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精神病

Psychiatry

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Psychiatry

PreTest® Self-Assessment and Review

Ninth Edition

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精 神 病

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Psychiatry

PreTest® Self-Assessment and Review

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前 言

“美国医生执照考试(United States Medical Licensing Examination, USMLE)”是一种获取美国行医执照的考试,由“美国国家联邦医学学会(Federation of State Medical Board, FSMB)”和“美国国家医学考试委员会(National Board of Medical Examiners, NBME)”联合发起,由美国“外国医学生教育委员会(Educational Commission for Foreign Medical Graduates, ECFMG)”组成的联合会及“美国国家联邦医学学会”和“美国国家医学考试委员会”共同组织管理。国际上,其他一些国家的医学组织也承认此项考试。目前,这项考试已在我国的北京、上海和广州开展。有志参加此项考试的中国医学生和医生可与这项考试在北京设立的机构 Prometric 取得联系,以获取更多的信息。联系地址和方式如下:100086 北京市海淀区泛亚大厦 1201 室(Room 1201, PANA Tower, Zhichun Road, Haidian District, Beijing 100086, China), 网址: <http://www.prometric.com>, E-mail: webmaster@sylvan.com.cn。

美国医生执照考试共分三部分,即美国医生执照考试(一)(PreTest USMLE Step 1)、美国医生执照考试(二)(PreTest USMLE 2)、美国医生执照考试(三)(PreTest USMLE 3)。第一部分考试以基础医学为主,如解剖、生理、病理、药理、生化,等等。第二部分考试以临床医学为主,如内科、外科、妇产科、儿科、物理诊断、神经病、精神病,等等。第三部分试题只为美国国内医学生使用。国际上,只使用第一和第二部分考试。

为满足中国医学生和医生的需求,人民卫生出版社将陆续引进了“美国医生执照考试”的第一和第二部分系列考试丛书英文版最新版本。这套系列考试丛书不仅为有志于参加美国医生执照考试的中国医学生和医生提供帮助,更为广大的医学生和医务工作者比较中美医学教育和自己掌握的知识提供了参考。同时,该书也是学习专业英语的好教材。

INTRODUCTION

Psychiatry: PreTest® Self-Assessment and Review, Ninth Edition, has been designed to provide medical students, psychiatric residents, psychiatrists, mental health professionals, and international medical graduates with a comprehensive and convenient instrument for self-assessment and review. The 500 questions provided have been designed to parallel the topics, format, and degree of difficulty of the questions contained in the United States Medical Licensing Examination (USMLE) Step 1.

Each question in the book is accompanied by an answer, a paragraph explanation, and a specific page reference to a standard textbook or other major resource. These books have been carefully selected for their educational excellence and ready availability in most libraries. A bibliography that lists all the sources used in the book follows the last chapter. Diagnostic nomenclature is that of the fourth edition of *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).

One effective way to use this book is to allow yourself one minute to answer each question in a given chapter and to mark your answer beside the question. By following this suggestion, you will be training yourself for the time limits commonly imposed by examinations.

Since there are few absolutes in clinical practice, remember to simply choose the best possible answer. There are no “trick” questions intended. Rather, each question has been designed to address a significant topic. Some important topics are deliberately duplicated in other sections of the book when this is deemed helpful. All questions apply to the treatment of adults unless otherwise indicated.

When you have finished answering the questions in a chapter, you should then spend as much time as you need to verify your answers and to absorb the explanations. Although you should pay special attention to the explanations for the questions you answered incorrectly, you should read every explanation. Each explanation is designed to reinforce and supplement the information tested by the question. When you identify a gap in your fund of knowledge, or if you simply need more information about a topic, you should consult and study the references indicated.

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EVALUATION, ASSESSMENT, AND DIAGNOSIS

Questions

DIRECTIONS: Each item below contains a question or incomplete statement followed by suggested responses. Select the **one best** response to each question.

