

PSYCHIATRY

1. A patient underwent surgery and now is receiving medicines for pain relief. On 3rd postop day he has tremors, sweating and agitation. What is the Single most likely diagnosis from the following options?
- A. Acute confusional state
 - B. PTSD
 - C. Drug induced psychosis
 - D. Mania
2. A Kosovan gets startled easily when he hears any loud noises and has constant nightmares. What is the Single most likely diagnosis from the following options?
- A. Acute confusional state
 - B. PTSD
 - C. Drug induced psychosis
 - D. Mania
3. A person was stopped by the police and he was found to be jumping from one topic to another. What is the Single most likely diagnosis from the following options?
- A. Acute confusion state
 - B. PTSD
 - C. Drug induced psychosis
 - D. Mania
4. A man keeps running to the police station, saying that his house is not safe, but on checking that's not the case. What is the Single most likely diagnosis from the following options?
- A. Acute confusion state
 - B. PTSD
 - C. Drug induced psychosis
 - D. Schizophrenia
5. A man presents to the addiction clinic and wishes to give up his habit of drinking. Which is the Single most appropriate management for this patient?
- A. Disulfiram
 - B. Methadone
 - C. Acamprosate
 - D. Multi Vitamins
6. A heroin addict is clinically depressed and comes for treatment. Which is the Single most appropriate management for this patient?

- A. Disulfiram
- B. Methadone
- C. Acamprosate
- D. SSRI

D.

7. A woman on Lorazepam, wishes to withdraw from it. Which is the Single most appropriate management for this patient?

- A. Anti-psychotics
- B. Long acting benzodiazepine
- C. Tricyclic antidepressants
- D. Multivitamin

B.

8. A woman is on a holiday. She presents with confusion and vomiting after binge drinking for 4 hours at a rave party. Which is the Single most appropriate management for this patient?

- A. Antipsychotics
- B. Long acting benzodiazepine
- C. Tricyclic antidepressants
- D. Multivitamin

wernicke's

D.

9. A 30 year old man with psychiatric problems is put on oral anti psychotics. What is the Single most appropriate next best step in management?

- A. Stop treatment
- B. Continue same treatment
- C. Review after 3 months
- D. Regular visits to the doctor

C.

10. A patient on anti-psychotics is found to be doing well on his regular visit to his GP after 3 months since he was started on the treatment. What is the Single most appropriate next best step in management?

- A. Stop treatment
- B. Continue same treatment
- C. Review after 3 months
- D. Regular visits to the doctor

B.

Q11. A woman after pregnancy becomes very fearful and sleepless and avoids going out. She has frequent emotional outbursts, sleeplessness and clings to her child claiming inadequate bonding. Choose the single most appropriate diagnosis from the given options.

- A. Postpartum psychosis
- B. Normal reaction
- C. Depression
- D. Acute stress reaction (baby blues)

D.

Q12. A young woman fainted in the street and was brought into A&E. She weighs 33kgs. She is alert and well in A&E and states that she is on a diet and admits to not eating or drinking anything for the past 48 hrs. She says she wants to reach her target weight of 30kgs. She is annoyed that she has been brought to the hospital and adamantly states she wants to leave. What is the Single most appropriate next best step in management?

- A. Detain her under the Mental Health Act.
- B. Refer to dietician
- C. Refer to her GP
- D. Allow her to be discharged

- BMI < 18
- Anorexia
lack of insight
A

Q13. A 20 year old woman is a former heroin addict who completed a detoxification programme two weeks ago. Her partner is still using heroin and he is putting her under increasing pressure. What is the Single most appropriate next best step in management?

- A. No treatment needed
- B. Dexamphetamine tablets
- C. Notify to the drug misuse database
- D. Notify police
- E. Refer to self-help group

D.

14. A 72 year, 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 (CT) scan of brain
- B. Full blood count
- C. Neuro psychological testing
- D. Therapeutic trial of treatment with antidepressant
- E. Thyroid function test

Alzheimers
- Progressive loss of memory
Lewy body (Parkinson + visual hallucinations)
Fluctuating memory
Vascular/Multiinfarct = Stepwise

Q15. A 21 year old man tells you he is smoking 1 g of heroin daily. He has multiple injection marks on his hands and arms. He admits to injecting but says he is not yet ready to consider stopping. What is the Single most appropriate next best step in management?

- A. No treatment needed
- B. Methadone
- C. Notify to the drug misuse database
- D. Advise him on harm reduction
- E. Gradual withdrawal

D.

Q16. A 25 year old man thinks that a stranger put an amphetamine tablet into his drink at a party the previous evening. What is the Single most appropriate next best step in management?

- A. Buprenorphine tablets
- B. Chlordiazepoxide capsules
- C. Clomethiazole capsules
- D. No treatment needed
- E. Notify police

D.

Q17. A 26 year old man with a long history of substance abuse has been stable for six years. He has a job and wishes to stop using drugs. What is the Single most appropriate next best step in management?

- A Lofexidine tablets
- B Methadone mixture
- C Naltrexone tablets
- D Refer to self-help group

Q18. A 24 year old pregnant woman, who is injecting heroin, is concerned about her baby. What is the Single most appropriate next best step in management?

