

30

Behavioral and Psychiatric Disorders

1. A/an _____ is a strong feeling, often accompanied by physical signs such as tachycardia and diaphoresis.
 - a. disorder
 - b. emotion
 - c. nightmare
 - d. daydream
2. Any disturbance of emotional balance, manifested by maladaptive behavior and impaired function, is called:
 - a. insanity.
 - b. mental disorder.
 - c. normalcy.
 - d. malfunction.
3. Which of the following statements about mental illness is true?
 - a. In the United States, behavioral and psychiatric disorders incapacitate more people than all other health problems combined.
 - b. Mental disorders are most often incurable.
 - c. Studies have shown that most mentally disabled patients are unstable and dangerous.
 - d. Abnormal behavior is always bizarre.
4. Which of the following statements about mental illness is false?
 - a. In many cases, psychiatric illness has an organic basis.
 - b. Many patients with mental illness are calm and never present a danger.
 - c. Having a mental disorder is cause for embarrassment and shame.
 - d. Modern medical and psychotherapeutic techniques can provide stabilized treatment for most mental disorders.
5. Intermittent explosive disorder is an impulse-control disorder in which a person has an impulse to:
 - a. pull his own hair out.
 - b. defecate in unusual places.
 - c. set fires with the use of pyrotechnics.
 - d. lose control and become aggressive.
6. Delirium and dementia are examples of _____ disorders.
 - a. cognitive
 - b. psychotic
 - c. mood
 - d. somatoform
7. _____ is a type of disorder that involves gross distortions of reality.
 - a. Anxiety
 - b. Schizophrenia
 - c. Substance-related
 - d. Somatoform
8. A mood disorder consisting of alternating periods of depression and mania is called:
 - a. dementia.
 - b. psychosis.
 - c. hallucinations.
 - d. bipolar.
9. Panic disorders, phobias, and post-traumatic syndromes are all examples of _____ disorders.
 - a. insanity
 - b. mood
 - c. anxiety
 - d. paranoia
10. Dependence is a _____ craving for a chemical agent, resulting from abuse or addiction.
 - a. psychologic
 - b. physical
 - c. neural
 - d. spiritual

11. _____ disorders are a group of neurotic disorders with symptoms suggesting physical disease, but with no demonstrable organic causes.
- Dissociative
 - Somatoform
 - Eating
 - Factitious
12. A type of neurosis in which emotions are so repressed that a split occurs in the personality is what type of disorder?
- dissociative
 - somatoform
 - insanity
 - factitious
13. _____ disorders are a large category of mental disorders characterized by inflexible and maladaptive behavior that impairs a person's ability to function in society.
- Dissociative
 - Impulsive
 - Personality
 - Schizophrenic
14. Select the statement that is most correct about psychological behavior.
- Mental disorders are incurable.
 - Abnormal behavior is always bizarre.
 - All mental patients are unstable and dangerous.
 - Some type of psychological aspect accompanies every illness and injury.
15. With respect to medical legal concerns, the paramedic should be aware of local facilities and procedures for:
- alcohol ingestion.
 - registration of sexual predators.
 - crisis intervention.
 - definitive care.
16. The paramedic is responsible for knowing both local protocols and _____ regarding treatment of persons with mental illnesses.
- family wishes
 - state laws
 - advanced directives
 - federal briefs
17. Many mental illnesses have been shown to occur from a chemical alteration in the brain. These chemicals are called:
- neurons.
 - antidepressants.
 - neurotransmitters.
 - neuters.
18. Just because a person is on a "psych" drug does not mean that he has an emotional illness, as several of these agents are useful in other conditions, such as:
- diabetes.
 - toothaches.
 - acne.
 - migraine headaches.
19. When a paramedic is assessing a patient displaying abnormal motor activity, she should always consider the possibility of hypoxia, drug intoxication, blood sugar abnormality, and:
- pain.
 - abnormal thought content.
 - stimulated intellectual function.
 - mood disorders.
20. During the assessment of a patient, the paramedic should be alert for examples of overt behaviors associated with behavioral and psychiatric disorders, such as:
- poor hygiene.
 - hypoglycemia.
 - a lack of family support.
 - multiple pets.
21. _____ are irrational, intense, and obsessive fears of specific things, such as an object or a physical situation.
- Hysterias
 - Impulses
 - Anxieties
 - Phobias
22. Which of the following is an example of when the paramedic may need to transport a patient against his will?
- when the patient has no available transportation
 - when the patient exhibits a danger to others
 - when emergency dental care is needed
 - after the patient falls and needs assistance getting up

