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FIRST OPPORTUNITY EXAMINATION

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INTERNAL MODERATOR: Dr. C. K. Hlatywayo (UNAM)

This paper consists of **15 pages** including the cover page.

Instructions:

1. Read all questions carefully before answering.
2. Please follow instructions on page 1 carefully.
3. Answer all the questions.
4. Number your answers according to the numbering structure provided in the examination question paper.
5. **Submit the question paper together with the answer-sheet and exam booklet.**

Good Luck!

INSTRUCTIONS

This examination paper consists of **three sections**, namely Section A (Multiple Choice Questions), Section B (False Statements) and Section C (Short Questions). Please answer all the questions. Section A must be answered **on the ZipGrade answer-sheet provided**. Sections B and C must be answered in the UNAM examination answer booklets. The exam paper must be submitted. [Themes: Schizophrenia spectrum and other psychotic disorders; Alcohol-related, addictive, and impulse-control disorders; Paraphilias and gender dysphoria; Personality disorders]

SECTION A: MULTIPLE CHOICE [63]

Instructions: Answer all the questions by fully shading in **on the ZipGrade answer-sheet provided**, with a black pen, the space corresponding to the most accurate response. Each question is worth 1 mark.

1. Jamie was assigned male at birth and identifies as a woman. Which of the following is *most likely* to be true of Jamie?
 - a. Jamie was particularly aggressive as a child
 - b. Jamie experienced gender incongruence as a young child
 - c. Jamie was sexually attracted to other boys during adolescence
 - d. Jamie cross-dressed as a child to get attention from others
2. A man has persistent fantasies about having sex with non-consenting people. Although he has not acted on them, these fantasies have lasted for almost a year and cause the man severe distress. What diagnosis is most appropriate and why?
 - a. paraphilic disorder, because even though the man has not acted on his fantasies, they are very distressing
 - b. no mental disorder, because unless the man acts on his fantasies, there is no form of sexual deviance
 - c. sexual dysfunction, because the man is not able to achieve sexual arousal normally
 - d. orgasmic disorder, because the man requires deviant fantasies to achieve orgasm
3. A man has persistent fantasies about having sex with non-consenting people. Although he has not acted on them, these fantasies have lasted for almost a year and cause the man severe distress. What diagnosis is most appropriate and why?
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 - d. paraphilic disorder, because even though the man has not acted on his fantasies, they are very distressing

4. Steven has intense, sexually arousing fantasies of being utterly helpless while being tied up and humiliated and he finds sex partners who fulfill these urges. However, he also experiences considerable distress as a result of these encounters. Which diagnosis is most consistent with his experiences?
- exhibitionistic disorder
 - voyeuristic disorder
 - sexual masochism disorder
 - sexual sadism disorder
5. _____ are individuals who receive a sexual thrill from inflicting pain on others, and _____ are individuals who receive a sexual thrill from receiving physical pain.
- Sadists; masochists
 - Masochists; sadists
 - Transvestites; paraphiliacs
 - Paraphiliacs; transvestites
6. Victims of incest tend to be _____, and victims of pedophilia (who are not also incest victims) tend to be _____.
- male; female
 - young children; girls who are beginning to mature physically
 - girls who are beginning to mature physically; young children
 - female; male
7. Gender dysphoria is diagnosed when _____.
- a person's physical sex is inconsistent with the person's gender identity.
 - an individual receives sexual pleasure from cross-dressing.
 - an individual is born with ambiguous genitalia.
 - all of the above
8. Intersexuality refers to people who _____.
- identify as neither male nor female
 - are born with ambiguous genitals.
 - are sexually attracted to members of both sexes.
 - like to dress like the opposite sex.
9. Faro leaves work every Friday, cashes his check, and heads to the local casino. He usually spends his entire paycheck there in one night, and then heads home with a list of excuses for his partner. They are about to lose their house because they cannot pay their mortgage. This case illustrates _____.
- substance use-related disorder
 - impulsivity disorder
 - internet gaming disorder
 - gambling disorder

