

Mental Health Nursing Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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. Which Section addresses the magistrates order in the NSW Mental Health Act?**
 - A. Section 22**
 - B. Section 23**
 - C. Section 24**
 - D. Section 25**

- 2. Which class of drugs is commonly used as an alternative treatment for bipolar disorder?**
 - A. Antipsychotics**
 - B. Anticonvulsants**
 - C. Antidepressants**
 - D. Beta-blockers**

- 3. What is an example of a central nervous system depressant that should not be combined with benzodiazepines?**
 - A. Stimulants**
 - B. Opioids**
 - C. Antipsychotics**
 - D. Antihistamines**

- 4. Which Section refers to the request of a relative in the NSW Mental Health Act?**
 - A. Section 25**
 - B. Section 26**
 - C. Section 27**
 - D. Section 28**

- 5. What is one common side effect associated with typical antipsychotics?**
 - A. Weight gain**
 - B. Extrapiramidal Side Effects**
 - C. Dry mouth**
 - D. Increased sleepiness**

- 6. What is the recommended action if a patient shows symptoms of Neuroleptic Malignant Syndrome?**
- A. Increase the dosage of antipsychotics**
 - B. Stop the medication and seek medical care**
 - C. Switch to another antipsychotic immediately**
 - D. Ignore the symptoms if the patient appears stable**
- 7. What does the CHIME acronym stand for in the context of recovery principles?**
- A. Calculation, Healing, Inspiration, Maintenance, Empowerment**
 - B. Connections, Hope, Identity, Meaning, Empowerment**
 - C. Coordination, Harmony, Identity, Motivation, Engagement**
 - D. Care, Hope, Identity, Meaning, Execution**
- 8. Which of the following is a common treatment approach for managing metabolic syndrome in psychiatry?**
- A. Increasing caffeine intake**
 - B. Liaising with nutritionists and monitoring physical health**
 - C. Encouraging isolation from physical activities**
 - D. Reducing medication intake only**
- 9. What symptom is indicative of Neuroleptic Malignant Syndrome (NMS) related to blood pressure?**
- A. Low blood pressure**
 - B. Labile blood pressure**
 - C. Stable blood pressure**
 - D. Elevated diastolic pressure**
- 10. Which of the following is NOT one of the CHIME principles of recovery?**
- A. Connection**
 - B. Hope**
 - C. Empowerment**
 - D. Medication**

Answers

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

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Explanations

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1. Which Section addresses the magistrates order in the NSW Mental Health Act?

- A. Section 22
- B. Section 23**
- C. Section 24
- D. Section 25

The section that addresses the magistrate's order in the New South Wales (NSW) Mental Health Act is indeed Section 23. This section outlines the legal framework and conditions under which a magistrate may issue an order for a person to undergo an examination for mental health issues. This is a critical aspect of mental health law, as it provides the necessary authority for intervention in cases where individuals may pose a risk to themselves or others due to mental illness. Understanding this section is important as it ensures that legal processes are followed to assess the mental health of an individual while also protecting their rights. The magistrate's order typically involves a formal procedure that can lead to a subsequent assessment by a psychiatrist or qualified mental health professional, highlighting the balance between public safety and individual rights in mental health care.

2. Which class of drugs is commonly used as an alternative treatment for bipolar disorder?

- A. Antipsychotics
- B. Anticonvulsants**
- C. Antidepressants
- D. Beta-blockers

The use of anticonvulsants as an alternative treatment for bipolar disorder is well-supported in mental health practice. These medications can help stabilize mood and reduce the frequency of manic and depressive episodes, making them particularly effective for certain patients. Anticonvulsants, such as lamotrigine, valproate, and carbamazepine, work by modulating neurotransmitter activity and enhancing the brain's inhibitory processes, which can be beneficial in regulating mood swings characteristic of bipolar disorder. They are often used in combination with other mood stabilizers or antipsychotics, especially in cases where patients may not respond well to lithium or experience side effects from traditional mood stabilizers. While antipsychotics can also be used in treating episodes of mania or as adjunctive therapy in bipolar disorder, they are not typically considered alternative treatments in the same context as anticonvulsants. Antidepressants may exacerbate manic symptoms if not carefully monitored, which makes their use a bit more contentious in bipolar treatment. Beta-blockers are primarily used for cardiovascular conditions and anxiety management, rather than mood stabilization in bipolar disorder.

