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Practice Questions

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1. A PMHNP is applying the principles of feminist ethics in their clinical practice. Which of the following is a key feature of feminist ethics?

- A. Emphasizing the duties and rights of individuals independently of their relationships
- B. Prioritizing the greatest good for the greatest number in ethical decision-making
- C. Applying universal principles to every ethical situation
- D. Focusing on the importance of relationships and context in ethical decision-making

2. To prescribe psychotropic medications effectively, a Psychiatric-Mental Health Nurse Practitioner (PMHNP) must be well-versed in various core competencies. Which of the following is NOT considered one of the essential competencies?

- A. Adherence to a single medication regimen without adjustment
- B. Knowledge of pharmacokinetics and pharmacodynamics
- C. Assessment and diagnosis of mental health conditions
- D. Monitoring and evaluating patient outcomes

3. A PMHNP is evaluating a patient who has experienced severe trauma. The patient begins to describe their experiences in an overly detailed and lengthy manner, providing a significant amount of irrelevant information. What is the term for this type of speech pattern?

- A. Perseveration
- B. Circumstantiality
- C. Tangentiality
- D. Flight of ideas

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4. During the psychiatric evaluation of a patient with bipolar disorder, which of the following speech patterns is commonly observed?

- A. Pressured speech
- B. Monotone speech
- C. Stuttering
- D. Normal prosody

5. A PMHNP is providing services to adolescents in a residential treatment center and is considering implementing Dialectical Behavior Therapy (DBT) for clients with borderline personality disorder. Which of the following best describes the main goal of DBT?

- A. To eliminate all symptoms of borderline personality disorder
- B. To prevent clients from experiencing any future emotional distress
- C. To encourage clients to report emotional distress to the treatment staff immediately
- D. To help clients develop coping skills and strategies to manage intense emotions and improve interpersonal relationships

6. A PMHNP is conducting a wellness visit for an adolescent patient. Which of the following is the most important mental health topic to address during this visit?

- A. Screening for depression
- B. Discussing career interests
- C. Promoting physical exercise
- D. Addressing safe driving practices

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7. Valproate is commonly used for the treatment of bipolar disorder. Prior to initiating valproate therapy, which baseline laboratory tests are necessary?

- A. CBC with diff, HA1C, cortisol
- B. FBS, lipid panel, thyroid panel
- C. Liver function tests, CBC with diff, pregnancy test
- D. Thyroid panel, BUN/creatinine, pregnancy test



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8. As a correctional PMHNP, you are tasked with developing care plans for inmates with mental health issues. Which of the following considerations is most critical in such an environment?

- A. Ensuring all inmates receive daily physical assessments
- B. Focusing exclusively on psychotropic medication management
- C. Implementing safety protocols and observation to assess risk of harm
- D. Monitoring nonverbal cues to assess honesty during interviews

9. What term describes the amount a person has to pay out-of-pocket for medical expenses before their health insurance begins to cover expenses?

- A. Copayment
- B. Premium
- C. Out-of-pocket maximum
- D. Deductible

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10. Which of the following is a risk factor for developing depression in adolescents?

- A. High academic achievement
- B. Strong social support
- C. Regular physical activity
- D. History of family depression

11. A PMHNP is working with a client with generalized anxiety disorder. According to Beck's cognitive theory of anxiety, which of the following is a core component of anxious thinking?

- A. Labeling
- B. Blaming
- C. Catastrophizing
- D. Filtering

12. Which neurotransmitter imbalance is most commonly associated with an increased risk of anxiety disorders?

- A. Increased norepinephrine
- B. Low levels of gamma-aminobutyric acid (GABA)
- C. High levels of serotonin
- D. Elevated levels of dopamine



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13. A patient presents with symptoms of hypersomnia, increased appetite, craving for carbohydrates, fatigue, and weight gain. These symptoms suggest an excess of which neurotransmitter?

- A. Dopamine
- B. Acetylcholine
- C. Norepinephrine
- D. Serotonin

14. A patient presents with blindness, hallucinations, delusions, and significant sleep disturbances. The psychiatric nurse practitioner should suspect and assess further for which of the following diagnoses?

- A. Lewy body dementia
- B. Alzheimer's Disease
- C. Huntington's Disease
- D. Parkinson's Disease

15. In the pharmacological management of generalized anxiety disorder (GAD), which of the following medications is typically avoided?

- A. SSRIs (selective serotonin reuptake inhibitors)
- B. SNRIs (serotonin-norepinephrine reuptake inhibitors)
- C. Short-term benzodiazepines
- D. Antihistamines

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16. A patient is diagnosed with moderate to severe Parkinson's disease and is prescribed levodopa. The PMHNP is aware of the prescribing guidelines for levodopa. Which of the following medications is frequently prescribed with levodopa?