10. A person who is physiologically dependent on a drug will experience
- tolerance to the effects of the drug.
 - withdrawal symptoms if the drug is withdrawn.
 - both tolerance and withdrawal.
 - neither tolerance nor withdrawal.
11. Thomas steals money from his mother's handbag every time he needs to buy drugs. His substance dependence is manifested by
- withdrawal symptoms.
 - drug-seeking behaviour.
 - continuing tolerance.
 - psychological addiction.
12. Azania has been a heavy drinker for years. Her behaviour reflects confusion, loss of muscle co-ordination and unintelligible speech. Such behaviour is probably the result of
- dementia.
 - substance-abuse psychotic disorder.
 - foetal alcohol syndrome.
 - Wernicke–Korsakoff syndrome.
13. Foetal alcohol syndrome (FAS) is a combination of problems that can occur in a child whose mother drank alcohol while pregnant. Symptoms of FAS include all of the following **except**
- excessive foetal growth.
 - cognitive deficits and behaviour problems.
 - distorted facial features.
 - learning difficulties.
14. Which of the following is an accurate statement about alcohol use?
- Education is negatively correlated with recent alcohol use.
 - Eastern and southern Africa regions have the highest consumption of alcohol per drinker in the world.
 - Female students were more likely than male students to report several episodes of binge drinking in a two-week period.
 - Alcohol use in the elderly population is typically high.
15. Pyromania
- is fairly common among arsonists.
 - is a disorder where an individual is preoccupied with setting fires and the associated equipment involved in putting out those fires.
 - is fairly common among people who were bed-wetters as children.
 - all of these

16. In impulse-control disorders, the individual feels _____ prior to carrying out the act.
- relaxed and calm
 - tension and anticipation
 - spaced out
 - angry and aggressive
17. Which set of adjective pairs correctly describes the clusters into which DSM-5 personality disorders are grouped?
- Odd/eccentric, dangerous/inconsistent and shy/withdrawn
 - Shy/withdrawn, anxious/fearful and dangerous/inconsistent
 - Odd/eccentric, dramatic/emotional and anxious/fearful
 - Shy/withdrawn, dramatic/emotional and bizarre/thought disordered
18. Maxwell is always sure that others are trying to harm him. His perception that the world is a threatening place impacts most of his life. Most likely, Max would be diagnosed with the personality disorder called
- schizoid.
 - avoidant.
 - anhedonia.
 - paranoid.
19. The personality disorder that sociologists have associated with the increased attention to individualism, competitiveness, success and the short-term pleasure seeking of the 'me generation' is _____ personality disorder.
- borderline
 - schizoid
 - narcissistic
 - histrionic
20. When someone has a personality disorder,
- the person may feel that they do not have a problem.
 - the person is always distressed by his/her disorder.
 - the disorder may come and go.
 - the disorder tends to start very suddenly.
21. The reason that individuals with avoidant personality disorder avoid most relationships is that they
- generally dislike other people and prefer to be alone.
 - are extremely sensitive to the opinions of others and fear rejection.
 - are suspicious of the motives of others.
 - experience bizarre thoughts and beliefs that distance them from others.

22. The five-factor model of personality includes all of the following as personality dimensions **except** _____.
- a. neuroticism
 - b. extroversion
 - c. conscientiousness
 - d. anxious
23. The cluster approach to categorising personality disorders is based on _____
- a. sameness.
 - b. recognition.
 - c. culture.
 - d. repetition.
24. Individuals who have excessive feelings of social inadequacy, sensitivity to criticism and a need for reassurance are likely to develop either _____ personality disorder or _____ personality disorder.
- a. dependent; antisocial
 - b. dependent; narcissistic
 - c. avoidant; dependent
 - d. antisocial; schizoid
25. Of the following, the most accurate statement with regard to the treatment of avoidant personality disorder is
- a. behavioural intervention programs for anxiety and social skills have had some success.
 - b. no well controlled studies of treatment outcomes have been conducted.
 - c. there are well controlled studies, though none show any treatment success.
 - d. individuals with this disorder are seldom sufficiently motivated to succeed in treatment.
26. Petrus presents for treatment and keeps talking about how gangsters are 'out to get him'. Before diagnosing paranoid personality disorder, we must determine whether _____
- a. his family life is stable.
 - b. he has ever been in trouble with the law.
 - c. his fears are justified.
 - d. he has hallucinations.
27. Amy almost always becomes the centre of attention when she enters a room. She generally wears something striking and she makes sure she gets noticed. Amy acts in a seductive manner around men and tends to be very dramatic. In her speech, she uses very exaggerated terms, even when describing relatively ordinary situations. Amy's diagnosis is most likely _____ personality disorder.
- a. histrionic
 - b. narcissistic
 - c. borderline
 - d. obsessive-compulsive