3. What is an example of a central nervous system depressant that should not be combined with benzodiazepines?

- A. Stimulants**
- B. Opioids**
- C. Antipsychotics**
- D. Antihistamines**

Benzodiazepines are central nervous system (CNS) depressants, and when combined with other CNS depressants, the risk of respiratory depression, sedation, and overdose significantly increases. Opioids, which are also CNS depressants, can enhance the sedative effects of benzodiazepines. This combination can lead to dangerous levels of sedation and respiratory distress, making it crucial to avoid using them together unless under careful medical supervision. In contrast, stimulants, antipsychotics, and antihistamines have different mechanisms of action. Stimulants promote alertness and enhance activity in the CNS, which is contrary to the effects of benzodiazepines. Antipsychotics can vary in their effects on the CNS, with some having sedative properties but not typically carrying the same significant risk when used with benzodiazepines compared to opioids. Antihistamines, particularly first-generation types, may cause sedation, but they do not carry the same high risk of respiratory depression as opioids do when combined with benzodiazepines. Thus, of the options listed, opioids pose the most significant risk when combined with benzodiazepines.

4. Which Section refers to the request of a relative in the NSW Mental Health Act?

- A. Section 25**
- B. Section 26**
- C. Section 27**
- D. Section 28**

The correct choice is Section 26 of the NSW Mental Health Act, which pertains to the process of a relative or carer requesting an assessment for a person who may be experiencing mental health issues. This section allows a family member or someone involved in the individual's care to formally request that a mental health assessment take place. This provision is significant as it empowers relatives to seek help for someone they are concerned about, promoting early intervention and potentially preventing the deterioration of the person's mental health. It acknowledges the important role that family and supportive relationships play in mental health care. Understanding the correct section within the act is crucial for mental health professionals, as it directs them to the legal framework that supports assessments initiated by relatives, facilitating timely and appropriate mental health care interventions.

5. What is one common side effect associated with typical antipsychotics?

A. Weight gain

B. Extrapyramidal Side Effects

C. Dry mouth

D. Increased sleepiness

Extrapyramidal side effects (EPS) are a common and significant side effect associated with typical antipsychotic medications. These medications, often used to treat conditions such as schizophrenia and other psychotic disorders, work by blocking dopamine receptors in the brain. This blockade can lead to various motor control issues, which collectively are referred to as extrapyramidal symptoms. These symptoms can include tremors, rigidity, bradykinesia (slowed movement), and akathisia (a feeling of inner restlessness and an uncontrollable need to be in motion). The presence of EPS can severely impact a patient's quality of life and may lead to non-compliance with medication due to the distress these side effects can cause. Understanding EPS is crucial for mental health nursing because it enables nurses to monitor patients appropriately and provide education on management strategies, which may include the use of anticholinergic medications or adjustments to the antipsychotic treatment regimen. Recognizing and addressing these side effects is vital for enhancing patient adherence and improving overall treatment outcomes.

6. What is the recommended action if a patient shows symptoms of Neuroleptic Malignant Syndrome?

A. Increase the dosage of antipsychotics

B. Stop the medication and seek medical care

C. Switch to another antipsychotic immediately

D. Ignore the symptoms if the patient appears stable

If a patient exhibits symptoms of Neuroleptic Malignant Syndrome (NMS), the recommended action is to stop the medication and seek medical care. NMS is a potentially life-threatening condition often associated with the use of antipsychotic medications. Symptoms may include severe muscle rigidity, fever, altered mental status, and autonomic instability. Prompt cessation of the antipsychotic medication is critical to prevent further complications and to initiate appropriate medical treatment. Seeking emergency medical care is essential, as management may involve supportive measures, hydration, cooling techniques to address hyperthermia, and in some cases, medications to reverse the symptoms. Increasing the dosage of antipsychotics would exacerbate the patient's condition, as more medication would compound the risks associated with NMS. Switching to another antipsychotic without discontinuing the current one could also lead to continued symptoms and complications associated with NMS. Ignoring the symptoms is dangerous, even if the patient seems stable, because NMS can rapidly progress and result in severe health consequences. Thus, halting the medication and obtaining medical attention is the only appropriate response in the presence of NMS symptoms.