- A Lofexidine tablets
- B Methadone mixture
- C Naltrexone tablets
- D Refer to self-help group

Q19. A 47 year old man with a longstanding history of schizophrenia is being treated with an antipsychotic agent. He complains of a sore throat and fever and is found to have a low white blood count (WBC) and reduced neutrophils. Which is the most likely drug that is responsible for these adverse effects?

- A Amitriptyline
- B Chlorpromazine
- C Clozapine
- D Diazepam
- E Risperidone

20. A 50 year old man who is receiving treatment for bipolar affective disorder on a prophylactic agent. His thyroid stimulating hormone (TSH) level is increased and T3 and T4 levels are reduced. Which is the most likely drug that is responsible for these adverse effects?

- A Amitriptyline
- B Chlorpromazine
- C Clozapine
- D Diazepam
- E Lithium

21. A 27 year old man with a long standing history of schizophrenia is receiving antipsychotic agent. He has extra-pyramidal side effects but complains of reduced - sexual libido and erectile impotence. His Prolactin is markedly increased. Which drug is most likely responsible for these adverse effects?

- A Amitriptyline
- B Chlorpromazine
- C Clozapine
- D Diazepam

22. A 50 year old woman is receiving treatment for depression. She complains a dry mouth, blurred vision, constipation and tremors. Which drug is most likely responsible for these adverse effects?

- A. Amitriptyline
- B. Chlorpromazine
- C. Clozapine
- D. Diazepam
- E. Fluoxetine

A

23. A 29 year old man with a history of schizophrenia is receiving an antipsychotic agent. He becomes physically unwell and is found to have an elevated temperature, unstable blood pressure, excessive sweating, a raised white blood count (WBC) and raised serum creatinine phosphokinase (CPK). Which drug is most likely responsible for these adverse effects?

- A. Clozapine
- B. Fluoxetine
- C. Imipramine
- D. Phenelzine
- E. Risperidone

E

24. Prevalence 0.5-10 %, even social class distribution, incidence higher in developed countries than developing countries, 90% amongst young women and prevalence varies across ethnic groups. The condition is more common in cultures in which thinness is considered desirable. Choose the single most appropriate condition from the given options.

- A. Bulimia nervosa
- B. Depressive disorder
- C. Generalized anxiety disorder
- D. Panic disorder

A

25. Life time prevalence of 1 in 20. It affects women twice as frequently as men. Reduced prevalence in older people. Choose the single most appropriate condition from the given options.

- A. Narcotic abuse
- B. Obsessive compulsive disorder
- C. Depression
- D. Generalized anxiety disorder
- E. Panic disorder

Alcohol, mania, Schizo } - ♂
rest all common in ♀

D

26. Prevalence of 5-10% in younger adults. Women affected twice as much as men. It is the fourth most common cause of disability worldwide and expected to rise. Choose the single most appropriate condition from the given options.

- A. Narcotic abuse
- B. Obsessive compulsive disorder
- C. Depression
- D. Generalized anxiety disorder
- E. Panic disorder

C

27. Prevalence worldwide of 2.4/1000. One in a hundred people will develop it in their lifetime. Average age of onset 25 earlier in men than women outcome is worse in developed countries. Choose the single most appropriate condition from the given options.

- A Narcotic abuse
- B Obsessive compulsive disorder
- C Schizophrenia
- D Generalized anxiety disorder
- E Panic disorder

28. 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 number of everyday events and activities and is unable to control these feelings, impairing her ability to hold down her job. What is the most likely diagnosis from the given options?

- A. Generalized anxiety disorder
- B. Obsessive compulsive disorder
- C. Panic disorder
- D. Social Phobia

29. 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 most likely diagnosis from the given options?

- A. Agoraphobia
- B. PTSD
- C. Panic disorder
- D. Social Phobia

30. 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 most likely diagnosis from the given options?

- A. Schizophrenia
- B. OCD
- C. Panic disorder
- D. Social Phobia

31. 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 to rush back and allay her anxiety with a drink. What is the most likely diagnosis from the given options?

- A. Panic disorder
- B. Social Phobia
- C. ^{Phobic} Agoraphobia
- D. Depression

32. A 73 year old woman has stopped eating and drinking. She was diagnosed as having psychotic depression in her early 30s and has had 10 episodes, each requiring admission. She is on long term antidepressants and lithium. What is the next best step from the given options?

- A. CBT
- B. TCA
- C. ECT
- D. Sodium Valproate

33. 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 where he showed symptoms of both hypomania and depression. What is the most appropriate management from the given options?

- A. Benzodiazepine
- B. Lithium
- C. Carbamazepine
- D. Cognitive behaviour therapy
- E. Monoamine - oxidase (MAO) inhibitor

34. A 26 year old woman had previously suffered from the blues after the birth of her first baby. After having the second baby three months ago, she has become withdrawn, depressed and lethargic. She is convinced that her husband is trying to kill their baby. She is already on antidepressant therapy. What is the best management from the given options?