28. Alvin is quite an introvert and a loner. He walks to class by himself, does not talk to anyone and appears indifferent to other people. It is clear that Alvin neither desires nor enjoys closeness with others. Of the following personality disorders, Alvin most likely appears to be _____.
- schizotypal
 - schizoid
 - avoidant
 - antisocial
29. Samson is viewed by many as a workaholic and not very social. He is at his desk every morning at 7:30 and takes few breaks (although these breaks are always at the same time every day). Samson is known to be a perfectionist. The problem is that he does not seem to get much accomplished since he spends so much time making sure that everything is perfect before moving on to the next task. Samson appears to suffer from _____ personality disorder.
- avoidant
 - antisocial
 - schizoid
 - obsessive-compulsive
30. Which of the following does not fit?
- histrionic personality disorder
 - borderline personality disorder
 - schizotypal personality disorder
 - antisocial personality disorder
31. When working with a patient diagnosed with dependent personality disorder, the therapist must be particularly careful that the patient does not
- take over the agenda of the sessions.
 - become inconsistent in attending sessions.
 - manipulate the therapist by being overly dramatic.
 - become overly dependent on the therapist.
32. Hector (35) lives with his parents, with whom he is very close. He agrees with almost everything they says and his opinions are generally those of his parents'. When he fell in love, his mother convinced him that his girlfriend was not good enough for him, so he stopped the relationship. Whenever he meets with his friends, it is always one of his friends who decides what they do and Herman just follows along. He is usually very submissive. Herman likely suffers from _____ personality disorder.
- dependent
 - avoidant
 - schizoid
 - multiple

33. People with narcissistic personality disorder display all of the following characteristics except
- exploitation of others.
 - demand special attention.
 - feelings of grandiosity.
 - often very ecstatic/overjoyed because they receive the adulation/adoration of others.
34. One of the likely problems a therapist may encounter while trying to help a patient with histrionic personality disorder is the patient's
- unwillingness to admit there is a problem.
 - use of threatening language.
 - lack of intellectual ability necessary to succeed in therapy.
 - manipulative use of crying, charm or seductive behaviour.
35. Nangula has difficulty maintaining relationships because she quite often goes back and forth from being a best friend to hating the people in her life. Her romantic relationships are always characterised by incredible loving passion alternating with episodes of horrible fighting, and sometimes she becomes violent and depressed. At times Nangula becomes so upset that she cuts herself and reports that this makes her feel better emotionally. Nangula most likely suffers from _____.
- major depressive disorder
 - borderline personality disorder
 - bipolar disorder
 - antisocial personality disorder
36. Given what we know about the treatment of antisocial personality disorder, the best way to ensure that a person with this disorder and a history of violence is not a threat to society is
- intensive psychotherapy.
 - medication.
 - behavioural treatment.
 - incarceration.
37. Rodney is a 16-years old. Since early childhood, he displayed violent behaviours towards other children and pets. He has been arrested several times for theft and assault. In addition to shoplifting, he has been caught stealing money from his parents' wallets and his younger sister's piggy bank. Rodney shows no guilt or remorse for the many ways that he hurts others. Rodney's current diagnosis is most likely _____ disorder.
- antisocial personality
 - conduct
 - kleptomania
 - attention deficit hyperactivity

