

# Lippincott Mood Disorders Practice Exam (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. Which client statement indicates a need for further teaching about lithium therapy?**
  - A. It's important to keep using a regular amount of salt in my diet**
  - B. It's okay to double my next dose of lithium if I forget a dose**
  - C. I should drink about 8 to 10 eight-ounce glasses of water each day**
  - D. I need to take my medicine at the same time each day**
- 2. How should the nurse respond to a daughter's concern about the pain of electroconvulsive therapy (ECT) for her mother?**
  - A. Your mother will be given something for pain before the treatment.**
  - B. The primary health care provider will make sure your mother doesn't suffer needlessly.**
  - C. Your mother will be asleep during the treatment and will not be in pain.**
  - D. Your mother will be able to talk to us and tell us if she's in pain.**
- 3. When prescribed valproic acid, which instruction is essential for the nurse to provide?**
  - A. Follow-up blood tests are necessary while on this medication**
  - B. The extended-release tablet can be crushed if necessary for ease of swallowing**
  - C. Tachycardia and upset stomach are common side effects**
  - D. Consumption of a moderate amount of alcohol is safe if the medication is taken in the morning**
- 4. When should a nurse consider increasing the frequency of monitoring a high-risk client for suicidal behavior?**
  - A. When the client has previously attempted suicide**
  - B. During a medication adjustment period**
  - C. When there is a change in staffing**
  - D. When the client is in a new environment**

**5. What comment from a client taking paroxetine indicates a need for further assessment?**

- A. I'm sucking on ice chips.**
- B. I'm using sugarless gum.**
- C. I'm sucking on sugarless candy.**
- D. I'm drinking 12 glasses of water every day.**

**6. What should the nurse do next when a client with acute mania refuses to lie down and becomes disruptive?**

- A. Follow the client and ask her to calm down**
- B. Tell the client to lie down on the sofa in the community room**
- C. Seclude the client and use restraints if necessary**
- D. Tell the staff to ignore the client's remarks**

**7. What symptom should a nurse be alert for in a client experiencing anticholinergic effects while on a tricyclic antidepressant?**

- A. Tremors and cardiac arrhythmias**
- B. Sedation and delirium**
- C. Respiratory depression and convulsions**
- D. Urine retention and blurred vision**

**8. What is an appropriate action for the nurse to take to help a student dealing with bullying and suicidal thoughts?**

- A. Give the student a crisis hotline number**
- B. Provide the student's parents with information about the bullying**
- C. Solely focus on the student's sexual orientation**
- D. Contact the school without identifying the student**

**9. What should the nurse inform a client with major depressive disorder regarding medication continuation?**

- A. You may be able to stop your medication after three months.**
- B. You will need to remain on antidepressants indefinitely.**
- C. There is a 70% chance of a third episode after two significant episodes.**
- D. You can manage depression with a healthy lifestyle alone.**

**10. A client has a valproic acid level of 15 mg/mL. Which symptoms might this suggest?**

- A. "Anhedonia."**
- B. "Irritability."**
- C. "Hypersomnia."**
- D. "Grandiosity."**

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## **Answers**

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

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## **Explanations**

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- 1. Which client statement indicates a need for further teaching about lithium therapy?**
  - A. It's important to keep using a regular amount of salt in my diet**
  - B. It's okay to double my next dose of lithium if I forget a dose**
  - C. I should drink about 8 to 10 eight-ounce glasses of water each day**
  - D. I need to take my medicine at the same time each day**

The statement indicating a need for further teaching about lithium therapy is the one that suggests it's acceptable to double the next dose of lithium if a dose is missed. This reflects a misunderstanding of the importance of adhering to a prescribed medication regimen. In lithium therapy, it's crucial to maintain stable blood levels of the medication for it to be effective and safe. Missing a dose can disrupt these levels, and simply compensating by taking extra lithium could lead to toxicity, which can have serious consequences due to lithium's narrow therapeutic range. The recommended approach if a dose is missed is typically to take it as soon as remembered, unless it's almost time for the next scheduled dose. In such cases, the missed dose should be omitted, and the patient should continue with their regular dosing schedule without doubling up. Other statements indicate a proper understanding of lithium therapy. Ensuring a consistent salt intake helps maintain lithium levels, adequate hydration protects against dehydration which can affect lithium concentration, and taking the medication at the same time each day supports adherence and stable blood levels.

- 2. How should the nurse respond to a daughter's concern about the pain of electroconvulsive therapy (ECT) for her mother?**
  - A. Your mother will be given something for pain before the treatment.**
  - B. The primary health care provider will make sure your mother doesn't suffer needlessly.**
  - C. Your mother will be asleep during the treatment and will not be in pain.**
  - D. Your mother will be able to talk to us and tell us if she's in pain.**

The correct response highlights that the mother will be asleep during the electroconvulsive therapy (ECT) treatment, which is essential in alleviating any concerns about pain. During ECT, patients are administered anesthetics and muscle relaxants to ensure they remain unconscious and do not experience pain or discomfort during the procedure. This understanding can significantly reassure the daughter, as it emphasizes that her mother will not be aware of the treatment's process and thus will not experience pain. This approach focuses on the safety and comfort of the patient, which is a vital aspect of care in procedures like ECT. By providing this information, the nurse effectively addresses the daughter's concern while reinforcing the therapeutic practices in place to ensure a pain-free experience.