- A. Benzodiazepine
- B. Lithium
- C. ECT
- D. Cognitive behaviour therapy
- E. Monoamine - oxidase (MAO) inhibitor

35. A 28 year old dentist has developed symptom of low mood and is convinced that he is a failure despite evidence to the contrary. He is intelligent and articulate. He has poor self-esteem and makes excuses for 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 most appropriate management from the given options?

- A. Monoamine - oxidase (MAO) inhibitor
- B. CBT
- C. Sodium valproate
- D. Tricyclic antidepressant
- E. SSRI

36. 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 she is searching for a long term solution to her problem. What is the most appropriate management from the given options?

- A. Chlorpromazine
- B. Cognitive behavioral therapy
- C. Counselling
- D. Desensitization
- E. Diazepam

37. 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 most appropriate management?

- A. Cognitive behavioural therapy
- B. Lofepamine
- C. Counselling
- D. Desensitization

B

38. A 55 old woman wishes to attend her daughter's wedding in New Zealand in two weeks' time. She is frightened of flying and feels she would be unable to get on the plane. What is the most appropriate management?

- A. Cognitive behavioural therapy
- B. Lofepamine
- C. Counselling
- D. Desensitization
- E. Diazepam

E

39. 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 most appropriate best management?

- A. Chlorpromazine
- B. Cognitive behavioural therapy
- C. Counselling
- D. Desensitization

A

40. A 50 year old man in the surgical ward has suddenly become anxious and somewhat agitated. He was admitted three days ago with haematemesis which has now settled and there appears to be no other physical cause to explain his behaviour. What is the most appropriate best management?

- A. Cognitive behavioural therapy
- B. Counselling
- C. Desensitization
- D. Diazepam
- E. Hypnotherapy

Pelina
Frenchie
D.

41. A 26 year old woman has been promoted at work to a job that requires a lot of public speaking. She is worried and anxious about it and feels that she might faint. What is the single most useful intervention?

- A. Cognitive behavioural therapy
- B. Diazepam
- C. Fluoxetine
- D. Psychoanalytic psychotherapy
- E. Relaxation therapy

A

42. 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?

- A. Amitriptyline
- B. Diazepam
- C. Disulfiram
- D. Haloperidol
- E. Lithium

D

43. A girl has oral numbness & limb paraesthesia after an argument with her friend. What is the single most suitable medication to treat his symptoms?

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

panic attack

B

44. Patient is a heroin addict. He is now in the ward undergoing withdrawal and wants u to help him. What is your next best step?

- A. Methadone
- B. Propranolol
- C. Diazepam
- D. Acomprosate

A

45. An alcoholic now has been detoxified. He wants to remain sober but is scared that he might relapse. What is the best management for this patient?

- A. Methadone
- B. Propranolol
- C. Diazepam
- D. Acomprosate

D

46. A female presents with chest tightness and feeling like dying & sinking. She wants some medication for her condition. What is the single most suitable medication to treat her symptoms?

- A. Methadone
- B. Diazepam
- C. Zopiclone
- D. Amitiptyline

B

47. A patient presents with sweaty palms and palpitations as he has to go for an interview. What is the single most suitable medication to treat his symptoms?

- A. Propranolol
- B. Diazepam
- C. Acomprosate
- D. Zopiclone

A

48. A patient is restless, since the death of her husband, she pads up and down at night with difficulty falling asleep. What is the most appropriate best management for this patient?

- A. Propranolol
- B. Diazepam
- C. Acomprosate
- D. Zopiclone (no dependence)
- E. Amitriptyline

D.

49. A 40 year old lady presents with right handed involuntary writhing movement and has a strong family history. What is the most probable diagnosis from the given options?

- A. Alzheimer's dementia
- B. Alcoholic dementia
- C. Huntington's chorea
- D. Creutzfeldt- Jakob disease

C

50. A 55 year old man with no previous history of disease brought to A&E by his wife who thinks that he has become progressively more forgetful and tends to lose his temper and is emotionally labile. What is the most probable diagnosis from the given options?

- A. Alzheimer's dementia
- B. Alcoholic dementia
- E. Pick's disease
- F. Lewy body dementia
- G. Multi infarct dementia

A

51. A 77 year old man had weakness in his arm and leg from which he recovered within few days with short term memory loss and diminished extensor plantar response. He had such episodes 2 year ago and became unable to identify objects and make proper judgments. What is the most probable diagnosis from the given options?

- A. Creutzfeldt- Jakob disease
- B. Pick's disease
- C. Lewy body dementia
- D. Multi infarct dementia (vascular)

D

52. A 70 year old man has early loss of speech and memory. His visuospatial orientation is preserved. What is the most probable diagnosis from the given options?

- A. Alzheimer's dementia
- B. Pick's disease
- C. Lewy body dementia
- D. Multi infarct dementia
- E. Frontotemporal dementia

B.

53. A 25 year old woman presents at the accident and emergency department with fresh superficial lacerations of both wrists. They do not require suturing. There are numerous scars across both forearms. She has attended the accident and emergency department on several occasions recently. She is distressed and regrets her actions. What is your next best step from the given options?