38. Individuals who have 'ideas of reference' but who sense that these beliefs are probably unrealistic are generally diagnosed with _____ personality disorder.
- schizotypal
 - avoidant
 - antisocial
 - histrionic
39. One of the greatest challenges for any therapist treating an individual with paranoid personality disorder is
- understanding the patient's belief system.
 - getting the patient to trust the therapist.
 - convincing the patient to talk about his beliefs.
 - getting the patient to speak clearly.
40. Mason hears voices and believes he is Nelson Mandela. Mason is a person with schizophrenia and is exhibiting _____.
- disturbed psychomotor symptoms
 - positive symptoms
 - behavioral symptoms
 - negative symptoms
41. Which of the following is accurate with regard to the long-term outlook for schizophrenic patients?
- About 50% of people diagnosed with the disorder eventually recover.
 - Recovery is possible only if the person stays on medication.
 - Recovery is possible only if the patient receives psychotherapy.
 - Complete recovery from schizophrenia is rare.
42. In the 1850s, a French physician named Benedict Morel used the terms *démence* (loss of mind) *précoce* (early, premature) to describe what we now know as schizophrenia because he observed that the onset of symptoms often occurs
- in the early part of the year.
 - during adolescence.
 - in the morning.
 - because of the splitting of the mind.
43. The term 'schizophrenia' was introduced circa 1908 by a Swiss psychiatrist named
- Sigmund Freud.
 - Emil Kraepelin.
 - Eugen Bleuler.
 - Phillipe Pinel.

44. In working with schizophrenic patients, mental health professionals typically distinguish between _____ symptoms (an excess or distortion of normal behaviour) and _____ symptoms (deficits in normal behaviour).
- positive; negative
 - negative; positive
 - manic; depressive
 - affective; disorganized
45. Which of the following describes a *delusion of grandeur*?
- A familiar person is actually a double.
 - The person believes they are a famous or important person.
 - People are out to get you.
 - A body part has changed in some impossible way.
46. Christa has been diagnosed with schizoaffective disorder. This means that in addition to schizophrenic symptoms, she also has symptoms of
- Bipolar.
 - Depression.
 - A and B.
 - A or B.
47. Which of the following is the most accurate definition of *flat affect*?
- An inability to initiate and persist in activities.
 - The inability to experience pleasure.
 - A lack of emotional response, blank facial expression.
 - A lack of speech content and/or slowed speech response.
48. Mark was diagnosed with schizophrenia many years ago. Most recently, he has been exhibiting some bizarre behaviours. For example, he stands for hours in unusual postures. Mark's motor dysfunction is called
- echolalia.
 - inappropriate affect.
 - catatonic immobility.
 - alogia.
49. How do the delusions in delusional disorder differ from the delusions in paranoid schizophrenia?
- In delusional disorder, the imagined events could really be happening but there is no evidence that they are happening.
 - In paranoid schizophrenia, the imagined events have actually happened or are now happening.
 - In delusional disorder, the imagined events are so bizarre that they could never have happened and never will happen.
 - There is no difference. Delusions are defined similarly for all conditions.

50. In which of the following disorders are hallucinations and delusions NOT part of the symptom pattern?
- schizotypal personality disorder
 - schizoaffective disorder
 - schizophreniform disorder
 - brief psychotic disorder
51. Katrina is experiencing the most common form of hallucination found in schizophrenia. She ____.
- has no feeling in her fingers or toes
 - is hearing voices that no one else can hear
 - is seeing images of God that no one else can see
 - believes she is being threatened by forces that want to kill her
52. Which of the following is TRUE with regard to the genetic basis of schizophrenia?
- Researchers have discovered the gene responsible for causing schizophrenia.
 - Genes are responsible for making some individuals vulnerable to schizophrenia.
 - Both of these statements are true.
 - Neither of these statements is true.
53. The positive symptoms of schizophrenia are most closely associated with _____ activity.
- serotonin
 - norepinephrine
 - acetylcholine
 - dopamine
54. With regard to the family interactions among schizophrenic patients, the word 'schizophrenogenic' (no longer used), was first proposed in the 1940s to describe
- an emotionally distant mother whose child became schizophrenic.
 - an abusive and alcoholic father whose child became schizophrenic.
 - divorced parents who had several psychotic children.
 - a family in which relatives on both sides were psychotic.
55. The familial communication style called expressed emotion (EE), sometimes used to predict relapse rates in schizophrenic patients, includes all of the following EXCEPT
- emotional over-involvement.
 - criticism.
 - schizotypal traits.
 - hostility.
56. Assertive community treatment for schizophrenia utilises
- medication management.
 - psychological treatment.
 - vocational treatment.
 - all of the above

