

Psychiatric Mental Health Nurse Practitioner Practice Test Questions and Answers

1. Which medication is considered first-line treatment for major depressive disorder?

- A) Tricyclic antidepressants
- B) Selective serotonin reuptake inhibitors (SSRIs)
- C) Monoamine oxidase inhibitors (MAOIs)
- D) Benzodiazepines

2. What is the primary diagnostic criterion for schizophrenia according to DSM-5?

- A) Symptoms present for at least 2 weeks
- B) Symptoms present for at least 6 months with significant functional impairment
- C) Presence of hallucinations only
- D) Symptoms present for at least 1 year

3. Which therapeutic approach is most effective for borderline personality disorder?

- A) Cognitive behavioral therapy (CBT)
- B) Dialectical behavior therapy (DBT)
- C) Psychoanalytic therapy
- D) Exposure therapy

4. What is the recommended monitoring frequency for patients starting lithium therapy?

- A) Weekly for the first month
- B) Every 2 weeks for the first 3 months
- C) Monthly for the first 6 months
- D) Every 3 months indefinitely

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

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