- A. Arrange compulsory admission under Mental Health Act
- B. Refer to community mental health team
- C. Arrange urgent psychiatric outpatient appointment.
- D. Arrange voluntary admission to psychiatric ward.
- E. Discharge with no treatment
- F. Refer to clinical psychologist

Regrets

D

54. An 18 year old woman is brought by ambulance to the Accident and emergency department having taken 18 paracetamol tablets and some alcohol following arguments with her boy. She has no previous history of mental illness. What is your next step from the given options?

- A. Arrange compulsory admission under Mental Health Act
- B. Refer to community mental health team
- C. Arrange voluntary admission to psychiatric ward
- D. Refer to medical team
- E. Refer to surgical team
- F. Refer to clinical psychologist

D

55. A 76 year old man who has been living alone since his wife died six months ago, is brought to the Accident and Emergency Department by his family who are visiting him. He has lost interest in life and has been reflecting on his life. He feels that life is not worth living without his wife. His sons are very concerned and cannot cope with his father, the patient refuses help. What is the next step from the given options?

- A. Arrange compulsory admission under mental health act
- B. Refer to community mental health team
- C. Arrange urgent psychiatric outpatient appointment
- D. Arrange voluntary admission to psychiatric ward
- E. Discuss with carer / relative

A

56. A 46 year old woman who has been alcohol dependent for 20 year attends the Accident and Emergency Department. She has previously taken overdoses. She has recently increased her alcohol intake. She is alert and is asking for help for her problem. What is the next step from the given options?

- A. Arrange compulsory admission under mental health act
- B. Refer to community mental health team (for self help group)
- C. Arrange voluntary admission to psychiatric ward
- D. Discharge with no treatment
- E. Refer to social worker

B

57. A 21 year old man is brought by his family to the Accident and Emergency department following several days of bizarre behaviour during which there was concern that he might jump from a railway bridge. He thinks there is nothing wrong with him. What is the next step from the given options?

- A. Arrange compulsory admission under Mental Health Act
- B. Refer to community mental health team
- C. Arrange urgent psychiatric outpatient appointment
- D. Discuss with carer / relative
- E. Refer to clinical psychologist

A

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

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

E

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

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

B

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

- A Anorexia nervosa
- B Phobic anxiety disorder
- C Bulimia nervosa
- D Oesophageal carcinoma
- E Thyrotoxicosis

D

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

- A Anorexia nervosa
- B Phobic anxiety disorder
- C Bulimia nervosa
- D Obesity

C

62. 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 next best management?

- A Advice on harm minimization
- B Advice to cut down drinking
- C Amphetamine tablets
- D Buprenorphine tablets
- E Clonethiazole tablets

B

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

- A. Methadone mixture
- B. Notify the home office
- C. Notify the police
- D. No treatment indicated
- E. Refer to self-help group

64. A 78 year old woman who was previously very fit and healthy became acutely confused. She was brought to the Accident and Emergency department. Her daughter, with whom she lives, says that she had complained of some burning sensation on passing water yesterday and has been incontinent since. Urine testing shows blood, protein and nitrites. Her temperature is 37.5°C. What is the best management?

- A. Give antibiotic
- B. Give Chlormethiazole
- C. Give Glucagons
- D. Observe

65. An 81 year old man has become acutely confused. He is brought to the Accident and Emergency department. His wife says that his speech had become slurred and he was not using his right hand. These signs had disappeared by the time he was seen in the A & E dept, he was otherwise well. What is the next best management?

- A. Give intravenous (IV) saline
- B. Give pain relief
- C. Observe and give basic care
- D. Stop all drugs

66. An 87 year old woman had been admitted with confusion. Her daughter says that she has been withdrawn in the last few months, has been sleeping badly and preoccupied with dying and the worthlessness of it all. She went to her (GP) who prescribed a tablet a couple of days ago. She was not on any other treatment and examination was normal apart from confusion. What is the next best management?

- A. Discuss with the General Practitioner(GP)
- B. Give antibiotics
- C. Give Chlormethiazole
- D. Give Digoxin

67. An 80 year old man arrives in the A & E dept. by ambulance. He had been found wandering around the park. On examination, he is quite confused but physical examination and investigation are normal. His neighbour had not seen him for a while and he lives alone. His neighbour says that the man's general practitioner called last week. What is the next best management?

- A. Discuss with the General Practitioner(GP)
- B. Give antibiotics
- C. Give Chlormethiazole
- D. Give Digoxin
- E. Observe

68. A 92 year old woman had been found on the floor of her home. She had last been seen by her son two days prior to this. He said that his mother walked poorly with a frame and was prone to falls. On examination she was confused, but had no bony injuries. Investigation revealed urea was 11.3 mmol/l, creatinine — 145 mmol/l, potassium — 4.3 mmol/l sodium. What is the next best management?