57. Which ordering of the phases of schizophrenia is accurate?
- residual, active, prodromal
 - active, prodromal, residual
 - prodromal, active, residual
 - active, residual, prodromal
58. Research suggests that treatments such as individual social skills training and family interventions
- cure schizophrenia.
 - reduce schizophrenic relapses.
 - are ineffective at treating schizophrenia.
 - interfere with medication benefits.
59. Andreas had a schizophrenic episode and a subsequent schizophrenia diagnosis 10 years ago. He was treated successfully with medication and returned to work. Nonetheless, Andreas still has some problems, including peculiar mannerisms and thoughts and unusual affect. What phase of schizophrenia *best* characterizes Andreas' current level of functioning?
- active phase
 - prodromal phase
 - residual phase
 - no schizophrenia phase, since his schizophrenic episode was 10 years ago
60. Which patient taking antipsychotic medications is at greatest risk for developing tardive dyskinesia?
- Carolina, a female who has been taking the medication for 10 years.
 - Martin, a male whose symptoms became evident a year ago.
 - Timo, a male who has been taking the medication for 18 months.
 - Samson, a male who was taking medication for 3 years and now his dosage has been reduced because he has been in remission from his psychotic symptoms for a year.
61. Expressed emotion has been shown to have which relationship to schizophrenia?
- Families with high expressed emotion are most likely to see relapse in their members with schizophrenia.
 - Families with high expressed emotion are least likely to see relapse in their members with schizophrenia.
 - A and B
 - High expressed emotion is a genetically determined trait in people with schizophrenia with positive symptoms.
62. When Dr. Arnold says her patient displays alogia, she means that the patient ____.
- experiences an inability to take action or become goal-oriented
 - shows little or no emotional in situations that would call for strong emotional reactions
 - experiences a lack of meaningful speech
 - displays emotions that are totally inappropriate to the situation

63. Which of the following statement is not true?
- a. 'Disorganized' symptoms of schizophrenia include erratic speech, emotions and behavior.
 - b. The personality disorder most associated with schizophrenia is schizoid personality disorder.
 - c. One of the influences associated with the development of borderline personality disorder is a history of child abuse or neglect.
 - d. The major difference between schizophrenia and schizophreniform is the duration of the psychotic symptoms.

SECTION B: FALSE STATEMENTS [6]

Instructions: Answer the following questions in your UNAM examination booklet. The following statements are all false. In one sentence for each statement, explain why the statement is false. Each question is worth 1 mark.

1. Frotteuristic disorder is characterized by urges, acts, or fantasies that involve observing an unsuspecting person who is naked, disrobing, or engaging in sexual activity.
2. The impulse-control disorder characterized by frequent aggressive outbursts leading to injury and/or destruction of property is called antisocial personality disorder.
3. The similarity between avoidant personality disorder and schizoid personality disorder is that they are both in Cluster C.
4. Prior to the DSM-5, personality disorders were included in Axis I.
5. Echolalia is the involuntary imitation of the movement of another person.
6. Believing in one's inflated worth, identity or special relationship defines the *erotomantic* type of delusional disorder.

SECTION C: SHORT QUESTIONS [31]

Answer the following short questions in your UNAM examination booklet.

Question 1

Briefly describe Transvestic disorder. [2]

Question 2

Explain the features of the treatment options for gender identity disorder. Why is it important for the patient to consider treatment options very carefully? [5]

Question 3

Briefly discuss what is meant by impulse-control disorders and describe why pathological gambling fits into this category of disorders. [5]

Question 4

Briefly explain in which ways personality disorders are different from clinical disorders presented in your test-book. [4]

Question 5

In the context of personality disorders, what does *ego-syntonic* mean? [2]

Question 6

- a) Provide two examples of positive symptoms of schizophrenia. [2]
- b) Provide two examples of negative symptoms of schizophrenia. [2]

Question 7

What is tardive dyskinesia?

[3]

Question 8

State any three reasons why life expectancy in schizophrenia is slightly less than average. [3]

Question 9

What is folie à deux?

[3]

The End.