

3. A 47-year-old Asian American man visits his physician for problems falling asleep. The man says he goes to bed every night at 11 PM and arises at 6 AM; however, he does not fall asleep until about 60 minutes after going to bed. He denies depressed mood or recent psychosocial stressors. When asked about his daily routine, he reports that he takes a brisk walk every morning and then goes to work. On the way to work, he drinks one cup of coffee, but denies any other caffeine intake during the remainder of the day. At around 9:30 PM, he eats dinner and then watches television until 11 PM, at which time he drinks 1 ounce of whiskey before retiring. Which of the following would be the best advice for this patient?
  - (A) Decrease the intensity of the morning exercise
  - (B) Eat dinner earlier in the evening
  - (C) Exercise vigorously just prior to going to bed
  - (D) Increase the amount of alcohol drunk before retiring
  - (E) Use zolpidem at bedtime as needed
4. A 15-year-old high school sophomore is brought to the emergency department by his father because of bizarre behavior during the past week. Two weeks earlier, the patient's twin brother was killed in a car accident. After the funeral, while helping to go through his brother's things, the boy began screaming and flailing about wildly, saying that his brother's guardian angel was coming to get him for not taking better care of his brother. The patient had been an excellent student and a popular athlete, with no previous psychiatric history. Which of the following is the most likely diagnosis?
  - (A) Brief psychotic disorder
  - (B) Delusional disorder
  - (C) Drug intoxication
  - (D) Grief reaction
  - (E) Schizophrenia
5. A 62-year-old Iranian American man is seen for the first time by a physician for complaints of abdominal pain. The patient states that the pain has been present for more than a year, is localized to the lower abdomen, and is "sharp and crampy" in character. He has brought with him a rather sizable stack of medical records. A careful review of the records reveals that the patient has had the same complaint for approximately 3 years, and several extensive and redundant evaluations by various physicians for pathology have been uninformative. When the physician asks the patient what he believes to be responsible for the pain, he replies, "I don't believe it's anything – I know it's cancer." When confronted with the contents of his medical records, which reveal no malignancy, the patient states, "Colon cancer runs in my family. I know that if you run another test, it'll show something serious." Which of the following is the most likely diagnosis?
  - (A) Body dysmorphic disorder
  - (B) Conversion disorder
  - (C) Hypochondriasis
  - (D) Schizophrenia
  - (E) Somatization disorder
6. A 68-year-old Latina is seen in the emergency department because of complaints of anxiety. She states she has been taking medication for anxiety for the past 10 years; however, she ran out of medication 2 days ago. She denies the use of any illicit drugs or alcohol. She does not know the name of the medication she has been taking. Laboratory studies are remarkable for a urine drug screen positive for benzodiazepines. The physician should be most concerned about withdrawal from which of the following medications?
  - (A) Alprazolam
  - (B) Buspirone
  - (C) Chlordiazepoxide
  - (D) Clonazepam
  - (E) Diazepam

