

CJE Mental Health Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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. A patient states, 'I'm going to shoot my husband when I go home.' What is the immediate nursing action?**
 - A. Notify law enforcement, the nurse in charge, the physician, and document the threat**
 - B. Document the statement and continue routine monitoring**
 - C. Do nothing until the physician orders an assessment**
 - D. Notify the patient's family of the threat**

- 2. In Lithium therapy, which electrolyte should be monitored closely?**
 - A. Sodium**
 - B. Potassium**
 - C. Calcium**
 - D. Magnesium**

- 3. In early rehab when the client is thinking about using, what is an appropriate initial intervention?**
 - A. Offer to go for a walk**
 - B. Ignore the cravings**
 - C. Demand a written commitment immediately**
 - D. Discuss consequences of relapse and ask if they are ready to change**

- 4. Which rights are typically included for inpatients in psychiatric settings?**
 - A. Right to humane care and privacy only.**
 - B. Right to informed consent and to refuse treatment without safety considerations.**
 - C. Right to unrestricted leave and choice of any physician.**
 - D. Right to humane care, informed consent, privacy, freedom from unreasonable restraint, and rights to refuse treatment within safety constraints.**

- 5. A retired patient expresses boredom and asks for meaningful engagement. Which nursing action is most appropriate?**
- A. Encourage isolation to rest**
 - B. Recommend immediate full-time employment**
 - C. Encourage trying a new hobby or community activity with meaning**
 - D. Wait for the patient to initiate engagement**
- 6. Which statement describes confidentiality versus privilege most accurately?**
- A. Confidentiality is the obligation to protect information**
 - B. Confidentiality is a legal protection that prevents disclosure in court**
 - C. They are the same**
 - D. Privilege applies to all communications**
- 7. What environment is recommended during a panic attack?**
- A. Move them to a crowded area**
 - B. Leave them alone to handle**
 - C. Calm place, low stimulation environment, stay with them**
 - D. Give caffeinated beverage to help**
- 8. In an overdose situation, what is the immediate area of greatest concern?**
- A. Airway is biggest concern**
 - B. Heart rhythm stability**
 - C. Hydration**
 - D. Temperature regulation**
- 9. When is the MMSE or MoCA used in forensic settings?**
- A. To measure physical endurance.**
 - B. To diagnose personality disorders.**
 - C. To screen for cognitive impairment or neurocognitive disorders that may affect competence or understanding.**
 - D. To assess sleep quality.**

10. Which option best describes the contents of the 'results' section in a forensic evaluation report?

- A. Findings summarized without data.**
- B. Complete test scores without interpretation.**
- C. Findings from assessments presented clearly with interpretation and supported by data.**
- D. Speculation about etiology.**

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Answers

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

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Explanations

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1. A patient states, 'I'm going to shoot my husband when I go home.' What is the immediate nursing action?

A. Notify law enforcement, the nurse in charge, the physician, and document the threat

B. Document the statement and continue routine monitoring

C. Do nothing until the physician orders an assessment

D. Notify the patient's family of the threat

When a patient directly threatens someone, safety is the top priority because there is an imminent risk of harm. This triggers a duty to warn or protect. The correct action is to immediately involve those who can take steps to ensure safety: notify the nurse in charge, inform the physician, and contact law enforcement, while also documenting the exact threat. This rapid coordination allows for appropriate risk assessment and intervention, such as supervision or hospitalization if needed. Simply documenting and monitoring, waiting for orders, or notifying the family does not address the immediate danger or protect the potential victim, and sharing the threat with family could breach confidentiality without reducing risk.

2. In Lithium therapy, which electrolyte should be monitored closely?

A. Sodium

B. Potassium

C. Calcium

D. Magnesium

Sodium balance dictates how lithium behaves in the body. Lithium is handled by the kidneys in a way that mirrors sodium reabsorption, so changes in serum sodium directly affect lithium levels. When sodium is low (hyponatremia), the kidneys reabsorb more sodium and also reabsorb more lithium, raising lithium levels and the risk of toxicity. When sodium is high or the body loses more sodium (through diuretics or dehydration), lithium is cleared faster, which can drop its level and reduce effectiveness. Because of this close link, monitoring sodium closely helps keep lithium therapeutic and safe. The other electrolytes aren't as directly tied to lithium's kidney handling, though they can be affected by overall treatment and health.

