

BEHAVIORAL HEALTH END OF ROTATION (EOR) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. In a patient with a history of depressed mood and significant weight gain, what should be the next diagnostic step?**
 - A. Administer a Mini-Mental State Examination
 - B. Have the patient complete a Patient Health Questionnaire-9
 - C. Order a complete metabolic panel and serum thyroid stimulating hormone level
 - D. Refer the patient to a psychiatrist for evaluation
- 2. Before starting a methylphenidate patch, which evaluation should be performed on a 12-year-old boy?**
 - A. Cardiac evaluation
 - B. Hormone level evaluation
 - C. Liver function testing
 - D. Thyroid evaluation
- 3. What best describes the mechanism of action for SSRIs in treating panic disorders?**
 - A. Increased dopamine release
 - B. Inhibition of norepinephrine reuptake
 - C. Increasing serotonin levels in the synaptic cleft
 - D. Blocking GABA receptors
- 4. What effect from cigarette smoking contributes significantly to atherogenesis?**
 - A. Increased heart rate
 - B. Chronic inflammation
 - C. Elevated blood pressure
 - D. Reduced oxygen supply
- 5. What symptom combination might indicate borderline personality disorder?**
 - A. Intense fear of abandonment and recurrent substance abuse
 - B. Consistent mood swings and chronic fatigue
 - C. Social withdrawal and apathy
 - D. Delusions and hallucinations

- 6. Which behavior might indicate a focus on attention-seeking in a patient presenting with histrionic personality traits?**
- A. Telling elaborate stories
 - B. Maintaining a low profile
 - C. Demonstrating self-effacement
 - D. Exhibiting independent thinking
- 7. Which disorder is characterized by the presence of both mood and psychotic symptoms?**
- A. Bipolar disorder
 - B. Schizoaffective disorder
 - C. Major depressive disorder with psychotic features
 - D. Paranoid schizophrenia
- 8. Which class of medications is considered the first-line treatment for long-term management of panic disorders?**
- A. Beta-blockers
 - B. SSRIs
 - C. Tricyclic antidepressants
 - D. MAOIs
- 9. In assessing a patient's substance use history, which behavioral pattern would most strongly suggest alcohol abuse?**
- A. Frequent travel
 - B. Consistent job history
 - C. Legal troubles related to fights
 - D. Excessive internet use
- 10. Which substance use is most likely implicated in a case presenting symptoms of agitation, dilated pupils, and increased heart rate?**
- A. Alcohol
 - B. Cocaine
 - C. Heroin
 - D. LSD

Answers

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1. C
2. A
3. C
4. B
5. A
6. A
7. B
8. B
9. C
10. B

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Explanations

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1. In a patient with a history of depressed mood and significant weight gain, what should be the next diagnostic step?

- A. Administer a Mini-Mental State Examination
- B. Have the patient complete a Patient Health Questionnaire-9
- C. Order a complete metabolic panel and serum thyroid stimulating hormone level**
- D. Refer the patient to a psychiatrist for evaluation

In a patient with a history of depressed mood and significant weight gain, the most appropriate next diagnostic step is to order a complete metabolic panel and serum thyroid-stimulating hormone (TSH) level. This approach is essential because both depression and weight gain can be influenced by underlying medical conditions, particularly thyroid dysfunction, such as hypothyroidism. Hypothyroidism can present with symptoms including fatigue, weight gain, and depression, and it's crucial to rule out these physiological causes before making a diagnosis purely based on psychiatric evaluation. Evaluating the metabolic panel can help assess electrolyte levels, kidney function, and liver enzymes, which are important to understand the overall health of the patient and identify any potential metabolic causes for the symptoms. The TSH level specifically provides insight into thyroid function. If there is an abnormal finding, it may direct subsequent management or treatment for the patient's mood disorder. On the other hand, while administering a Mini-Mental State Examination or having the patient complete the Patient Health Questionnaire-9 could give insights into cognitive function and severity of depression, respectively, they do not address potential underlying medical causes. Referring the patient to a psychiatrist, although could be appropriate later in the process, should not be the immediate step without first ensuring there are no medical conditions

2. Before starting a methylphenidate patch, which evaluation should be performed on a 12-year-old boy?

- A. Cardiac evaluation**
- B. Hormone level evaluation
- C. Liver function testing
- D. Thyroid evaluation

When considering the initiation of treatment with a methylphenidate patch, it is essential to perform a cardiac evaluation, particularly in children and adolescents with attention-deficit/hyperactivity disorder (ADHD) who may be prescribed stimulant medications. Methylphenidate, as a stimulant, can elevate blood pressure and heart rate, and there has been concern regarding the cardiovascular effects of these medications. The American Heart Association recommends screening for cardiovascular risk factors, including a thorough history and physical examination focusing on the cardiovascular system, before starting treatment with stimulants. This may include assessing for a personal or family history of cardiac issues such as arrhythmias, congenital heart defects, or other significant cardiovascular conditions. In this case, the appropriateness of a cardiac evaluation reflects the recognized need to ensure the safety of the child when prescribing medications that may have cardiovascular implications, making it the most pertinent evaluation prior to initiating treatment with the methylphenidate patch. Hormone level evaluation, liver function testing, and thyroid evaluation, while important in various clinical scenarios, do not have the same direct relevance or recommendation prior to starting stimulant medications. Therefore, they are not prioritized in this context.