- A Give intravenous (IV) dextrose 5%
- B Give intravenous (IV) saline
- C Give pain relief
- D Observe and give basic care

dehydration
B

69. A lady lacks energy and has dishevelled hair and appearance. What is the most probable cause from the given options?

- A. Low mood
- B. Chronic fatigue syndrome
- C. Thought broadcasting
- D. Thought insertion

A

70. A woman is in the hospital and feels that the staff knows what she is thinking. What is this called?

- A. Chronic fatigue syndrome
- B. Thought broadcasting
- C. Thought insertion
- D. Paranoid delusion
- E. Flight of ideas

B

71. A man has psychiatric problems and he knows he has it. What is the most probable diagnosis from the given options?

- A. Thought broadcasting
- B. Thought insertion
- C. Has insight
- D. Judgment
- E. Flight of ideas

C

72. A patient keeps on talking and he jumps from one topic to another. What is the most probable diagnosis from the given options?

- A. Thought broadcasting
- B. Thought insertion
- C. Insight
- D. Paranoid delusion
- E. Flight of ideas

E

73. More common in females than males, prevalence worldwide, more in developed countries. What is the most probable diagnosis from the given options?

- A. Depression
- B. Schizophrenia
- C. Generalized Anxiety disorder
- D. Drug abuse
- E. Anorexia nervosa

A

74. More common in those around 25 years, increases as the age advances.

- A. Depression
- B. Schizophrenia
- C. Generalized Anxiety disorder
- D. Drug abuse
- E. Alcohol intake

B

75. Worldwide prevalence 0.8 %. Worldwide incidence 80/1000; UK incidence 100/100,000. *person pre occupied with thoughts + get anxious upon interpretation*

- A. Drug abuse
- B. Alcohol intake
- C. Obsessive Compulsive disorder
- D. Post-traumatic stress disorder
- E. Anorexia nervosa

76 More common in young women than in older women.

- A. Depression
- B. Schizophrenia
- C. Generalized Anxiety disorder
- D. Anorexia nervosa

C

77. More common in women, especially in communities that prefer thin looking women.

- A. Depression
- B. Schizophrenia
- C. Generalized Anxiety disorder
- D. Anorexia nervosa

D

78. 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?

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

C

79. Female lawyer is becoming increasingly anxious when she has to speak in front of people. This is affecting her work as she needs to speak out in court. What is the best management?

- A. Cognitive and behavioural therapy
- B. Psychoanalysis
- C. Desensitization
- D. Supportive therapy
- E. Interpersonal therapy

C

*hysteria
phobias
panic attack*

80 - This treatment is very effective in endogenous anxiety phobias.

- A. Cognitive and behavioural therapy
- B. Psychoanalysis
- C. Desensitization
- D. Supportive therapy
- E. Interpersonal therapy

*scorpion
spiders*

81 - What is the most appropriate management of Arachnophobia?

- A. Cognitive and behavioural therapy
- B. Psychoanalysis
- C. Desensitization
- D. Supportive therapy
- E. Interpersonal therapy

82 What is the best management of bereavement?

- A. Cognitive and behavioural therapy.
- B. Psychoanalysis
- C. Desensitization
- D. Supportive therapy
- E. Interpersonal therapy
- F. Relation therapy

83. A 55 year old man with a long history of alcohol dependence gives a two year history of hearing voices that make derogatory comments about him. What is the SINGLE most appropriate prescription?

- A. Acamprosate calcium
- B. Mood stabilizers
- C. Antipsychotic medication
- D. Long acting benzodiazepine

(Koro syndrome)

84. Affects middle aged women more than men and characterized by low mood, early morning waking, and loss of libido, tiredness and suicidal ideation lasting for at least two weeks.

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

85. Characterized by alternating mood swings associated with a flight of ideas, elation, over activity and disinhibition, or low mood with lack of energy and social withdrawal.

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

86. Occurs at least 7-10 days following childbirth, characterized by loss of feelings for the child, loss of appetite, sleep, disturbance, and intrusive and unpleasant thoughts of harming the baby.

- A. Major Depression
- B. Mixed anxiety and depression
- C. Postnatal blues
- D. Postnatal depression
- E. Postnatal psychosis

E

87. Affects women more than men, characterized by presence of low mood, loss of libido, sleep disturbance, tiredness palpitations chest discomfort, irritability and recurrent worries.

- A. Major Depression
- B. Mixed anxiety and depression
- C. Postnatal blues
- D. Postnatal depression
- E. Postnatal psychosis

B

88. Affects women more than men. Recurring annually and characterized by depressed mood, being socially withdrawn. Hypersomnia and lack of enjoyment in life, lasting for several months is also seen.

- A. Bipolar affective disorder
- B. Cyclothymia
- C. Dysthymia (chronic depression)
- D. Major Depression
- E. Seasonal Affective Disorder

E

89. A 26 year old woman reports a history of fits which occur two to three times weekly and which last for up to 30 minutes at a time. The fits are not accompanied by tongue biting, frothing or incontinence. So far, all fits have occurred when there are observers. What is the most appropriate investigation?

- A. Creatinine clearance
- B. Electrocardiogram (ECG)
- C. Magnetic resonance imaging (MRI) of the brain
- D. Serum creatine phosphate (CPK) concentration
- E. Video electroencephalogram (EEG) for 24 hours

E

90. A 40 year old man with a history of alcohol abuse and withdrawal symptoms has had a period of inpatient detoxification. He attends for regular outpatient follow up and his consumption of alcohol needs to be monitored. What is the best investigation?