23. Most people have fears and concerns. However, these fears become _____ when they significantly interfere with normal daily activities.
- phobias
 - addictions
 - impulses
 - nightmares
24. The state of incoherent excitement, confused speech, restlessness, and sometimes hallucinations often caused by acute illness or drug intoxication is referred to as:
- depression.
 - delirium.
 - dementia.
 - paranoia.
25. The police have just turned a patient over to you after an apparent attempt to harm herself. She is sixteen years old, with a history of depression. Today she used a razor blade to make numerous superficial cuts on her arms and thighs. Which of the following approaches should be avoided with this patient?
- Ask the patient if she intended to kill herself today.
 - Ask the patient if she has any specific plans to kill herself.
 - Ask the patient if there is anyone else she would like to harm.
 - Assume the patient's actions were not an actual suicide attempt.
26. A _____ is something done by a person intending to ask for help rather than die.
- homicide attempt
 - homicide gesture
 - suicide attempt
 - suicide gesture
27. A behavioral emergency only occurs when a person is:
- insane.
 - neurotic.
 - unable to cope.
 - experiencing a loss.
28. _____ is when a patient has no conception whatsoever of reality.
- Psychosis
 - Neurosis
 - Anxiety
 - Phobia
29. The best way to deal with a patient experiencing hallucinations is:
- to use a chemical restraint.
 - the "talk-down" technique.
 - to use physical restraint.
 - to shout at the patient.
30. Which of the following is an atypical sign or symptom suggesting that a person may be depressed?
- paranoia
 - sleep disturbances
 - decreased appetite
 - significant weight loss
31. The most common organic cause of apparent emotional and psychiatric illness in the elderly population is:
- inactivity.
 - alcoholism.
 - medication.
 - seasonal weather changes.
32. Mania, or excessive hyperactivity, is an example of a/an _____ disorder.
- impulsive control
 - eating
 - personality
 - mood
33. _____ is a condition characterized by an overwhelming desire to continue taking a drug on which one has become "hooked" through repeated consumption.
- Dependence
 - Intoxication
 - Addiction
 - Abuse
34. _____ relates to acute effects of taking a substance and may or may not be related to dependence.
- Alcoholism
 - Intoxication
 - Addiction
 - Abuse
35. True _____ is both a psychologic and physical event, whereby the patient has both a physical and psychologic craving for the drug, as well as for the effect.
- dependence
 - intoxication
 - addiction
 - neurosis

36. As a rule, if a person has a psychiatric disorder and then develops a drug addition or alcoholism, the underlying psychiatric condition:
- improves.
 - worsens.
 - is cured.
 - shows no change.
37. With respect to emotional illness, the term for assuming a certain body–language position suggestive of a particular emotion is:
- affect.
 - fear.
 - mental status.
 - posture.
38. The term _____ refers to a state of mind in which one is uncertain of the present time, place, or self-identity.
- anger
 - delirium
 - confusion
 - bipolar
39. The term _____ refers to the emotional tone behind an expressed emotion or behavior.
- fear
 - anxiety
 - affect
 - mental status
40. While interviewing an emotionally disturbed patient, which of the following is a positive therapeutic interview technique the paramedic might use?
- Look directly into the patient’s eyes.
 - Promptly interrupt the patient when she becomes too talkative.
 - Avoid asking questions about the immediate problem.
 - Engage in active listening.
41. Management of behavioral emergencies begins with maintaining scene and personal safety, and then the paramedic should:
- begin the physical exam.
 - attempt to build a good rapport with the patient.
 - wait until the crisis team arrives before beginning care.
 - have the police stand over the patient.
42. If a situation escalates and you become trapped by the patient, what should you do until help arrives?
- Scream for help.
 - Do not say anything.
 - Keep talking to the patient.
 - Threaten the patient with bodily harm.
43. All of the following are factors that increase the risk that a person is suicidal, *except*:
- no prior history of suicide attempts.
 - male gender.
 - excessive alcohol or drug use.
 - a person who is divorced.
44. Studies report that the risk of suicide in men is double that of women after experiencing a divorce or marital separation primarily because:
- men are mentally weaker than women.
 - women have better support systems.
 - men lack certain female hormones.
 - women tend to remarry more quickly than men.
45. The term _____ refers specifically to physical problems brought about by underlying emotional problems.
- somatogenesis
 - pseudopsychosis
 - psychosomatic illness
 - psychogenic disease
46. You are on the scene with police for an “emotionally disturbed person.” A twenty-year-old female is pacing back and forth in her backyard, bragging about how tough she is, despite just being assaulted by her boyfriend. This patient is exhibiting clues that she:
- is bipolar.
 - may attempt suicide.
 - may develop violent behavior.
 - has ingested excessive alcohol.
47. Which of the following statements about neurotic fear is true:
- A person with neurosis is probably insane.
 - People with neurosis are not crazy.
 - Most people with neurosis cannot cope with their fears.
 - Neurosis is a normal anxiety reaction to a perceived fear.

48. Elderly persons commonly appear to have organic illnesses such as cardiac conditions when, in reality, they are:
- severely depressed.
 - lonely.
 - overmedicated.
 - undermedicated.
49. Which of the following statements best describes how phobias can be unhealthy?
- Phobias can cause AMS.
 - People with phobias are prone to ACS.
 - Phobias are not unhealthy.
 - Phobias can interfere with daily living activities.
50. Which of the following statements about the use of “open-ended” questions with behavioral patients is most accurate?
- They are used to encourage better patient responses.
 - They do not tend to lead the patient to a specific answer.
 - They are more likely to provoke an untoward emotional response.
 - They do not give the patient the opportunity to express his anger verbally.

Exam #30 Answer Form

	A	B	C	D		A	B	C	D
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	26.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	27.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	28.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	29.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	31.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	32.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	33.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	34.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	35.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	36.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	37.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	38.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	39.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	40.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	41.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	42.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	43.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	44.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	45.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	46.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	47.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	48.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	49.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	50.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>