1. A 62-year-old female with a chronic psychiatric disorder claims that the comments of a well-known news anchorman have a special meaning that only she understands. She is convinced that when he reports on local events he is really trying to persuade her to start a "sinful relationship." This is an example of
- A visual hallucination
 - An illusion
 - A delusion of persecution
 - A delusion of reference
 - Concrete thinking
2. A medical student finds it hard to follow a patient's train of thought because he gives very long, complicated explanations and many unnecessary details before finally answering the original questions. In his report, the medical student writes that the patient displayed
- Loose associations
 - Circumstantiality
 - Goal-oriented thought processes
 - Perseveration
 - Flight of ideas
3. A delusion can best be defined as
- A false belief that meets specific psychological needs
 - A perceptual misrepresentation of a sensory image
 - A perceptual representation of a sound or an image not actually present
 - A viewpoint able to be changed when convincing evidence to the contrary is presented
 - A dissociative reaction

2 Psychiatry

4. In psychiatry, the electroencephalogram (EEG) can be helpful in the diagnosis of

- a. Intermittent explosive disorder
- b. Panic disorder
- c. Bipolar disorder
- d. Social phobia
- e. Frotteurism

5. A 7-year-old girl hospitalized for tonsillectomy awakens in the middle of the night and cries out that a “big bear” is in her room. She is relieved when a nurse turns on the light revealing that the bear was an armchair covered with a coat. This experience is an example of

- a. A delusion
- b. A hallucination
- c. An illusion
- d. A projection
- e. A dissociative reaction

Items 6–7

A 3-year-old girl is clumsy and poorly coordinated. Her language is impaired and she wrings her hands constantly. Her head is small in comparison with the rest of her body.

6. The most likely diagnosis is

- a. Asperger's disorder
- b. Down syndrome
- c. Congenital rubella
- d. Rett's disorder
- e. Childhood disintegrative disorder

7. In the *DSM-IV* this disorder is listed under

- a. Pervasive developmental disorders
- b. Mental retardation
- c. Psychotic disorders
- d. Communication disorders
- e. Learning disorders

8. A consult is requested for a 75-year-old female who underwent hip repair two days earlier, because the nurses noted that from time to time the patient “was not making any sense.” The psychiatric resident conducting the evaluation observes that the patient believes she is a young girl, still living at home with her parents. She believes the resident is her deceased father. These statements are manifestations of impaired

- a. Concentration
- b. Memory
- c. Thought associations
- d. Orientation
- e. Level of consciousness

9. A 47-year-old secretary has lost her job because, due to her perfectionism and excessive attention to trivial details, she could never finish an assignment on time. She writes innumerable lists of things to be done and follows rules scrupulously. She consistently annoys friends and family members with her lack of flexibility and her pedantic remarks. Her diagnosis is likely to be
- Obsessive-compulsive disorder
 - Paranoid personality disorder
 - Obsessive-compulsive personality disorder
 - Narcissistic personality disorder
 - Passive-aggressive personality disorder

10. An adult whose IQ score falls in the moderate range of mental retardation (IQ level 35–40 to 50–55) is expected to function at
- Seventh to ninth grade level
 - Third to sixth grade level
 - Preschool to second grade level
 - 1 to 3-years-old level
 - 18-months-old level

11. An 18-year-old woman, previously in good health, seeks help at an emergency room for light-headedness, headaches, and nausea. She appears anxious and is tremulous, sweating, and breathing heavily. These symptoms appeared suddenly 20 minutes before her arrival at the ER. While waiting to see a physician, she begins to complain of tingling around her mouth and in her fingertips. The physician should first
- Ask her to breathe into a paper bag
 - Order immediate intravenous infusion of 50 ml of 50% glucose solution
 - Arrange for a brain scan
 - Conduct an amobarbital interview
 - Draw a blood sample to evaluate blood alcohol concentration

Items 12–13

A 25-year-old man's teaching career has been abruptly terminated by a psychiatric illness. During a psychiatric evaluation he is asked the meaning of the proverb "People in glass houses should not throw stones." The patient replies, "They will break the windows."