- A. Creatinine clearance
- B. Electrocardiogram (ECG)
- C. Magnetic resonance imaging (MRI) of the brain
- D. Serum creatine phosphokinase (CPK) concentration
- E. Serum Gamma Glutamyl Transaminase concentration

E

91. A 42 year old woman presents with a history of bipolar affective disorder the recurrent episodes amounting to three episodes in the previous 18 months. She has elevated creatinine levels. She is about to start treatment with lithium. Which is the single most appropriate investigation from the given options?

- A. Creatinine clearance
- B. Electrocardiogram (ECG)
- C. Magnetic resonance imaging (MRI) of the brain
- D. Plasma thyroid stimulating hormone (TSH)
- E. Serum creative phosphokinase(CPK) concentration

A

92. A 26 year old nulliparous woman presenting with a two year history of schizophrenia is currently managed on haloperidol. She has had galactorrhoea with diminished sexual libido. Which is the single most appropriate investigation from the given options?

- A. Serum gamma glutamyl transferase concentration
- B. Serum Prolactin concentration
- C. Serum urea and electrolytes concentration
- D. Urinalysis
- E. Video electroencephalogram (EEG) for 24 hours

B

93. An 18 year old woman presents with a 12 month history of anorexia nervosa characterized by a severely restrictive diet, self induced vomiting and abuse of laxatives. There is a recent history of lethargy and muscular weakness. Which is the single most appropriate investigation from the given options?

- A. Serum creative phosphokinase(CPK) concentration
- B. Serum gamma glutamyl transferase concentration
- C. Serum Prolactin concentration
- D. Serum urea and electrolytes concentration

D

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

- A. Admit and give benzodiazepine
- B. Benzodiazepine
- C. Disulfiram
- D. High potency B – vitamins
- E. Naltrexone

E

95. 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 most appropriate treatment of choice?

- A. Benzodiazepine
- B. Disulfiram
- C. Methadone
- D. Naltrexone
- E. Refer to substance misuse team

C

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

- A. Electroconvulsive therapy (ECT)
- B. Haematinics
- C. High potency B – vitamins
- D. Multivitamins
- E. Naltrexone

Koscorb

C.

97. A 46 year old woman with jaundice and 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 most appropriate treatment of choice?

- A. Benzodiazepine
- B. Chlorpromazine
- C. Diamorphine
- D. Disulfuram

Delirium tremens

A

98. A 19 year old man is admitted in a state of acute psychosis having stabbed his father with a knife. The diagnosis of schizophrenia is established and after treatment, he is free of positive symptoms, knows he has been ill and sees no likelihood of relapse in the future. What is the most appropriate prescription from the given options?

- A. Benzodiazepines
- B. Clozapine
- C. Continue with regular oral medication.
- D. Depot antipsychotics
- E. Electroconvulsive Therapy (ECT)

C

99. A 30 year old man is admitted for an acute psychotic episode of schizophrenia and is treated with oral haloperidol. He complains of stiffness of his limbs. What is the most appropriate management?

- A. Continue with regular oral medication.
- B. Hyoscine Hydrobromide
- C. No treatment
- D. Trihexyphenidyl (benzhexol)
- E. Withhold regular medication

D.

100. A 35 year old woman was diagnosed with Schizophrenia six months ago. She now has an abnormal electroencephalogram (EEG), showing a local abnormality in the right temporal lobe. Since she is already on antipsychotic medication her prescription is reviewed. What is the most appropriate management?

- A. Benzodiazepines
- B. Carbamazepine
- C. Chlorpromazine
- D. Clozapine

B

101. 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 swears to kill the agents if they approach him. What is the most likely diagnosis?

- A Korsakoff's psychosis
- B Delirium tremens
- C Lewy body dementia
- D Drug - induced psychosis
- E Paranoid schizophrenia

E

102. 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 most likely diagnosis?

grandiosity delusion

- A Korsakoff's psychosis
- B Delirium tremens
- C Bipolar disorder
- D Drug - induced psychosis
- E Paranoid schizophrenia

C

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

- A Korsakoff's psychosis
- B Delirium tremens
- C Bipolar disorder
- D Paranoid schizophrenia
- E Gilles de la Tourette syndrome

(physical tics, one vocal)

E

104. A 72 year old man presents with a sudden onset of memory impairment has been under treatment for hypertension. He shows poor short term memory with dysphasia and visual agnosia but normal visual-spatial awareness and concentration. What is the most likely diagnosis?

- A Age related cognitive decline
- B Fronto-temporal dementia
- C Alcoholic dementia
- D Dementia of lewy body type
- E Vascular dementia

E

105. A 78 year old woman presents with gradual onset of memory impairment and dyspnoea. The history is of a progressive decline. She has generalized cognitive impairment. What is the most likely diagnosis?

- A Age related cognitive decline
- B Fronto-temporal dementia
- C Alzheimer's disease
- D Dementia of lewy body type
- E Vascular dementia

C

106. A 69 year old man presents with memory impairment, fluctuating cognition and impaired attention. He gives a detailed account of visual hallucinations. Has falls quite often and has mild parkinsonism. What is the most likely diagnosis?