- A. It should be used in combination with an antidepressant
- B. It should be used in combination with an antipsychotic
- C. It should be used in combination with carbidopa
- D. It should be used as monotherapy



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17. Which statement most accurately describes the legal principle of confidentiality in psychiatric care?

- A. Confidentiality refers to the right of patients to access their own medical records.
- B. Confidentiality obligates patients to disclose all relevant information to health care providers.
- C. Confidentiality is the obligation of health care providers to protect the privacy of patient information.
- D. Confidentiality allows health care providers to share patient information with other providers without consent.

18. Which term describes the formal process by which a professional organization verifies that an individual has met certain qualifications and standards to practice in a specific field?

- A. Registration
- B. Certification
- C. Credentialing
- D. Licensure

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19. Which statement most accurately defines informed consent in healthcare?

- A. Legal documents outlining a patient's future healthcare wishes.
- B. Informed consent involves providing a patient with information regarding their treatment, including risks, benefits, and alternatives, as well as allowing them to make a voluntary decision.
- C. A medical decision made by the healthcare provider on behalf of the patient.
- D. Standard healthcare practice ensuring the patient receives the best possible care.

20. Which of the following statements regarding the nurse practitioner's responsibility to report suspected child abuse is true?

- A. The obligation to report suspected child abuse depends on the specific policies of the healthcare facility where the NP is employed.
- B. Nurse practitioners are legally required to report any suspected child abuse, regardless of their practice setting.
- C. Reporting suspected child abuse is only mandatory if the nurse practitioner works in a pediatric setting.
- D. Nurse practitioners may choose to report suspected child abuse based on their professional judgment without any legal obligation.



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21. Which federal insurance program provides health coverage specifically for low-income individuals and families?

- A. Medicaid
- B. Medicare
- C. Veterans Health Administration
- D. TriCare

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22. All of the following statements regarding a nurse practitioner's licensure are true except:

- A. It is the same as certification
- B. It is granted by the state government
- C. It is necessary to practice legally
- D. It may have varying requirements depending on the state

23. Which report, published by the Institute of Medicine (IOM) in 1999, drastically changed the perception of patient safety in healthcare?

- A. The Future of Nursing: Leading Change, Advancing Health
- B. Crossing the Quality Chasm: A New Health System for the 21st Century
- C. To Err is Human: Building a Safer Health System
- D. Health Professions Education: A Bridge to Quality

24. You are a nurse practitioner assessing a 10-year-old male patient who has recently been diagnosed with autism spectrum disorder (ASD). During the assessment, you consider potential behavioral and communication deficits associated with ASD. Which of the following characteristics is not typically associated with autism spectrum disorder?

- A. Impairment in social communication
- B. Sensory sensitivities
- C. Increased social interactions
- D. Restricted and repetitive behaviors

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25. Which of the following is an effective nonpharmacological intervention for the treatment of insomnia?

- A. Acupuncture
- B. Cognitive Behavioral Therapy for Insomnia (CBT-I)
- C. Melatonin supplementation
- D. CPAP therapy

26. Chronic fatigue is associated with all of the following underlying psychiatric disorders except:

- A. Obsessive-Compulsive Disorder
- B. Major Depressive Disorder
- C. Generalized Anxiety Disorder
- D. Post-Traumatic Stress Disorder

27. A 70-year-old man is brought to your clinic by his daughter, who reports that he has become increasingly forgetful over the past two years. She notes that he often misplaces household items, has difficulty following conversations or stories, and occasionally gets lost in familiar places. Additionally, his personality seems to have changed, and he appears withdrawn and less engaged in social activities. Based on this information, what is the most likely diagnosis?

- A. Parkinson's disease
- B. Creutzfeldt-Jakob disease
- C. Alzheimer's disease
- D. Vascular dementia

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28. How frequently must intrusive and distressing memories occur to meet the criteria for post-traumatic stress disorder (PTSD)?

- A. Intrusive memories that last most of the day for at least one week
- B. More days than not for a period of at least one month
- C. More days than not for a period of at least three months
- D. At least ten days a month for at least six months



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29. Which of the following statements is an example of summarization in a therapeutic conversation?

- A. Why do you feel stressed about your job?
- B. If you could change one thing about your job, what would it be?
- C. What was something positive that happened at work today?
- D. So what I'm hearing is that you're feeling overwhelmed by your workload?