12. This response is an example of
- Idiosyncratic thinking
 - Concrete thinking
 - Formal operation
 - Loose associations
 - Autistic thinking

13. This patient diagnosis is likely to be

- a. Dysthymia
- b. Conversion disorder
- c. Communication disorder
- d. Passive-aggressive personality disorder
- e. Schizophrenia

14. A 69-year-old man is suspected of having an acute onset of multiple small cerebral infarcts. The finding on a mental status examination that would be most supportive of this diagnosis is

- a. A decline in cognitive functioning
- b. Bizarre and idiosyncratic proverb interpretation
- c. An elated affect
- d. Loose associations
- e. Catatonic posturing

15. A 75-year-old African American male becomes profoundly depressed after his son dies in a car crash and he tells his doctor that he wants to “join Steve in Heaven.” Choose the correct statement about suicide:

- a. People who talk about their death wishes rarely kill themselves
- b. Widowers have a higher incidence of suicide than divorced people
- c. Whites are more likely to kill themselves than African Americans
- d. Women have a higher risk for completed suicide than males
- e. Elderly patients rarely commit suicide due to their stronger religious beliefs

16. A therapist considers administering the Minnesota Multiphasic Personality Inventory (MMPI) to a chronically depressed patient who does not seem to respond to treatment as well as expected. The MMPI is commonly used to

- a. Explore the patient’s unconscious thoughts and emotions
- b. Measure the patient’s intelligence
- c. Monitor severity of depressive symptoms
- d. Arrive at a definite diagnosis in ambiguous cases
- e. Better understand the patient’s beliefs, expectations, and emotional status

17. During a psychoeducational evaluation, a school psychologist shows a child a series of ambiguous pictures and asks her to make up stories about them. This projective test is called

- a. Children Depression Inventory (CDI)
- b. Rorschach Inkblot Test
- c. Thematic Apperception Test (TAT)
- d. Personality Inventory for Children (PIC)
- e. Wechsler Intelligence Scale for Children III (WISC-III)

Items 18–19

A patient has been standing, immobile, for several hours. One of his arms is stretched upward, the other is wrapped around the patient's neck. The patient does not appear aware of his surroundings and actively resists any attempt to make him change position.

18. This is an example of

- a. Apraxia
- b. Dystonia
- c. Synesthesia
- d. Catatonia
- e. Trance

19. This symptom is usually seen in patients with

- a. Schizophrenia
- b. Parkinson's disease
- c. Delirium
- d. Neuroleptic malignant syndrome
- e. Huntington's disease

20. A psychiatrist finds himself annoyed with a quarrelsome patient for no apparent reason. Later on he realizes that the patient reminds him of his disliked sibling. This is an example of

- a. Reaction formation
- b. Projection
- c. Countertransference
- d. Identification with the aggressor
- e. Illusion

21. A person is sitting alone and behaving as if listening intently, then suddenly begins to nod and mutter aloud. This person most likely is experiencing

- a. A delusion
- b. A depersonalization episode
- c. An hallucination
- d. An idea of reference
- e. Flight of ideas

22. The capacity to formulate concepts and generalize them is called

- a. Concrete thinking
- b. Abstract thinking
- c. Delusional thinking
- d. Intellectualization
- e. Rationalization

23. A 28-year-old man is brought to the ER of a local hospital by the police, who found him wandering without a coat in subzero weather, muttering about being persecuted by a secret organization. During the evaluation he is disorganized, distractible, and from time to time dozes off in the middle of a sentence. Family members deny previous psychiatric or substance abuse history, but they add that lately the patient had complained of fatigue and increased thirst. The toxic screen is negative and glucose level is 450 mg/dL. Choose the most likely diagnosis:

- a. Delirium
- b. Psychotic depression
- c. Brief psychotic episode
- d. Paranoid schizophrenia
- e. Dementia

DIRECTIONS: Each group of questions below consists of lettered options followed by numbered items. For each numbered item, select **one** lettered option. The lettered options may be used once, more than once, or not at all.

Items 24–27

Match the following vignettes with the most useful diagnostic test.

- a. EEG
- b. ECG
- c. Liver function tests
- d. Dexamethasone Suppression Test (DST)
- e. MRI
- f. Serum amylase
- g. CD4 count

24. A 35-year-old postal worker has been getting lost in familiar places he has known for years. He has been moody and irritable and “irrational.” His family members have noticed that he “makes bad decisions.” His 42-year-old sister is in a hospice, due to a chronic neurodegenerative disorder. His father died 10 years earlier, due to the same condition.