**3. When prescribed valproic acid, which instruction is essential for the nurse to provide?**

- A. Follow-up blood tests are necessary while on this medication**
- B. The extended-release tablet can be crushed if necessary for ease of swallowing**
- C. Tachycardia and upset stomach are common side effects**
- D. Consumption of a moderate amount of alcohol is safe if the medication is taken in the morning**

When a patient is prescribed valproic acid, it is essential to emphasize the importance of follow-up blood tests. This medication has a narrow therapeutic index, meaning that the difference between an effective dose and a toxic dose is small. Regular blood tests are necessary to monitor medication levels, as well as liver function and platelet counts, given that valproic acid can cause potential liver damage and affect blood parameters. This monitoring helps ensure that the medication remains effective and reduces the risk of adverse effects. The other options, while they may contain valid information, do not represent essential instructions. The option regarding crushing the extended-release tablet is inaccurate, as doing so could alter the release mechanism of the medication, leading to increased side effects or reduced efficacy. Discussing common side effects like tachycardia and upset stomach is helpful, but it does not encompass the critical monitoring aspect necessary while on this medication. Lastly, recommending the safe consumption of alcohol contradicts the advice typically given to patients on medications such as valproic acid, where alcohol can significantly increase the risk of side effects, such as liver toxicity. Thus, the essential instruction revolves around the need for follow-up blood tests to ensure patient safety and medication effectiveness.

**4. When should a nurse consider increasing the frequency of monitoring a high-risk client for suicidal behavior?**

- A. When the client has previously attempted suicide**
- B. During a medication adjustment period**
- C. When there is a change in staffing**
- D. When the client is in a new environment**

Increasing the frequency of monitoring a high-risk client for suicidal behavior during a medication adjustment period is critical due to the shifting dynamics in the client's mental state. When medications are altered, particularly in the context of mood disorders, there can be fluctuations in mood, increased agitation, or changes in the patient's overall outlook on life. These adjustments might lead to a heightened risk of suicidal ideation or behavior as the client might experience side effects or ineffective relief from symptoms. During this time, close observation can help address any sudden changes in the client's mental health and provide immediate intervention if necessary. Ensuring that the client receives appropriate support during a medication change can be vital in preventing a crisis. While previous suicide attempts, changes in environment, and staffing shifts can also affect client safety, the dynamic nature of medication management warrants even more vigilant monitoring due to its potential to cause significant mood changes and impact the patient's risk level directly.

**5. What comment from a client taking paroxetine indicates a need for further assessment?**

- A. I'm sucking on ice chips.**
- B. I'm using sugarless gum.**
- C. I'm sucking on sugarless candy.**
- D. I'm drinking 12 glasses of water every day.**

The comment indicating a need for further assessment is related to the client's fluid intake. Drinking 12 glasses of water every day may suggest excessive hydration or a compensatory behavior due to potential side effects of paroxetine, which is an SSRI (selective serotonin reuptake inhibitor) often prescribed for mood disorders. SSRIs can sometimes lead to increased thirst or antidiuretic effects. If the client is consuming an unusually high amount of fluids, it could raise concerns about developing conditions such as hyponatremia or other electrolyte imbalances, which can be serious. On the other hand, the other statements about sucking on ice chips, using sugarless gum, or sucking on sugarless candy could indicate strategies the client is employing to manage dry mouth—a common side effect of paroxetine. While these behaviors may be more typical responses to medication effects, the excessively high fluid intake warrants additional inquiry to ensure the client's safety and well-being.

**6. What should the nurse do next when a client with acute mania refuses to lie down and becomes disruptive?**

- A. Follow the client and ask her to calm down**
- B. Tell the client to lie down on the sofa in the community room**
- C. Seclude the client and use restraints if necessary**
- D. Tell the staff to ignore the client's remarks**

In a situation where a client with acute mania is refusing to lie down and becomes disruptive, prioritizing safety and managing the environment is crucial. When a client is in a manic state, their behavior can often escalate to include agitation or aggression, which can put both the client and others at risk. Choosing to seclude the client and use restraints, if necessary, is a method that is sometimes employed in mental health settings to ensure the safety of the individual and those around them. This approach helps in providing a controlled environment where the client can be monitored, offering a space for the individual to settle down without the influence of external stimuli that may further exacerbate their manic symptoms. It is a response that acknowledges the severity of the situation and aims to prevent potential harm while also enabling the staff to manage the situation effectively. The other options lack an adequate focus on safety and may not be conducive to de-escalating the situation effectively. For instance, simply following the client and asking her to calm down may not be effective, especially if she is in a heightened manic state. Additionally, instructing her to lie down may feel dismissive to her needs and could further provoke her disruptive behavior. Ignoring the client's remarks might lead to feelings of abandonment or confusion