30. Which of the following non-prescription supplements is commonly used to alleviate symptoms of anxiety and sleep disorders?

- A. Tryptophan
- B. Omega-3 fatty acids
- C. Fish oil
- D. Melatonin



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Answer Key & Explanations

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1. D — Focusing on the importance of relationships and context in ethical decision-making

Answer: Focusing on the importance of relationships and context in ethical decision-making Feminist ethics emphasizes the significance of relationships and the context in which ethical decisions are made. It critiques traditional ethical theories for overlooking the social and relational dimensions of human lives, and it advocates for consideration of power dynamics and care in ethical decision-making.

2. A — Adherence to a single medication regimen without adjustment

Answer: Adherence to a single medication regimen without adjustment Effective prescribing of psychotropic medications requires PMHNPs to have knowledge in pharmacokinetics and pharmacodynamics, the ability to assess and diagnose mental health conditions, and proficiency in monitoring and evaluating patient outcomes. Adherence to a single medication regimen without adjustment is not considered an essential competency, as treatment plans often need to be tailored and adjusted over time to meet the evolving needs of patients.

3. B — Circumstantiality

Answer: Circumstantiality Circumstantial speech involves the inclusion of much unnecessary detail and irrelevant information before finally reaching the point. It is frequently seen in patients with certain mental health disorders such as PTSD. For example, instead of saying "I saw a car accident," the patient might say, "I was driving to the grocery store, which is next to the park where my kids play, and I noticed traffic was heavy, and then I saw a blue car hit a red car—my brother has a red car too." Tangentiality is when a person speaks about a topic but then rapidly talks about unrelated topics and never returns to the original point. Flight of ideas is characterized by rapid, continuous speech with frequent shifts in topic. Perseveration is the persistent repetition of a word, phrase, or idea.

4. A — Pressured speech

Answer: Pressured speech Patients with bipolar disorder, especially during manic episodes, often exhibit pressured speech. This type of speech is rapid, frenetic, and difficult to interrupt. It reflects the increased activity and thoughts of the individual. Monotone speech, stuttering, and normal prosody are not characteristic of bipolar disorder. Monotone speech is usually associated with conditions like depression or certain neurological disorders, while stuttering is a speech disorder unrelated to bipolar disorder. Normal prosody indicates typical speech patterns without any abnormalities.

5. D — To help clients develop coping skills and strategies to manage intense emotions and improve interpersonal relationships

Answer: To help clients develop coping skills and strategies to manage intense emotions and improve interpersonal relationships The main goal of Dialectical Behavior Therapy (DBT) is to provide clients, especially those with borderline personality disorder, with the tools and skills needed to manage intense emotions, reduce self-destructive behaviors, and improve interpersonal relationships. DBT focuses on teaching coping skills, mindfulness, emotional regulation, and distress tolerance. While DBT aims to reduce the impact of symptoms related to borderline personality disorder, it is unrealistic to expect all symptoms to be



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completely eliminated. The therapy also does not prevent future emotional distress from occurring but rather helps clients manage their responses more effectively.

6. A — Screening for depression

Answer: Screening for depression During adolescent wellness visits, mental health screenings are crucial. Adolescents are at a heightened risk for depression and other mental health issues, which can significantly impact their development and overall well-being. Early identification and intervention can improve outcomes and support healthy development. While discussing career interests, promoting physical exercise, and addressing safe driving practices are also important, screening for depression takes precedence due to the potentially severe implications of undiagnosed and untreated mental health issues during adolescence.

7. C — Liver function tests, CBC with diff, pregnancy test

Answer: Liver function tests, CBC with diff, pregnancy test Baseline tests for valproate include liver function tests, a complete blood count (CBC) with differential, and a pregnancy test due to the teratogenic risk of the medication.

8. C — Implementing safety protocols and observation to assess risk of harm

Answer: Implementing safety protocols and observation to assess risk of harm In the correctional environment, maintaining safety is paramount. PMHNPs need to focus on safety protocols to address potential risks of harm to oneself or others, which is a critical aspect of care planning. Other considerations like nonverbal cues, physical assessments, and medication management are important but secondary to safety and risk assessment in this context.

9. D — Deductible

Answer: Deductible The deductible is the amount that a person must pay out-of-pocket for medical expenses before their health insurance starts to cover the costs. Copayment is a fixed amount a person pays for a covered health care service, usually when receiving the service. Premium is the amount a person pays for their health insurance every month. Out-of-pocket maximum is the most a person has to pay for covered services in a plan year, after which the health insurance begins to cover 100% of the costs of covered benefits.

