

**NRNP 6665 Midterm Exam 2022 (100% Correct Answers) Step-by-step explanation**

**Question 1** Biofeedback, deep breathing, mindfulness, and progressive muscle relaxation are strategies that are typically used in which of the following therapies?

**ANSWER: A. Relaxation therapy**

B . Social skills training

C . Motivational Interviewing

D . Applied behavioral analysis

**Question 2** According to the APA which of the following are required to support a child's DSM5 diagnosis?

A . The child's clinical presentation fulfills the specific symptom based diagnostic criteria.

B . The child's symptoms are not caused by other diagnoses or stressors.

**ANSWER: C. The child's symptoms are impairing a child's functioning in at least two settings.**

D . A and B

**Question 3** Which of the following is NOT consistent with good sleep hygiene?

**ANSWER: A. Allow child to keep a cell phone at bedside.**

B . Establish bedtime routines and maintain consistently.

C . Limit use of electronics in the evening i.e., television, computer, etc.

D . Set and maintain a bedtime that will allow for adequate sleep.

**Question 4** Which of the following antipsychotic medications have the greatest tendency to increase appetite and body weight?

A . Aripiprazole (Abilify)

B . Ziprasidone (Geodon)

C . Haloperidol (Haldol)

**ANSWER: D. Risperidone (Risperdal)**

**Question 5** When assessing a child with disruptive or aggressive behavior, the clinician asks "Have you been thinking about or planning to hurt anyone?" to screen for which of the following diagnostic categories?

A . Safety

B . Bullying

**ANSWER: C. Conduct disorder**

D . Oppositional defiant disorder

**Question 6** The clinician assessing substance abuse in an adolescent asks, "Did you develop more mood or anxiety problems after you started using?" to screen for which of the following diagnostic possibilities?

A . Substance use disorder

B . Substance withdrawal

C . Substance tolerance

**ANSWER: D. Substance induced mental disorder**

**Question 7** When the patient lacks capacity to make a decision the nurse has the ethical responsibility to do which of the following?

A . Become a surrogate decision maker for the patient.

**ANSWER: B. Consult a formally-designated surrogate for patient choices**

C . Make safe choices for the patient based on the nurse's beliefs and values.

D . Continue to support all the patient's choices until a surrogate can be found.

**Question 8** When assessing a child who has presented with concerns of being anxious and worried, the provider asks the child "Do you get sudden surges of fear that make your body feel shaky or your heart race?" to screen for which of the following common diagnostic possibilities?

A . Obsessive -compulsive disorder

B . Posttraumatic stress disorder

**ANSWER: C. Panic disorder**

D . Separation anxiety disorder

**Question 9** Which of the following antipsychotic medications has the greatest risk for weight gain and lipid changes?

A . Ziprasidone (Geodon)

B . Aripiprazole (Abilify)

**ANSWER: C. Olanzapine (Zyprexa)**

D . Quetiapine (Seroquel)

**Question 10** A period of at least one week in which both a manic episode and a major depressive episode occur almost daily is consistent with which diagnosis?

A . Bipolar II Disorder

B . Cyclothymic Disorder

**ANSWER: C. Bipolar I Disorder, mixed episode**

D . Bipolar I Disorder, cyclothymic type