

## ASSESSMENT OF 30 MCQs

### FPSC NO : 34 MCQs on Psychiatry Updates Submission DEADLINE : 29 APRIL 2010

#### INSTRUCTIONS

- With effect from 1st April 2008, the College Assessment of 30 MCQs has gone paperless.
- To submit answers to the following multiple choice questions, you are required to log on to the College Online Portal ([www.cfps2online.org](http://www.cfps2online.org))
- Attempt ALL the following multiple choice questions.
- There is only ONE correct answer for each question.
- The answers should be submitted to the College of Family Physicians Singapore via the College Online Portal before the submission deadline stated above.

#### Unit I - AN APPROACH TO INSOMNIA

1. **What percent of adults experience persistent insomnia?**
  - (A) 10.
  - (B) 20.
  - (C) 30.
  - (D) 40.
  - (E) 50.
  
2. **Which of the following is NOT a risk factor for insomnia?**
  - (A) Engaging in shift work.
  - (B) Male gender.
  - (C) Advancing age.
  - (D) Psychiatric illness.
  - (E) Chronic medical illness.
  
3. **Which of the following drugs DOES NOT HAVE insomnia as a side effect?**
  - (A) Calcium channel blockers.
  - (B) Beta-blockers.
  - (C) Phenytoin.
  - (D) Hydroxyzine.
  - (E) Oral contraceptives.

4. **Which of the following is NOT a characteristic feature of psychophysiological insomnia?**
  - (A) Poor sleep hygiene.
  - (B) Sleep performance anxiety.
  - (C) Occurs in older people (more than 40 years).
  - (D) More common in women.
  - (E) Abnormal polysomnography (PSG).
  
5. **Which of the following causes daytime fatigue and insomnia at night?**
  - (A) Depression and anxiety.
  - (B) Obstructive sleep apnoea.
  - (C) Restless leg syndrome.
  - (D) Jet lag.
  - (E) All of the above.

#### Unit 2 - NON-PHARMACOLOGICAL & PHARMACOLOGICAL OPTIONS IN MANAGING INSOMNIA

6. **Which of the following statements about stimulus control therapy of insomnia is CORRECT?**
  - (A) Leave the bed if unable to sleep within 20 minutes of being in bed.
  - (B) Napping not more than 10 minutes is allowed during the daytime.
  - (C) Watching TV in bed is allowed because it relaxes the mind in preparation for sleep.
  - (D) Maintain a regular sleep schedule.
  - (E) Exercise regularly, but not within 3-4 hours of bedtime.

**7. Which of the following is a non-pharmacological method for treating insomnia?**

- (A) Sleep hygiene.
- (B) Paradoxical intention.
- (C) Progressive muscle relaxation.
- (D) Paced respirations.
- (E) All of the above.

**8. With regards to diazepam, which of the following statements is CORRECT?**

- (A) It has a half-life of 8-24 hours.
- (B) Cognitive impairment is minimal.
- (C) Risk of tolerance is minimal.
- (D) Rage or violence is a known side effect.
- (E) All the above are correct.

**9. About the non-benzodiazepine hypnotics, Zopiclone and Zolpidem, which of the following is a characteristic feature of this group of drugs?**

- (A) They are less addictive compared to benzodiazepines.
- (B) They may cause a bitter taste in the mouth and throat.
- (C) They have long half lives.
- (D) Paradoxical disinhibition often occurs.
- (E) Memory tests done seven to eight hours after the drug is consumed are still impaired.

**10. About the use of antihistamines for insomnia, which of the following statements of this group of drugs is CORRECT?**

- (A) This group of drugs causes dependence.
- (B) This group of drugs is suitable for use for chronic insomnia.
- (C) Dry mouth is the commonest side-effect.
- (D) Dothiepin is an example of this group of drugs.
- (E) Cognitive impairment rarely occurs with its use.

**Unit 3 - ADMINISTRATIVE GUIDELINES IN INSOMNIA**

**11. Which of the following statements taken from the Administrative Guidelines on the prescribing of benzodiazepines and other hypnotics is CORRECT?**

- (A) Each medical record of a patient treated for insomnia needs to be typewritten to ensure legible documentation.
- (B) Each patient's medical record must be entirely reproducible upon request by the Ministry of Health or Singapore Medical Council within 14 days.
- (C) In the record of every patient, a comprehensive summary is expected.

- (D) Each time a patient is prescribed a benzodiazepine or other hypnotic, the indication and justification for such a prescription must be documented.
- (E) Physical signs of substance abuse or evidence of tolerance needs to be documented in each visit only if present.

**12. About appropriate use of benzodiazepines, which of the following should be avoided?**

- (A) Nimetazepam.
- (B) Midazolam.
- (C) Lorazepam.
- (D) Zopiclone.
- (E) Zolpidem.

**13. Which of the following statements on appropriate use of benzodiazepines is CORRECT?**

- (A) The dosage of benzodiazepine / other hypnotic used should be the usual and customary dose to achieve symptomatic relief.
- (B) The concurrent prescribing of two or more benzodiazepines is occasionally allowed.
- (C) The patient should be warned about rebound insomnia with the use of benzodiazepines and this warning be documented.
- (D) Repeat prescriptions for benzodiazepines / other hypnotics can occasionally be provided without a clinical review.
- (E) A history of alcohol abuse is a firm contraindication for prescribing benzodiazepines.