**7. What symptom should a nurse be alert for in a client experiencing anticholinergic effects while on a tricyclic antidepressant?**

- A. Tremors and cardiac arrhythmias**
- B. Sedation and delirium**
- C. Respiratory depression and convulsions**
- D. Urine retention and blurred vision**

A client experiencing anticholinergic effects from a tricyclic antidepressant may exhibit symptoms such as urine retention and blurred vision. Anticholinergic effects are common side effects of tricyclic antidepressants due to their mechanism of action, which includes blocking acetylcholine neurotransmitter activity. This blocking can lead to decreased activity of the bladder, causing urinary retention, as well as affecting the muscles in the eyes, resulting in blurred vision due to difficulty focusing. Understanding these symptoms is essential for monitoring the client and addressing any potential complications that may arise from these effects. Recognizing and managing anticholinergic effects can greatly enhance patient safety and comfort during treatment with tricyclic antidepressants.

**8. What is an appropriate action for the nurse to take to help a student dealing with bullying and suicidal thoughts?**

- A. Give the student a crisis hotline number**
- B. Provide the student's parents with information about the bullying**
- C. Solely focus on the student's sexual orientation**
- D. Contact the school without identifying the student**

Providing a crisis hotline number is an appropriate action for the nurse to take because it offers the student immediate access to support and resources in a time of crisis. Hotlines are staffed by trained professionals who can provide emotional support, guidance, and practical assistance. This step empowers the student to seek help in a safe and confidential manner, which is crucial when dealing with the complexities of bullying and suicidal thoughts. The other options may be well-intentioned but are not as effective as the first choice. Informing the student's parents about the bullying could lead to unintended consequences and may not be perceived as supportive by the student, especially if they fear retribution or do not wish to involve their parents. Focusing solely on the student's sexual orientation fails to address the broader context of the bullying and the student's emotional health. Contacting the school without identifying the student could potentially leave the student feeling unsupported if they don't know the actions taken on their behalf. Thus, the best approach is to provide immediate and direct help through a crisis hotline.

**9. What should the nurse inform a client with major depressive disorder regarding medication continuation?**

- A. You may be able to stop your medication after three months.**
- B. You will need to remain on antidepressants indefinitely.**
- C. There is a 70% chance of a third episode after two significant episodes.**
- D. You can manage depression with a healthy lifestyle alone.**

The statement indicating a 70% chance of experiencing a third episode after having two significant depressive episodes is particularly significant for clients with major depressive disorder. Research has found that individuals who have experienced multiple episodes of depression are at a higher risk for future episodes. This statistic emphasizes the chronic nature of depression and the importance of ongoing management, which may include medication. Understanding this risk helps clients grasp the need for continued treatment and monitoring even after symptoms improve. It highlights the reality that major depressive disorder can be a recurrent condition, making it essential to adhere to prescribed treatments. The other statements do not accurately reflect best practices regarding the long-term management of major depressive disorder. While some individuals may need to continue their medication for an extended period, usually referring to individualized treatment plans, it is not universally true that they must stay on antidepressants indefinitely or that lifestyle modifications alone are sufficient for managing their condition. Furthermore, stopping medication after just three months may not be appropriate, as many individuals may require a longer duration of treatment before considering discontinuation.

**10. A client has a valproic acid level of 15 mg/mL. Which symptoms might this suggest?**

- A. "Anhedonia."**
- B. "Irritability."**
- C. "Hypersomnia."**
- D. "Grandiosity."**

A valproic acid level of 15 mg/mL suggests that the concentration is below the therapeutic range typically considered effective for mood stabilization, particularly in the treatment of bipolar disorder. The usual therapeutic level for valproate in the context of mood disorders generally falls between 50 to 100  $\mu$ g/mL (or 50 to 100 mg/mL, depending on the specific measurement context). Therefore, a level of 15 mg/mL indicates that the medication may not be adequately managing symptoms. Irritability is a common symptom experienced by individuals with mood disorders, and it can become pronounced when medications like valproic acid are not at therapeutic levels. As the mood stabilizing effects are compromised, the individual may exhibit increased mood swings or irritability, indicating that the current valproate dose might require adjustment or that additional interventions may be necessary to achieve mood stabilization. The other options, while they can be symptoms associated with mood disorders, are not as directly related to a low level of valproic acid. Anhedonia pertains more to a lack of pleasure, hypersomnia is related to excessive sleeping, and grandiosity can be associated with manic episodes; none of these are as directly connected to the implications of a subtherapeutic

# 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](mailto:hello@examzify.com).**

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

**<https://lippincottmooddisorders.examzify.com>**

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

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