25. A 55-year-old female, through her tears, complains of having no energy and no desire for anything. Her hair is unkempt, her clothes mismatched. She has lost 20 pounds in the past two months and she wakes up every morning at 3 A.M. Her daughter reports that her mother was functioning well three months earlier.

26. A 23-year-old male is hospitalized for a fever of unknown origin and persistent cough. During the past two months he has been increasingly forgetful and “disorganized.” He stated having difficulties in balancing his checkbook and driving without getting lost. During the physical exam, the medical resident notices track marks on his arm.

27. During a period of severe marital discord, a young woman starts having episodes characterized by an altered state of consciousness, falling, rhythmic muscle contractions, and vocalizations (moaning, cries). These episodes last from 5 to 20 minutes and always take place in her husband’s presence, often in the middle of or after an argument. At the end of the episodes the patient is fully alert and oriented.

Items 28–32

Match the symptoms with the most appropriate diagnosis.

- a. Conversion disorder
- b. Specific phobia
- c. Agoraphobia
- d. Narcissistic personality disorder
- e. Body dysmorphic disorder
- f. Schizophrenia
- g. Borderline personality disorder
- h. Dissociative amnesia

28. A young woman presents to the emergency room for the third time in two months with multiple self-inflicted cuts on her arms and legs. The resident on call cleans and bandages her wounds and listens patiently while she bitterly complains about her therapist, her psychiatrist, and her family. On her way out, the patient tells the resident that he is the best doctor she has ever met and the only one who really understands her pain.

29. A young housewife is convinced that her mild acne is disfiguring. She has spent hundreds of dollars on skin products and dermatological consultations. She also underwent three dermo-abrasions but she still believes she looks like “a monster.”

30. A 50-year-old woman is trapped for hours in an elevator during a blackout. She has no memory of the hours she spent in the elevator.

31. The career of a young executive who needs to travel often for his business is much impaired because, due to his overwhelming fear of flying, he refuses all the jobs that require traveling by plane.

32. A young woman who has ambivalent feelings about separating from her family wakes up paralyzed on the morning she is scheduled to go back to college.

Items 33–36

Match each definition with the correct term.

- a. Prevalence
- b. Incidence
- c. Validity
- d. Primary prevention
- e. Secondary prevention
- f. Tertiary prevention

33. Early case finding and treatment to minimize duration of illness and to prevent permanent disability

34. The proportion of a population affected by a disorder at a given time

35. The proportion of a population that becomes affected by a disorder for the first time in a given period of time

36. Attempting to discover and eliminate the causes of mental illness

Items 37–40

Match each patient with the correct symptom.

- a. Mood disturbance
- b. Affect disturbance
- c. Disorientation
- d. Circumstantiality
- e. Tangentiality
- f. Perseveration
- g. Blocking

37. A 29-year-old patient describes witnessing a terrible plane crash that involved many victims and smiles and chuckles while telling the story.

38. An adolescent patient responds to the examiner's question with the same response he has given to a variety of previous questions.

39. A 75-year-old man is asked a question and gives a long answer that incorporates a great deal of tedious and unnecessary details.

40. A 45-year-old male with a chronic psychiatric disorder suddenly seems to forget what he wants to say, in the middle of a sentence.

Items 41–44

Match each definition with the correct term.

- a. Magical thinking
- b. Obsession
- c. Looseness of associations
- d. Echolalia
- e. Depersonalization
- f. Compulsion
- g. Nihilism
- h. Derealization

41. When asked where he lives, a patient replies with, "House, mouse, you will pay for that! I know who you are. . . . Come, come to me, little bird, little flower. . . . Stop it right now!"

42. A patient in a state hospital is convinced that she has caused the earthquake that flattened her hometown because she was wishing for a reason not to go visit her parents.

43. A 24-year-old man confides to his physician that for several weeks he has not been able to stop worrying about germs. As much as he tries, he cannot avoid the thought that everything he touches is contaminated.