10. D — History of family depression

Answer: History of family depression A family history of depression is a well-known risk factor for developing depression, particularly in adolescents. High academic achievement, strong social support, and regular physical activity are generally considered protective factors against depression.

11. C — Catastrophizing

Answer: Catastrophizing Beck's cognitive theory of anxiety posits that anxiety is characterized by exaggerated, distorted thinking patterns that contribute to feelings of worry, fear, and unease. Catastrophizing is a core component of anxious thinking and involves imagining the worst possible outcomes of a situation while minimizing any likelihood of positive outcomes. Filtering involves focusing entirely on the negative aspects of a situation while ignoring any positives. Labeling involves assigning a negative label to oneself based on a single event. Blaming involves attributing the cause of all negative events to external factors without considering internal causes.

12. B — Low levels of gamma-aminobutyric acid (GABA)

Answer: Low levels of gamma-aminobutyric acid (GABA). GABA is an inhibitory neurotransmitter that reduces neuronal excitability throughout the nervous system. Low levels of GABA are linked to anxiety disorders.



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Conversely, high levels of serotonin, elevated dopamine, and increased norepinephrine are not typically associated with increased risk of anxiety disorders.

13. D — Serotonin

Answer: Serotonin An excess of serotonin is associated with symptoms such as hypersomnia, increased appetite, craving for carbohydrates, fatigue, and weight gain. These are often observed in conditions like atypical depression. An excess of dopamine results in symptoms of disorganized thinking, loose associations, tics, and stereotypic behavior. An excess of acetylcholine results in over-inhibition, anxiety, somatic complaints, self-consciousness, and drooling. An excess of norepinephrine results in hyperalertness, paranoia, and decreased appetite.

14. A — Lewy body dementia

Answer: Lewy body dementia. Lewy body dementia is a type of progressive dementia that leads to a decline in thinking, reasoning, and independent function due to abnormal microscopic deposits that damage brain cells over time. These deposits are called Lewy bodies. Symptoms often include hallucinations, movement disorders, and sleep disturbances. These symptoms are different from those seen in Alzheimer's disease, which primarily affects memory, Huntington's disease, which primarily affects movement and cognition, and Parkinson's disease, which primarily affects movement.

15. D — Antihistamines

Answer: Antihistamines Antihistamines are not typically considered first-line treatment for generalized anxiety disorder (GAD). While they can help alleviate some symptoms of anxiety through their sedative effects, they are generally not recommended due to potential for significant drowsiness and other side effects. The other pharmacological management options listed here are all indicated for the treatment of GAD.

16. C — It should be used in combination with carbidopa

Answer: It should be used in combination with carbidopa Levodopa is a precursor to dopamine, and it can cross the blood-brain barrier to be converted into dopamine, which is deficient in patients with Parkinson's disease. However, levodopa can be broken down before it reaches the brain, which is why it is commonly prescribed in combination with carbidopa. Carbidopa prevents the breakdown of levodopa before it reaches the brain, increasing its effectiveness. Levodopa should not be used as monotherapy because it is less effective without carbidopa. It should not be used in combination with antidepressants or antipsychotics as these are not evidence-based treatment options for Parkinson's disease and can potentially worsen symptoms.

17. C — Confidentiality is the obligation of health care providers to protect the privacy of patient information.

Answer: Confidentiality is the obligation of health care providers to protect the privacy of patient information. This legal principle ensures that sensitive patient information is not disclosed without the patient's consent, except in specific circumstances required by law. It aims to build trust between patients and providers, encouraging full and honest communication necessary for effective care.

18. B — Certification

Answer: Certification Certification is a process by which a professional organization verifies that an individual has met specific qualifications and standards to practice in a particular field. It ensures the practitioner has mastered a body of knowledge in that specialty. Credentialing is a broader process used to protect the public by ensuring a minimum level of professional competence. Licensure is a process by which an agency of state



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government grants permission to individuals to engage in the practice of a profession, prohibiting unlicensed persons from practicing it. Registration is unrelated to professional competence verification but rather involves the act of being listed in a formal registry.

19. B — Informed consent involves providing a patient with information regarding their treatment, including risks, benefits, and alternatives, as well as allowing them to make a voluntary decision.

Answer: Informed consent involves providing a patient with information regarding their treatment, including risks, benefits, and alternatives, as well as allowing them to make a voluntary decision. Informed consent means that a patient has been informed about the potential risks, benefits, and alternatives of a treatment or procedure, and has the freedom to give or withhold their consent. A medical decision is when a healthcare provider determines the best course of action for a patient based on medical knowledge and patient needs. Standard of care is the level of care and service that a healthcare professional of ordinary prudence would provide in a given situation. An advance directive is a legal document that specifies an individual's healthcare preferences in the event they become unable to communicate those preferences themselves.