7. A mother brings her 4-year-old boy to the pediatrician because he has had trouble relating to children in his new preschool. His birth history was unremarkable, but he has been slow to develop language and has required speech therapy. In the office, the child rarely makes eye contact, and he flaps his hands. When given a doll, he does not engage in imaginary play. He has no dysmorphic features, and the rest of his examination is normal. Which of the following is the most likely diagnosis?
  - (A) Asperger syndrome
  - (B) Autism
  - (C) Dyslexia
  - (D) Fragile X syndrome
  - (E) Rett syndrome
8. A 43-year-old African American woman is discharged from a 4-week-long alcohol dependence treatment program. At the end of this program, the patient discusses with her physician possible pharmacologic modalities that may assist in preventing relapse. It is decided that she begin a trial of disulfiram (Antabuse™). She is told that she must avoid ingestion or dermal contact of any substances containing alcohol. The patient asks how the medication works and is told that disulfiram inhibits an enzyme that then causes accumulation of a noxious metabolite. Inhibition of which of the following enzymes accounts for the clinically significant effect of disulfiram?
  - (A) Acetylcholinesterase
  - (B) Alcohol dehydrogenase
  - (C) Aldehyde dehydrogenase
  - (D) Cytochrome P450
  - (E) Tyrosine hydroxylase
9. On Halloween, a group of teenagers decides to go to a new haunted house that they heard had extraordinary "scary" effects. At the entrance, they laugh loudly and tease each other. This is an example of which of the following types of behavior?
  - (A) Counterphobic behavior
  - (B) Denial
  - (C) Reaction formation
  - (D) Regression
  - (E) Undoing
10. A 40-year-old man presents to the emergency department complaining of abdominal pain. He lives alone and states that he was otherwise healthy before this episode. He undergoes emergency abdominal surgery for the removal of a ruptured appendix. Three days after surgery, the patient becomes delirious, with fluctuations in his level of consciousness, but is afebrile. Which of the following would be the most likely source of this patient's delirium?
  - (A) Delirium tremens
  - (B) Infection
  - (C) Pain medications
  - (D) Postoperative depression
  - (E) Stress of surgery

15. A 16-year-old girl is brought to the psychiatrist by her mother, who had noticed that her daughter pulls her hair and chews it. It is more evident now that she has several bald patches on both sides of her head. The daughter says that pulling her hair provides some sense of relief when she feels nervous or upset. She is doing well at school and denies any other symptoms. She has seen a dermatologist, who ruled out any medical causes for the alopecia. Which of the following is the most likely diagnosis?
- (A) Bulimia nervosa
  - (B) Factitious disorder
  - (C) Major depressive disorder
  - (D) Obsessive-compulsive disorder
  - (E) Trichotillomania
16. A 30-year-old Caucasian man has been treated with antipsychotic medications for the past 6 years. He has a chronic delusion that the FBI is constantly monitoring him through hidden cameras in his apartment and listening devices in his telephone. He also claims to hear the voice of the devil telling him not to eat certain foods because his neighbors are trying to poison him. Despite several hospitalizations and multiple trials of different antipsychotic medications, his symptoms are continuously present and are very distressing. Accordingly, his psychiatrist decides to start him on clozapine. Which of the following laboratory studies should be monitored at regular intervals?
- (A) Complete blood count
  - (B) Prolactin level
  - (C) Serum glucose level
  - (D) Serum urea nitrogen and creatinine levels
  - (E) Thyroid stimulating hormone
17. A 22-year-old African American woman visits a psychiatrist for "violent mood swings." She reports that she experiences intense periods of "utter contentment" followed, often within minutes to hours, by intense feelings of depression. During these episodes, she feels she is useless and unloved by her parents and boyfriend. In addition, despite desperate attempts to engage in a long-term romantic relationship, she regrets that she can never seem to stay involved with anyone for very long, as she feels "no one understands me." In assessing past thoughts of harm to herself, she admits that she has had more than 10 suicide attempts, usually involving superficial cuts to her wrists. The patient offers that "sometimes I feel so numb, I cut myself just to feel something." Which of the following is the most likely diagnosis?
- (A) Attention deficit/hyperactivity disorder
  - (B) Bipolar disorder
  - (C) Borderline personality disorder
  - (D) Intermittent explosive disorder
  - (E) Major depression
18. A 38-year-old African American man with schizophrenia, chronic undifferentiated type, is evaluated by a psychiatrist. On mental status examination, he has a notable poverty of speech, along with poor eye contact, inattentiveness during testing, thought insertion, and flat affect. He does not appear to be actively responding to auditory hallucinations. Which of the above is the only positive symptom of schizophrenia in this patient?
- (A) Flat affect
  - (B) Inattentiveness during testing
  - (C) Poor eye contact
  - (D) Poverty of speech
  - (E) Thought insertion