- 3. In early rehab when the client is thinking about using, what is an appropriate initial intervention?**
- A. Offer to go for a walk**
 - B. Ignore the cravings**
 - C. Demand a written commitment immediately**
 - D. Discuss consequences of relapse and ask if they are ready to change**

When someone in early rehab is thinking about using, the best first move is to engage them in a collaborative, reflective conversation that explores what relapse would mean and where they are in the change process. Discussing the consequences of relapse helps the person see the potential impact on goals, health, and relationships, which can spark motivation to change. Asking about readiness to change respects their autonomy and invites them to consider what step they feel ready to take, rather than forcing a commitment. This approach aligns with motivational interviewing principles: it reduces defensiveness, addresses ambivalence, and sets up a conversation that can lead to a tailored plan when the person is ready. While offering a walk is supportive, it doesn't directly address motivation or readiness. Ignoring cravings can miss a critical opportunity to teach coping strategies. Demanding a written commitment is premature and may provoke resistance.

- 4. Which rights are typically included for inpatients in psychiatric settings?**
- A. Right to humane care and privacy only.**
 - B. Right to informed consent and to refuse treatment without safety considerations.**
 - C. Right to unrestricted leave and choice of any physician.**
 - D. Right to humane care, informed consent, privacy, freedom from unreasonable restraint, and rights to refuse treatment within safety constraints.**

Inpatient psychiatric care aims to protect a patient's dignity while keeping everyone safe, so a wide set of rights is recognized. The most complete understanding is that patients have humane care and privacy, can give informed consent for treatments, are free from unreasonable restraints, and may refuse treatment, with safety considerations and legal protocols in place to address situations where a person's safety or the safety of others is at risk. This balance—autonomy with safety measures—is what makes that full, combined set the best answer. The other options miss important pieces or oversimplify the situation. Merely humane care and privacy omit informed consent and restraint protections. Claiming treatment can always be refused without any safety considerations ignores the real-world need to protect people from harm when capacity is impaired. Suggesting unrestricted leave and complete freedom to choose any physician conflicts with the typical inpatient framework that regulates leave and treatment assignments to ensure safety and coordinated care.

5. A retired patient expresses boredom and asks for meaningful engagement. Which nursing action is most appropriate?

- A. Encourage isolation to rest
- B. Recommend immediate full-time employment
- C. Encourage trying a new hobby or community activity with meaning**
- D. Wait for the patient to initiate engagement

Engaging a retired person in meaningful activities helps restore purpose, social connection, and mood. When boredom is present, offering opportunities to try a new hobby or participate in a community activity that aligns with their interests gives them a sense of meaning and agency, and these activities can be adjusted to their energy and health status. This approach is best because it actively creates purposeful involvement, respects the patient's preferences, and builds in social interaction, all of which can improve well-being and reduce feelings of isolation. In contrast, isolation with rest misses social stimulation; expecting immediate full-time employment is often unrealistic and can be overwhelming; and waiting for the patient to initiate engagement is passive and may allow boredom and withdrawal to persist. Start by exploring interests and available community options, then facilitate safe, achievable steps toward involvement.

6. Which statement describes confidentiality versus privilege most accurately?

- A. Confidentiality is the obligation to protect information**
- B. Confidentiality is a legal protection that prevents disclosure in court
- C. They are the same
- D. Privilege applies to all communications

Confidentiality is the obligation to protect information shared within the professional relationship. It means you keep what a client or patient tells you private, sharing only with their consent or when there's a compelling, lawful reason to disclose (like mandated reporting or danger concerns). This duty guides everyday practice and applies broadly to how information is handled, not just what happens in court. Privilege is a legal protection that can keep certain communications from being admitted as evidence in court. It's not a general duty; it's a specific legal shield tied to particular kinds of relationships (like attorney-client or doctor-patient) and certain communications, with its own rules about when it applies and when it can be waived. So, the statement that confidentiality is the obligation to protect information best captures the concept. The other choices mix up the roles: confidentiality is not solely a legal court protection, they are not the same, and privilege does not apply to all communications.

