

Mental Health and Psychology Practice Test Questions and Answers

1. What is 'anhedonia'?

- A) Excessive guilt
- B) Loss of pleasure in previously enjoyable activities
- C) Inability to feel anger
- D) Persistent hopelessness

2. SSRIs work primarily by:

- A) Blocking dopamine receptors
- B) Inhibiting the reuptake of serotonin into presynaptic neurons
- C) Increasing norepinephrine synthesis
- D) Stimulating GABA receptors

3. Post-traumatic growth refers to:

- A) The natural resolution of PTSD symptoms over time
- B) Positive psychological change experienced as a result of struggling with highly challenging life circumstances
- C) Increased emotional numbing following trauma
- D) Recovery to pre-trauma functioning levels

4. Trauma-informed care primarily means:

- A) Treating only PTSD diagnoses
- B) Understanding the widespread impact of trauma and integrating that knowledge into all aspects of service delivery
- C) Conducting trauma assessments at every contact
- D) Using EMDR with all clients

Answers: 1-B 2-B 3-B 4-B

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