mechanism involves attributing one's own unacceptable thoughts or feelings to another person?

- A. Denial
- B. Rationalization
- C. Projection
- D. Displacement

**Answer: C**

**Explanation:** Projection is a coping mechanism that involves attributing one's own unacceptable thoughts, feelings, or motives onto another person. It allows the individual to avoid acknowledging or dealing with their own internal conflicts or negative emotions by projecting them onto someone else. For example, an individual who feels angry but is unable to accept or express their anger may project their feelings onto others by accusing them of being angry. By attributing their own emotions to someone else, the individual can temporarily alleviate their own discomfort or anxiety.

**Question: 4**

Which treatment planning approach emphasizes setting specific, measurable, achievable, relevant, and time-bound goals?

- A. SMART goals
- B. Interdisciplinary interventions
- C. Available support systems
- D. Recovery-oriented care

Answer: A

Explanation: SMART is an acronym that stands for Specific, Measurable, Achievable, Relevant, and Time-bound. This approach is commonly used in treatment planning to set goals that are clear, specific, and attainable within a specific timeframe. SMART goals help guide the treatment process, provide a framework for monitoring progress, and enhance collaboration between healthcare providers and clients. By setting SMART goals, individuals and their healthcare team can work together to identify specific targets, track outcomes, and evaluate the effectiveness of interventions.

### Question: 5

Which coping mechanism involves attributing one's own unacceptable thoughts or feelings onto another person?

- A. Denial
- B. Rationalization
- C. Projection
- D. Displacement

Answer: C

**Explanation:** Projection is a coping mechanism that involves attributing one's own unacceptable thoughts, feelings, or motives onto another person. It allows the individual to avoid acknowledging or dealing with their own internal conflicts or negative emotions by projecting them onto someone else. For example, an individual who feels angry but is unable to accept or express their anger may project their feelings onto others by accusing them of being angry. By attributing their own emotions to someone else, the individual can temporarily alleviate their own discomfort or anxiety.

### **Question: 6**

Which neurostimulation technique involves the use of a magnetic field to stimulate specific areas of the brain and is commonly used in the treatment of depression?

- A. Transcranial magnetic stimulation
- B. Electroconvulsive therapy
- C. Deep brain stimulation
- D. Vagus nerve stimulation

**Answer:** A

**Explanation:** TMS is a neurostimulation technique that involves the use of a magnetic field to stimulate specific areas of the brain. It is commonly used as a non-invasive treatment for depression when other interventions, such as medication and psychotherapy, have been ineffective. TMS works by generating electrical currents in targeted brain regions, which can help regulate neural activity and alleviate depressive symptoms. It is a well-tolerated procedure that does not require anesthesia and is typically administered in an outpatient setting.

### **Question: 7**



Which assessment tool is commonly used to evaluate an individual's mental status and cognitive functioning?

- A. Safety risk assessment
- B. Trauma history assessment
- C. Diagnostic studies
- D. Mental status exam

Answer: D

Explanation: The mental status exam is a structured assessment tool commonly used by psychiatric-mental health clinical nurse specialists to evaluate an individual's mental status and cognitive functioning. It involves assessing various domains such as appearance, behavior, speech, mood, affect, thought processes, perception, cognition, and insight. The purpose of the mental status exam is to gather information about the individual's current mental state, identify any abnormalities or impairments, and aid in formulating an accurate diagnosis and treatment plan.

### Question: 8

Which therapeutic communication technique involves restating the client's words to demonstrate understanding and encourage further exploration of their thoughts and feelings?

- A. Active listening
- B. Reflection
- C. Motivational interviewing
- D. Clarification

Answer: B

Explanation: Reflection is a therapeutic communication technique that involves

restating the client's words or feelings to demonstrate understanding and encourage further exploration. By reflecting, the nurse acknowledges and validates the client's experiences, showing empathy and fostering a deeper level of communication. Reflection can help the client gain insight, clarify their thoughts and feelings, and build a therapeutic relationship based on mutual understanding and trust.

### **Question: 9**

Which communication barrier may arise when an individual has difficulty understanding written information due to limited reading skills?

- A. Cognition
- B. Literacy
- C. Language
- D. Vision

Answer: B

Explanation: Literacy refers to an individual's ability to read, write, and comprehend written information. When an individual has limited reading skills, it can create a communication barrier, particularly in healthcare settings where written information is commonly used. Limited literacy skills can hinder a person's ability to understand healthcare instructions, follow treatment plans, and make informed decisions about their care. It is important for healthcare providers to assess and address literacy barriers by using appropriate communication strategies, such as providing verbal explanations, using visual aids, or utilizing plain language materials.