7. What environment is recommended during a panic attack?

- A. Move them to a crowded area**
- B. Leave them alone to handle**
- C. Calm place, low stimulation environment, stay with them**
- D. Give caffeinated beverage to help**

When someone is experiencing a panic attack, the environment plays a big role in shaping how intense the experience feels. A calm place with low stimulation helps prevent further sensory overload—the quieter, softer surroundings make it easier for them to focus on breathing and grounding themselves. Having you stay with them provides reassurance, reduces fear of being alone, and communicates support, which can lower their perceived threat and help them regain a sense of control. Avoid crowded or loud environments, because extra sounds, lights, or people can amplify anxiety and physical symptoms. Leaving them alone can increase distress and the feeling that they're not supported. Giving caffeinated beverages should be avoided since caffeine can raise heart rate and jitters, potentially worsening symptoms. Instead, guide them with a steady, calm presence and simple grounding techniques to help them reconnect with the present moment.

8. In an overdose situation, what is the immediate area of greatest concern?

- A. Airway is biggest concern**
- B. Heart rhythm stability**
- C. Hydration**
- D. Temperature regulation**

In an overdose, the most urgent concern is the airway. When someone has taken too much of a depressant or multiple substances, consciousness can drop and protective reflexes like coughing or the gag reflex can be lost. That creates an immediate risk of airway obstruction or aspiration of vomit, which can rapidly lead to hypoxia and life-threatening breathing problems. Securing and protecting the airway—positioning or suctioning as needed, opening the airway, and providing oxygen or advanced airway support if necessary—takes priority so the patient can ventilate effectively. Hydration, temperature regulation, and heart rhythm stability are important for overall care, but they don't outrank the danger of a compromised airway. If breathing or oxygenation fails, other concerns become moot; securing the airway is the first step in the emergency response, followed by assessing and supporting breathing and circulation.

9. When is the MMSE or MoCA used in forensic settings?

- A. To measure physical endurance.
- B. To diagnose personality disorders.
- C. To screen for cognitive impairment or neurocognitive disorders that may affect competence or understanding.**
- D. To assess sleep quality.

In forensic settings these tools are used to screen for cognitive impairment that could affect a person's capacity to understand information, reason about decisions, or participate in legal proceedings. The MMSE and MoCA are brief cognitive screens that assess domains like orientation, attention, memory, language, visuospatial skills, and executive function. When there's a concern that a defendant or examinee may have cognitive deficits, these tests help determine whether issues in understanding, appreciation of consequences, or ability to communicate choices might be present and warrant a more thorough neuropsychological evaluation. They are not meant to measure physical endurance, diagnose personality disorders, or assess sleep quality, and a low score does not by itself prove incapacity; it signals the need for further assessment while considering education, language, and cultural factors in interpretation.

10. Which option best describes the contents of the 'results' section in a forensic evaluation report?

- A. Findings summarized without data.
- B. Complete test scores without interpretation.
- C. Findings from assessments presented clearly with interpretation and supported by data.**
- D. Speculation about etiology.

In a forensic evaluation, the results section should present what the assessments showed and explain what those findings mean, with the data that back them up. That means every finding is described clearly and then interpreted in the context of the referral questions and legal standards. The emphasis is on linking evidence to conclusions so the reader can see why a particular interpretation follows from the data, not just a list of numbers or scores. Providing interpretation alongside the findings helps establish relevance and credibility, making it possible to assess the significance of the results. It's also important to avoid inferring causes or etiology here; speculation about why something happened belongs in the discussion or conclusions rather than in the results, which should stay grounded in the observed data and its direct implications for the questions asked.

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:

<https://cjmentalhealth.examzify.com>

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

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