**14. A patient who requires or has been prescribed benzodiazepines / other hypnotics beyond a cumulative period of X weeks must be referred to the appropriate specialist for further management. What is X?**

- (A) 4.
- (B) 6.
- (C) 8.
- (D) 10.
- (E) 12.

**15. What routine warning should be given when benzodiazepines is given?**

- (A) Drowsiness is a side effect.
- (B) Mental alertness may be impaired.
- (C) Physical incoordination may occur.
- (D) Concomitant use of alcohol is to be avoided.
- (E) All of the above..

#### Unit 4 - DEPRESSIVE DISORDER: MANAGEMENT IN PRIMARY CARE

- 16. Which of the following is the commonest psychiatric problem to be encountered in primary care practice?**
- (A) Schizophrenia.
  - (B) Depressive disorder.
  - (C) Borderline personality disorder.
  - (D) Obsessive compulsive disorder.
  - (E) Dementia.
- 17. In the history taking of a patient with a depressive disorder, which of the following factors should be explored?**
- (A) Predisposing factors.
  - (B) Perpetuating factors.
  - (C) Precipitating factors.
  - (D) Protective factors.
  - (E) All of the above.
- 18. About the side effects of serotonin reuptake inhibitors (SSRIs), which of the following is uncommon?**
- (A) Blurred vision.
  - (B) Nausea.
  - (C) Headache.
  - (D) Dizziness.
  - (E) Somnolence.
- 19. Which of the following antidepressants has significant antihistamine H<sub>1</sub>-receptor blocking activity?**
- (A) Bupropion.
  - (B) Imipramine.
  - (C) Mirtazapine.
  - (D) Fluoxetine.
  - (E) None of the above.
- 20. Which of the following is NOT a side effect of the tricyclic antidepressants?**
- (A) Urinary retention.
  - (B) Postural hypotension.
  - (C) Sinus bradycardia.
  - (D) Blurred vision.
  - (E) Increased appetite.

#### Unit 5 - ANXIETY DISORDERS: AN APPROACH WITH FOCUS ON PANIC DISORDER

- 21. Which of the following non-pharmacological strategies is useful in managing anxiety?**
- (A) Cognitive-behavioural therapy.
  - (B) Therapeutic alliance.
  - (C) Education on the underlying disorder.
  - (D) Teaching relaxation skills.
  - (E) All the above are useful.
- 22. Psychological symptoms of anxiety include ALL of the following EXCEPT:**
- (A) Poor concentration.
  - (B) Insomnia or nightmares.
  - (C) Trembling and shaking.
  - (D) Sexual dysfunction.
  - (E) Irritability,
- 23. In which of the following situations is anxiety considered pathological?**
- (A) It is disproportionate to the risks and severity of the danger /stressor faced.
  - (B) It continues even when the danger/ stressor is no longer present.
  - (C) It interferes with social, vocational or physical aspects of daily life.
  - (D) It leads to avoidance of certain situations.
  - (E) All of the above.
- 24. The following conditions can present with associated anxiety symptoms EXCEPT:**
- (A) Adult respiratory distress syndrome.
  - (B) Panic disorder.
  - (C) Hypothyroidism.
  - (D) Hypoglycaemia.
  - (E) Cognitive disorder.
- 25. Which of the following statements about agoraphobia is INCORRECT? It:**
- (A) Is a type of anxiety disorder.
  - (B) Often happens in people who travel in groups.
  - (C) Is derived from the Greek words meaning "fear of marketplace".
  - (D) Is defined as the fear of experiencing a difficult or embarrassing situation from which the patient cannot escape.
  - (E) Is often the end result of the avoidance phenomenon.

**Unit 6 - SUICIDE IN SINGAPORE****26. Which of the following statements about suicide is CORRECT?**

- (A) The suicide rates are very high in Eastern Europe and East Asia.
- (B) The rate in Singapore is lower than that in Hong Kong, Taiwan, Japan and China.
- (C) The highest rates in Singapore are in elderly Chinese males (40.3 per 100,000).
- (D) The lowest suicide rates in Singapore are in Malay females (1.8 per 100,000).
- (E) All of the above are correct.

**27. For the period 2002 to 2004, what was the suicide rate in Singapore?**

- (A) 2.2%.
- (B) 3.2%.
- (C) 4.2%
- (D) 4.2%
- (E) 5.2%.

**28. Which of the following is a NOT a risk factor for suicide?**

- (A) Having one or more addictions.
- (B) Having a mental illness.
- (C) Being a foreign worker working in Singapore.
- (D) Having a gregarious personality.
- (E) Being a foreign student studying in Singapore.

**29. In Singapore, which is the commonest method of suicide?**

- (A) Jumping in front of a moving vehicle.
- (B) Hanging.
- (C) Jumping from a height.
- (D) Gassing at home or in a car.
- (E) Overdosing with medications.

**30. There are some push and pull factors in suicide. Which of the following is considered a push factor?**

- (A) Good self-esteem.
- (B) History of family suicide.
- (C) Financially secure and employed.
- (D) Good family and social support.
- (E) Good physical and mental health.