### **Question: 10**

Which physiological cause should be considered when assessing an individual with sudden-onset delirium, agitation, and confusion?

- A. Urinary tract infection
- B. Thyroid dysfunction
- C. Substance intoxication
- D. Neurological trauma

Answer: A

Explanation: Sudden-onset delirium accompanied by agitation and confusion can be indicative of a physiological cause such as a urinary tract infection (UTI), particularly in older adults. UTIs can affect the central nervous system and lead to cognitive impairment and behavioral changes. It is important to consider physiological causes, such as UTIs, when assessing individuals with psychiatric symptoms, as addressing the underlying medical condition can help alleviate or improve the psychiatric symptoms.

### Question: 11

Which factor is essential to consider when providing culturally competent care?

- A. Gender-sensitive care
- B. Religious beliefs
- C. Ethnicity
- D. Socioeconomic status

Answer: B

Explanation: When providing culturally competent care, it is essential to consider an individual's religious beliefs. Religion plays a significant role in shaping a person's values, beliefs, and healthcare practices. Understanding and respecting an individual's religious beliefs can help foster a therapeutic relationship, enhance communication, and ensure that care is delivered in a manner that aligns with the individual's cultural and spiritual needs. By



acknowledging and accommodating religious beliefs, healthcare providers can promote a more holistic and patient-centered approach to care.

### **Question: 12**

Which neurostimulation technique involves the use of magnetic fields to stimulate specific areas of the brain?

- A. Transcranial magnetic stimulation
- B. Electroconvulsive therapy
- C. Deep brain stimulation
- D. Vagus nerve stimulation

Answer: A

Explanation: TMS is a neurostimulation technique that involves the use of magnetic fields to stimulate specific areas of the brain. It is a non-invasive procedure that uses electromagnetic coils placed on the scalp to deliver focused magnetic pulses to targeted brain regions. TMS has been approved for the treatment of certain psychiatric disorders, such as major depressive disorder. It is believed to modulate neuronal activity and promote changes in brain circuits associated with mood regulation.

### **Question: 13**

When using Erikson's theory of psychosocial development, which stage is typically associated with the primary task of establishing a sense of identity versus role confusion?

- A. Trust versus mistrust
- B. Autonomy versus shame and doubt
- C. Initiative versus guilt
- D. Identity versus role confusion

**Answer: D**

**Explanation:** According to Erikson's theory, the stage of identity versus role confusion occurs during adolescence, typically between the ages of 12 and 18 years. During this stage, individuals explore different roles and possibilities, seeking to establish a sense of identity and find their place in society. They may experiment with various roles, values, and beliefs. Successful resolution of this stage leads to a clear and cohesive sense of self, while failure to do so can result in confusion and uncertainty about one's identity and future direction.

**Question: 14**

Which physiological cause of psychiatric symptoms should be considered when assessing an individual with sudden-onset delirium, agitation, and confusion?

- A. Urinary tract infection
- B. Thyroid dysfunction
- C. Substance intoxication
- D. Neurological trauma

**Answer: A**

**Explanation:** UTIs can cause psychiatric symptoms, especially in older adults. Sudden-onset delirium accompanied by agitation and confusion can be indicative of a UTI in this population. UTIs can affect the central nervous system and lead to cognitive impairment and behavioral changes. It is important to consider physiological causes, such as UTIs, when assessing individuals with psychiatric symptoms, as addressing the underlying medical condition can help alleviate or improve the psychiatric symptoms.

**Question: 15**

Which treatment modality emphasizes the importance of the therapeutic relationship, empowerment, and collaboration between the client and the clinician?

- A. Recovery model
- B. Trauma-informed care
- C. Cognitive behavioral therapy
- D. Psychoanalytic therapy

Answer: A

Explanation: The recovery model is a treatment modality that focuses on the individual's personal journey of recovery from mental illness. It emphasizes the importance of the therapeutic relationship, empowerment, and collaboration between the client and the clinician. The recovery model recognizes the client as an active participant in their own care, promoting self-determination, hope, and personal growth. It aims to support the client in achieving their goals, improving their quality of life, and creating a meaningful and fulfilling existence beyond the limitations of their mental health condition.



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