- A Age related cognitive decline
- B Fronto-temporal dementia
- C Alzheimer's disease
- D Dementia of lewy body type
- E Vascular dementia

D

107. A 70 year old man admitted for constipation becomes restless, irritable and has sleep disturbance. He is brought in with altered consciousness and memory. There is no significant past history of physical illness. What is the most likely diagnosis?

- A Age related cognitive decline
- B Fronto-temporal dementia
- C Alzheimer's disease
- D Pseudo dementia
- E Delirium

E

108. A 74 year old woman presents with poor concentration and short term memory loss of recent onset. There is no other cognitive impairment. She says that she has been feeling low and tired and is unable to enjoy her new pursuits. What is the most likely diagnosis?

- A Age related cognitive decline
- B Fronto-temporal dementia
- C Alzheimer's disease
- D Pseudo dementia (dementia + depression)
- E Delirium

D

109. Patient keeps on talking to you nonstop & jumps from one topic to another. What is the most likely diagnosis?

- A Post traumatic disorder
- B Thought broadcasting
- C Echo
- D Hallucination
- E Flight of Ideas

E

110. Patient has the belief that his neighbour is planning an attack. What is the most likely diagnosis?

- A Post traumatic disorder
- B Thought broadcasting
- C Hallucination
- D Illusion
- E Paranoid delusions

E

111. An old woman has been admitted and feels that the staff of the hospital knows what she is thinking all the time. What is the most likely diagnosis?

- A. Post traumatic disorder
- B. Thought broadcasting
- C. Hallucination
- D. Illusion
- E. Paranoid delusions

B

112. Patient who lost her husband is sad now and avoids eye contact. What is the most likely diagnosis?

- A. Post traumatic disorder
- B. Post natal psychosis
- C. Low mood
- D. Flight of Ideas

C

113. A man has psychiatric problem & he knows that he needs a treatment.

- A. Echo
- B. Hallucination
- C. Judgment
- D. Insight
- E. Low mood

D

114. A patient after treatment with antipsychotic says he developed hyper salivation. What is the best management?

- A. Stop the treatment
- B. Add Hyosine
- C. Stop the drug
- D. Review medication

B

115. A patient after treatment with haloperidol develops stiffness of limbs. What is the best management?

- A. Chlorpromazine
- B. Clozapine
- C. Benhexol
- D. Continue the same drug orally

C

116. A patient stabbed his father in acute psychosis, & then was treated with anti-psychotics. He now believes himself to have recovered from the illness. What is the best management?

- A. Continue the same drug orally
- B. Stop the treatment
- C. Change treatment
- D. Review medication

A

117. A patient has recurrent hiccups due to anti-psychotic treatment. What is the best management?

- A. Continue the same drug orally
- B. Stop the treatment
- C. Add Hyosine
- D. Review medication

D

118. A 73 year old man experiences his first episode of anxiety and is losing weight despite having a good appetite. There is rapid atrial fibrillation but no other cardiovascular sign. What is the most useful investigation?

- A Computed tomography (CT) scan
- B Neuropsychological testing
- C Electrocardiogram (ECG)
- D Thyroid function tests (TFTs)
- E Electroencephalogram (EEG)

D.

119. A 71 year old man has a two year history of apathy, sexual disinhibition, repetitive speech and inappropriate behaviour. Electroencephalogram (EEG) and computed tomography (CT) scan are normal. What is the most useful investigation?

- A Mental state examination
- B Computed tomography (CT) scan
- C Neuropsychological testing
- D Thyroid function tests (TFTs)
- E Electroencephalogram (EEG)

E. P. A. C.

120. A 69 year old woman, known to have Alzheimer's disease, is recently in a very variable mental state, sufferings shakes and sweats in the morning. She asks for sherry with morning tea at the day centre. What is the most useful investigation?

- A Blood glucose
- B Chest x-ray
- C Mental state examination
- D Computed tomography (CT) scan
- E Neuropsychological testing

Alcohol.

A.

121. A 72 year old woman, known to be dependent on alcohol, has bruising and tenderness over the left temple and seems more confused than usual. There is variable weakness of the right side. What is the most useful investigation?

- A Computed tomography (CT) scan
- B Neuropsychological testing
- C Electrocardiogram (ECG)
- D Thyroid function tests (TFTs)
- E Electroencephalogram (EEG)

Subdural

A

122. A 73 year old woman diagnosed with severe Alzheimer's disease presents with focal jerky movements followed by urinary incontinence and impaired consciousness. What is the most useful investigation?

- A Computed tomography (CT) scan
- B Neuropsychological testing
- C Electrocardiogram (ECG)
- D Thyroid function tests (TFTs)
- E Electroencephalogram (EEG)

A

718 1st seizure
informed by sleep
seizure during sleep
to exclude pathology

123. A 69 year old man who usually lives in a hostel for the homeless has been admitted to a general hospital because he has collapsed. 3 days after admission, he is anxious and restless, he does not know where he is and he points to objects in the room that cannot be seen by anyone else. What is the most likely diagnosis?