3. What best describes the mechanism of action for SSRIs in treating panic disorders?

- A. Increased dopamine release
- B. Inhibition of norepinephrine reuptake
- C. Increasing serotonin levels in the synaptic cleft**
- D. Blocking GABA receptors

The mechanism of action for selective serotonin reuptake inhibitors (SSRIs) in treating panic disorders primarily involves increasing serotonin levels in the synaptic cleft. SSRIs work by selectively blocking the reuptake of serotonin by neurons, which leads to an accumulation of serotonin in the synaptic cleft. This increase in serotonin availability enhances its action on postsynaptic receptors, contributing to improved mood, reduced anxiety, and alleviation of panic symptoms. In the context of panic disorders, effective serotonin signaling is thought to regulate mood and anxiety responses. By boosting serotonin levels, SSRIs help to stabilize emotional states and mitigate the symptoms associated with panic, such as sudden feelings of intense fear and physiological responses like increased heart rate. Other mechanisms, such as the release of dopamine or inhibition of norepinephrine reuptake, are not the primary function of SSRIs, and blocking GABA receptors would actually have the opposite effect needed for treatment, as GABA is an inhibitory neurotransmitter that helps to calm neuronal excitability. Understanding the specific role of serotonin provides insight into why SSRIs are often first-line treatments for anxiety and panic disorders.

4. What effect from cigarette smoking contributes significantly to atherogenesis?

- A. Increased heart rate
- B. Chronic inflammation**
- C. Elevated blood pressure
- D. Reduced oxygen supply

Chronic inflammation plays a crucial role in the process of atherogenesis, which is the development of atherosclerotic plaques in the arteries. Cigarette smoking introduces a variety of harmful substances into the body that lead to endothelial injury, promoting an inflammatory response. This inflammation is characterized by the activation of immune cells and the release of pro-inflammatory cytokines, which contribute to the dysfunction of endothelial cells and the accumulation of lipids in the arterial wall. Over time, this process leads to the formation of plaques, narrowing the arteries and increasing the risk of cardiovascular diseases. While increased heart rate, elevated blood pressure, and reduced oxygen supply are also effects of cigarette smoking that can contribute to cardiovascular issues, they do not specifically drive the atherogenic process in the same way that chronic inflammation does. High blood pressure might contribute to arterial damage, and elevated heart rate can place additional strain on the cardiovascular system, but the underlying mechanism of plaque formation and atherosclerosis is closely linked to the persistent inflammatory state induced by smoking. Thus, the inflammatory response is a central factor in the progression of atherosclerosis.

5. What symptom combination might indicate borderline personality disorder?

A. Intense fear of abandonment and recurrent substance abuse

B. Consistent mood swings and chronic fatigue

C. Social withdrawal and apathy

D. Delusions and hallucinations

The symptom combination of intense fear of abandonment and recurrent substance abuse aligns well with the diagnostic criteria for borderline personality disorder (BPD). One of the hallmark features of BPD is an overwhelming fear of abandonment, which can lead to frantic efforts to avoid real or imagined separation. This intense emotional instability often results in individuals engaging in various harmful behaviors, including substance abuse, as a coping mechanism to manage their distress or emotional pain. Substance abuse may serve as a maladaptive strategy to escape intense emotions or to fill a perceived emptiness, which is also characteristic of individuals with BPD. Therefore, this combination exemplifies the core emotional and behavioral patterns associated with the disorder, highlighting the complexity of interpersonal relationships and the risk factors that accompany BPD.

6. Which behavior might indicate a focus on attention-seeking in a patient presenting with histrionic personality traits?

A. Telling elaborate stories

B. Maintaining a low profile

C. Demonstrating self-effacement

D. Exhibiting independent thinking

The indication of attention-seeking behavior is most clearly reflected in the tendency to tell elaborate stories. Patients with histrionic personality traits often exhibit dramatic and theatrical behavior to capture the attention of others. Making stories more elaborate serves as a means to engage others, elicit emotional responses, and maintain a central role in social interactions. This desire for attention can manifest in a variety of ways, but storytelling is a particularly telling behavior that aligns well with the characteristics of histrionic personality disorder. In contrast, maintaining a low profile, demonstrating self-effacement, and exhibiting independent thinking do not typically correlate with attention-seeking behaviors. These actions are generally more associated with introversion, modesty, or a lack of desire for external validation—traits that are contrary to the defining characteristics of histrionic personality traits, which thrive on being in the spotlight and garnering others' attention and admiration.