7. What does the CHIME acronym stand for in the context of recovery principles?

- A. Calculation, Healing, Inspiration, Maintenance, Empowerment**
- B. Connections, Hope, Identity, Meaning, Empowerment**
- C. Coordination, Harmony, Identity, Motivation, Engagement**
- D. Care, Hope, Identity, Meaning, Execution**

In the context of recovery principles, the CHIME acronym stands for Connections, Hope, Identity, Meaning, and Empowerment. Each component of this acronym is crucial in promoting mental health recovery and well-being. Connections refer to the importance of social networks and supportive relationships, which are fundamental for individuals in recovery. These relationships help build resilience and provide a sense of belonging, which can greatly enhance one's recovery journey. Hope signifies the belief that recovery is possible and that individuals can overcome their challenges. It embodies the positive outlook that fuels the motivation necessary for pursuing personal goals and engaging in the recovery process. Identity emphasizes the need for individuals to establish a positive sense of self beyond their mental health challenges. Creating a strong identity can aid in rebuilding confidence and allowing individuals to redefine their lives. Meaning relates to finding purpose and significance in one's experiences, which can greatly contribute to a person's sense of fulfillment and direction during recovery. Engaging in meaningful activities can foster a sense of accomplishment and satisfaction. Empowerment highlights the importance of individuals taking control of their own recovery process. This encompasses making informed decisions, advocating for oneself, and feeling confident in one's capacity to effect change in their own life. Overall, CHIME serves as a framework for supporting individuals in their recovery journey.

8. Which of the following is a common treatment approach for managing metabolic syndrome in psychiatry?

- A. Increasing caffeine intake**
- B. Liaising with nutritionists and monitoring physical health**
- C. Encouraging isolation from physical activities**
- D. Reducing medication intake only**

Liaising with nutritionists and monitoring physical health is a comprehensive approach to managing metabolic syndrome, particularly within the field of psychiatry. This strategy emphasizes the importance of a holistic view of patient care, acknowledging that metabolic syndrome involves a combination of medical and lifestyle factors that can be influenced by psychiatric conditions and their treatments. Collaboration with nutritionists allows for the development of tailored dietary plans that can help mitigate the risk factors associated with metabolic syndrome, such as obesity, insulin resistance, and dyslipidemia. By monitoring physical health alongside psychiatric care, healthcare providers can better address any physical health complications that may arise as a side effect of psychiatric medications, thereby optimizing the patient's overall well-being. This integrative approach not only helps in managing the symptoms of metabolic syndrome but also supports the patient's mental health through improved physical health outcomes. Other strategies, such as increasing caffeine intake, are not typically recognized as effective in managing metabolic syndrome and may have differing effects on health. Encouraging isolation from physical activities contradicts the goal of improving physical health, as regular physical activity is crucial for preventing and managing metabolic problems. Simply reducing medication intake without a comprehensive strategy would not adequately address the contributing factors of metabolic syndrome and could lead to inadequate treatment of psychiatric conditions.

9. What symptom is indicative of Neuroleptic Malignant Syndrome (NMS) related to blood pressure?

- A. Low blood pressure
- B. Labile blood pressure**
- C. Stable blood pressure
- D. Elevated diastolic pressure

Labile blood pressure is a significant symptom indicative of Neuroleptic Malignant Syndrome (NMS), a rare but serious reaction to antipsychotic medications. In NMS, patients may experience fluctuations in blood pressure that can vary rapidly, which is characteristic of labile blood pressure. This instability can occur due to the autonomic dysregulation and severe central nervous system disturbances that happen during the syndrome. These fluctuations might be accompanied by other symptoms such as high fever, altered mental status, muscle rigidity, and elevated creatine kinase levels. The presence of labile blood pressure signifies the need for immediate medical intervention, as NMS can progress quickly and may escalate to life-threatening conditions. Understanding this symptom is crucial for nurses and healthcare providers in identifying and managing NMS effectively.

10. Which of the following is NOT one of the CHIME principles of recovery?

- A. Connection
- B. Hope
- C. Empowerment
- D. Medication**

The principle of "Medication" is not one of the CHIME principles of recovery, which focus on critical psychosocial aspects that contribute to an individual's recovery journey in mental health. CHIME stands for Connection, Hope, Identity, Meaning, and Empowerment. Each of these elements addresses the relationship-building and self-perception aspects essential for recovery. "Connection" emphasizes the importance of relationships and social support as integral to the recovery process. "Hope" recognizes the belief in the possibility of a positive future, vital for motivation. "Identity" pertains to the way individuals perceive themselves beyond their mental health challenges, promoting a sense of self-worth. "Meaning" highlights the significance of finding purpose in life, which can enhance resilience. "Empowerment" refers to individuals gaining control over their lives and decisions, fostering autonomy. In contrast, while medication is often a crucial component of treatment for many mental health conditions, it is not listed as a CHIME principle because it focuses more on pharmacological support rather than psychosocial principles that promote recovery.

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://mentalhealthnursing.examzify.com>

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

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