- A. Alzheimer's disease
- B. Chronic anxiety state
- C. Delirium
- D. Depression

124. An 84 year old woman lives alone, supported by neighbours. She has always been physically well and takes no medication. Concern has been raised because she has been trying to get into a local shop at 06:00. Her neighbours says that it is just old age but admits that the woman's memory is not as good as it used to be two years ago and is gradually getting worse. What is the most likely diagnosis?

- A. Alzheimer's disease
- B. Chronic anxiety state
- C. Delirium
- D. Depression

125. 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 of hemiparesis, associated with loss of speech. What is the most likely diagnosis?

- A. Frontal lobe syndrome
- B. Late onset schizophrenia
- C. Lewy body dementia
- D. Normal pressure hydrocephalus
- E. Vascular dementia

126. A 74 year old man says that his memory is poor. He says there is no point talking to him as he is not worth the trouble. He apologizes for his existence. His speech and movements are very slow and he has lost weight. What is the most likely diagnosis?

- A. Alzheimer's disease
- B. Chronic anxiety state
- C. Delirium
- D. Depression

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

- A. Alzheimer's disease
- B. Chronic anxiety state
- C. Delirium
- D. Depression

128. A 30 year old woman presents with a three month history of intermittent short episodes of breathlessness, palpitations, sweating and an overwhelming fear of death. These episodes occur at anytime of day and wake her at night. She has increased her alcohol consumption as a form of self-medication. What is the SINGLE most likely diagnosis?

- A. Alcohol withdrawal
- B. Epilepsy
- C. Hypoglycaemia
- D. Panic disorder
- E. Thyrotoxicosis

129. A 35 year old woman is brought in with a history of 40x500mg paracetamol tablets taken 12 hours ago. What is the most appropriate immediate best management?

- A. Admit for observation to general ward
- B. Cognitive behavior therapy
- C. Establish full psychiatric history and mental state
- D. n-acetylcysteine
- E. Nalxone
- F. Psychiatric admission

130. 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 most appropriate immediate best management?

- A. Activated charcoal
- B. Admit for observation to general ward
- C. Contact general practitioner (GP)
- D. Establish full psychiatric history and mental state
- E. Psychiatric admission
- F. Psychiatric outpatient referral

131. 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 most appropriate immediate best management?

- A. Admit for observation to general ward
- B. Contact general practitioner (GP)
- C. Establish full psychiatric history and mental state
- D. Psychiatric admission
- E. Psychiatric outpatient referral

132. 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 most appropriate immediate best management?

- A. Admit for observation to general ward
- B. Contact general practitioner (GP)
- C. Establish full psychiatric history and mental state
- D. Psychiatric admission
- E. Psychiatric outpatient referral

133. 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 does not appear sedated. What is the most appropriate immediate best management?

- A. Activated charcoal
- B. Admit for observation to general ward
- C. Establish full psychiatric history and mental state
- D. Gastric lavage
- E. n-acetylcysteine
- F. Psychiatric outpatient referral

134. A 70 year old presents with gradual onset over one to two years of loss of recent memory, emotional and behavioral disturbances and loss of insight. The normal course for this condition is death within 10 years. Choose the single most appropriate diagnosis from the given options.

- A. Alzheimer's disease
- B. Acquired immunodeficiency syndrome (AIDS) related dementia
- C. Huntington's disease
- D. Parkinson's disease

135. Gradual onset over a few weeks. There is a slowing of recall which can often be dated accurately. The patient is usually concerned about the memory loss. Choose the single most appropriate diagnosis from the given options.

- A. Alzheimer's disease
- B. Acquired immunodeficiency syndrome (AIDS) related dementia
- C. Benign old age related forgetfulness
- D. Chronic alcohol abuse
- E. Depression

136. Gradual onset over a period of several months in the fourth decade of life. There is loss of recent memory emotional and behavioural disturbances and loss of insight. The normal course is death within ten years. There is frequently a family history in close relatives. Choose the single most appropriate diagnosis from the given options.

- A. Alzheimer's disease
- B. Acquired immunodeficiency syndrome (AIDS) related dementia
- C. Huntington's disease
- D. Parkinson's disease

137. Sudden onset in fifth decade or later. There is a loss of recent memory emotional and behavioral disturbances and loss of insight. The normal course is step wise deterioration over several years. Choose the single most appropriate diagnosis from the given options.

- A. Alzheimer's disease
- B. Acquired immunodeficiency syndrome (AIDS) related dementia
- C. Huntington's disease
- D. Parkinson's disease
- E. Multi-infract dementia

138. A 28 year old man with a history of cardiac arrhythmias becomes clinically depressed. He is addicted to heroin. What is the SINGLE most appropriate prescription?

- A. Acamprosate calcium
- B. Antipsychotic medication
- C. Selective serotonin reuptake inhibitor (SSRI)
- D. Tricyclic antidepressant
- E. Long acting benzodiazepine

139. A 40 year old woman is brought to the Accident and Emergency Department 72 hours after suddenly stopping a drinking binge which lasted four days. What is the SINGLE most appropriate prescription?

- A. Disulfuram
- B. Tricyclic antidepressant
- C. Long acting benzodiazepine
- D. Vitamin B complex

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