20. B — Nurse practitioners are legally required to report any suspected child abuse, regardless of their practice setting.

Answer: Nurse practitioners are legally required to report any suspected child abuse, regardless of their practice setting. In all states, nurse practitioners, along with other healthcare professionals, are mandated reporters of child abuse. This legal obligation requires them to report any reasonable suspicion of child abuse to the appropriate authorities. The duty to report is not limited by the type of practice setting or the specific policies of the healthcare facility. Failure to report suspected abuse can result in legal consequences for the nurse practitioner.

21. A — Medicaid

Medicaid provides health coverage for low-income individuals and families, and it is funded by both federal and state taxes. In contrast, Medicare, TriCare, and the Veterans Health Administration are funded by federal taxes.

22. A — It is the same as certification

Answer: It is the same as certification Licensure is a legal authorization to practice a profession within a state, and it is required to practice as a healthcare provider. It is different from certification, which is granted by professional organizations to indicate that an individual has met certain standards of competence. Licensure is granted by the state government and may have varying requirements depending on the state.

23. C — To Err is Human: Building a Safer Health System

Answer: To Err is Human: Building a Safer Health System The IOM's 1999 report, 'To Err is Human', highlighted the prevalence of medical errors in healthcare and estimated that as many as 98,000 people die each year as a result of preventable medical errors. This landmark report was a catalyst for major changes in healthcare policy and practice around patient safety.

24. C — Increased social interactions

Answer: Increased social interactions Children with autism spectrum disorder typically present with the following: 1. Restricted and repetitive behaviors. 2. Impairment in social communication and interaction. 3. Sensory sensitivities. Increased social interactions are not characteristic of children with autism spectrum disorder. These children might struggle with social interactions, not excel in them.



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25. B — Cognitive Behavioral Therapy for Insomnia (CBT-I)

Answer: Cognitive Behavioral Therapy for Insomnia (CBT-I) CBT-I is a structured program that helps individuals change thoughts and behaviors that contribute to insomnia. It is considered the first-line treatment for chronic insomnia. Melatonin is a hormone that can be used as a supplement to help regulate sleep-wake cycles, but it is considered a pharmacological option. CPAP therapy is used for the treatment of obstructive sleep apnea, not insomnia. Acupuncture is an alternative form of treatment and is not recognized as a primary intervention for chronic insomnia.

26. A — Obsessive-Compulsive Disorder

Answer: Obsessive-Compulsive Disorder Chronic fatigue may be associated with the following underlying psychiatric disorders: Major Depressive Disorder Generalized Anxiety Disorder Post-Traumatic Stress Disorder

27. C — Alzheimer's disease

Answer: Alzheimer's disease The patient's symptoms of increasing forgetfulness, difficulty following conversations, getting lost in familiar places, and personality changes most strongly suggest Alzheimer's disease, especially given the gradual onset and progression over two years. Vascular dementia often presents with a more abrupt onset and stepwise progression. Parkinson's disease typically includes motor symptoms such as tremors and stiffness. Creutzfeldt-Jakob disease is a rapidly progressing, rare condition often characterized by involuntary movements and severe cognitive impairment.

28. B — More days than not for a period of at least one month

Answer: More days than not for a period of at least one month In post-traumatic stress disorder (PTSD), intrusive and distressing memories related to the traumatic event(s) must occur more days than not for a period of at least one month to meet diagnostic criteria.

29. D — So what I'm hearing is that you're feeling overwhelmed by your workload?

Answer: "So what I'm hearing is that you're feeling overwhelmed by your workload?" Summarization statements are used to ensure that the therapist has correctly understood the client's concerns. Asking a "why" question can make the client feel defensive and is less effective in therapeutic settings. Asking what the client would change about their job is an example of a hypothetical question that prompts the client to consider potential solutions. Questions about positive events, such as "What was something positive that happened at work today?", are often used in approaches like positive psychology to foster a focus on positive experiences.

30. D — Melatonin

Answer: Melatonin Melatonin is a hormone that regulates sleep-wake cycles and is often used as a supplement to help with sleep disorders and anxiety. Other non-prescription dietary supplements with physiological effects include: Supplement Use Omega-3 fatty acids Heart disease treatment and prevention Tryptophan Nitrogen balance in adults, growth in infants, creation of niacin for serotonin production Fish oil Reduces inflammation, improves hypertriglyceridemia



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