7. Which disorder is characterized by the presence of both mood and psychotic symptoms?

- A. Bipolar disorder
- B. Schizoaffective disorder**
- C. Major depressive disorder with psychotic features
- D. Paranoid schizophrenia

Schizoaffective disorder is characterized by the presence of both mood symptoms and psychotic symptoms. In this disorder, an individual experiences episodes where they meet the criteria for a mood disorder, such as a major depressive episode or mania, alongside symptoms typical of psychosis, such as hallucinations or delusions. This combination distinctly separates schizoaffective disorder from conditions that involve either mood symptoms or psychotic symptoms alone. In contrast, while bipolar disorder does involve mood fluctuations (mania and depression), it does not necessarily include the persistent psychotic symptoms that are characteristic of schizoaffective disorder. Major depressive disorder with psychotic features also involves mood disruptions with psychotic symptoms, but this is specifically limited to depressive episodes, not to the broader spectrum of mood states. Paranoid schizophrenia primarily involves persistent psychotic symptoms and does not encompass the significant mood components found in mood disorders. Therefore, schizoaffective disorder is the only option that captures both elements in a cohesive manner.

8. Which class of medications is considered the first-line treatment for long-term management of panic disorders?

- A. Beta-blockers
- B. SSRIs**
- C. Tricyclic antidepressants
- D. MAOIs

The first-line treatment for the long-term management of panic disorders is SSRIs (Selective Serotonin Reuptake Inhibitors). SSRIs are widely used due to their efficacy in reducing panic attack frequency and severity, as well as their relatively favorable side effect profile compared to other classes of medications. They work by increasing the levels of serotonin in the brain, which can help improve mood and anxiety symptoms. Studies have consistently shown that SSRIs are more effective than many other medications for treating panic disorder. They not only address the acute symptoms of anxiety that occur during panic attacks but also help prevent future episodes, making them ideal for long-term management. While beta-blockers may provide temporary relief for the physical symptoms of anxiety (such as palpitations), they do not address the underlying psychological components of panic disorder. Tricyclic antidepressants, though effective, are often not the first choice due to their potential for more severe side effects compared to SSRIs. Similarly, MAOIs (Monoamine Oxidase Inhibitors) are less commonly used as a first-line treatment due to dietary restrictions and side effects. Therefore, SSRIs are clearly established as the preferred initial treatment for long-term management of panic disorders.

9. In assessing a patient's substance use history, which behavioral pattern would most strongly suggest alcohol abuse?

- A. Frequent travel
- B. Consistent job history
- C. Legal troubles related to fights**
- D. Excessive internet use

The behavioral pattern most strongly suggesting alcohol abuse is legal troubles related to fights. When a patient engages in physical altercations or other legal issues, it often reflects a loss of control that is commonly associated with alcohol consumption. Individuals with alcohol abuse issues may have impaired judgment and increased aggression, which can lead to confrontations requiring legal intervention. In the context of substance use, such behavioral manifestations indicate that the individual may be using alcohol in a manner that is disruptive to their life, potentially resulting in serious consequences such as arrests or criminal charges. This pattern highlights the potential severity of their substance use, marking it as a significant red flag for alcohol abuse. Other options, while they can sometimes relate to substance use, do not specifically indicate alcohol abuse as clearly. Frequent travel may suggest an active lifestyle or job requirements, consistent job history implies stability, and excessive internet use might indicate other behavioral issues but does not explicitly pertain to alcohol consumption patterns. Therefore, legal troubles related to fights is the most indicative of alcohol-related problems.

10. Which substance use is most likely implicated in a case presenting symptoms of agitation, dilated pupils, and increased heart rate?

- A. Alcohol
- B. Cocaine**
- C. Heroin
- D. LSD

The symptoms of agitation, dilated pupils, and increased heart rate are commonly associated with stimulant substances, particularly cocaine. Cocaine acts as a powerful stimulant of the central nervous system, leading to heightened levels of energy, increased alertness, and a state of agitation. One of its prominent effects includes the stimulation of the sympathetic nervous system, resulting in physiological changes such as dilated pupils and an increased heart rate. Unlike stimulants, substances such as alcohol and heroin typically result in depressant effects, leading to sedation, muscle relaxation, and, in the case of heroin, miosis rather than mydriasis (constricted pupils). LSD, while it can cause anxiety or agitation, primarily induces visual and auditory hallucinations and does not consistently present with the heightened heart rate and pupil dilation seen with cocaine use. Thus, when evaluating the combination of the symptoms listed, cocaine emerges as the substance most likely responsible for these specific signs.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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