

Psychiatric-Mental Health Nurse Practitioner 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

- 1. According to DSM-5 criteria, how many symptoms are required to diagnose Depression within a two-week period?**
 - A. 3 of 8 symptoms**
 - B. 5 of 8 symptoms**
 - C. 6 of 8 symptoms**
 - D. 4 of 8 symptoms**
- 2. What are the general goals of Healthy People 2020?**
 - A. Reduce healthcare costs for all**
 - B. Increase the quality and years of life while eliminating health disparities**
 - C. Improve access to mental health services**
 - D. Promote education on chronic diseases**
- 3. Which insurance policy allows an individual to retain their health insurance for 18 months after leaving a job?**
 - A. HIPAA**
 - B. COBRA**
 - C. Medicare**
 - D. Affordable Care Act**
- 4. Which domain of the WHODAS 2.0 involves social interactions?**
 - A. Understanding and communicating**
 - B. Life activities**
 - C. Getting along with people**
 - D. Self-care**
- 5. What is defined by the Nurse Practice Act?**
 - A. The scope of administrative roles for nurses**
 - B. The licensure and prescriptive authority of nurses**
 - C. The requirements for nursing education programs**
 - D. The codes of ethics for nursing professionals**

- 6. How do bipolar I and bipolar II disorders primarily differ?**
- A. Bipolar I involves major depression; Bipolar II does not**
 - B. Bipolar I involves manic episodes; Bipolar II involves hypomanic episodes**
 - C. Bipolar II is more severe than Bipolar I**
 - D. Bipolar I does not include depressive episodes**
- 7. Which conditions are nurse practitioners required to report?**
- A. All infectious diseases**
 - B. STDs including Gonorrhea, Chlamydia, and Syphilis, TB, and HIV**
 - C. Only communicable diseases**
 - D. Alcohol and drug abuse cases**
- 8. What is a common therapeutic intervention used to manage schizophrenia?**
- A. Psychotherapy**
 - B. Antipsychotic medication**
 - C. Electroconvulsive therapy**
 - D. Mindfulness training**
- 9. Which genetic inheritance pattern is often present in more than one generation?**
- A. Autosomally dominant**
 - B. X-linked recessive**
 - C. Mitotic inheritance**
 - D. Polygenic inheritance**
- 10. Licensure for nurses ensures what?**
- A. Coverage for professional liability**
 - B. That minimal standards are met**
 - C. Access to advanced education opportunities**
 - D. Job security in healthcare settings**

Answers

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

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Explanations

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1. According to DSM-5 criteria, how many symptoms are required to diagnose Depression within a two-week period?

- A. 3 of 8 symptoms**
- B. 5 of 8 symptoms**
- C. 6 of 8 symptoms**
- D. 4 of 8 symptoms**

The correct answer emphasizes that a diagnosis of depression, specifically Major Depressive Disorder, requires the presence of five or more symptoms from a specified list within a two-week period. These symptoms must represent a change from previous functioning and must cause clinically significant distress or impairment in social, occupational, or other important areas of functioning. In the DSM-5, the symptoms include, but are not limited to, persistent sad or low mood, loss of interest or pleasure in activities once enjoyed, significant weight change, sleep disturbances, fatigue, feelings of worthlessness or excessive guilt, difficulty concentrating, and recurrent thoughts of death or suicide. Not every symptom is necessary; rather, experiencing five or more of this grouping is crucial for diagnosis. The other options diverge from this established criterion by suggesting either a lower or higher threshold of symptoms, which does not align with the DSM-5 standards for the diagnosis of Major Depressive Disorder. Thus, understanding the specific requirement of five symptoms is fundamental to correctly applying the diagnostic criteria in clinical practice.

2. What are the general goals of Healthy People 2020?

- A. Reduce healthcare costs for all**
- B. Increase the quality and years of life while eliminating health disparities**
- C. Improve access to mental health services**
- D. Promote education on chronic diseases**

The correct response identifies a primary objective of Healthy People 2020, which is to increase both the quality of life and the number of healthy years individuals experience, while simultaneously working to eliminate health disparities among various populations. This initiative is aimed at improving the overall health of the nation by addressing significant health challenges and promoting health equity, meaning that all individuals have a fair and just opportunity to attain their highest level of health. Healthy People 2020 emphasizes the importance of quality of life as a measure of health, not just the absence of disease. The commitment to eliminating health disparities reflects an understanding that social determinants of health—such as socioeconomic status, education, and access to healthcare—can significantly impact health outcomes. Therefore, the initiative involves strategies to ensure that diverse populations can access the resources they need to achieve good health. Looking at the other options, while reducing healthcare costs, improving access to mental health services, and promoting education on chronic diseases are all important aspects of health policy, they do not encapsulate the comprehensive goals of Healthy People 2020 as effectively as the chosen response. These aspects may contribute to the overarching goals but are not the primary focus that Healthy People 2020 encompasses.

3. Which insurance policy allows an individual to retain their health insurance for 18 months after leaving a job?

A. HIPAA

B. COBRA

C. Medicare

D. Affordable Care Act

The correct answer is based on the Consolidated Omnibus Budget Reconciliation Act, commonly referred to as COBRA. This federal law allows employees and their families to continue their group health insurance coverage for a limited period after an event such as job loss, reduction in hours, or other qualifying events. Specifically, COBRA enables individuals to maintain their health insurance for up to 18 months, providing a critical safety net during transitions between employment or in case of unforeseen circumstances. The purpose of COBRA is to help individuals avoid a lapse in health insurance coverage during a vulnerable time when they may need healthcare services. It is especially important considering the potential costs of medical care without insurance. While other policies and acts may provide health coverage in various contexts, COBRA specifically addresses the immediate need for continuity in health insurance following employment changes, making it the most relevant choice in this scenario.

4. Which domain of the WHODAS 2.0 involves social interactions?

A. Understanding and communicating

B. Life activities

C. Getting along with people

D. Self-care

The correct answer focuses on the domain of "Getting along with people" from the WHODAS 2.0 framework. This domain is specifically designed to assess an individual's capacity to engage in social interactions, including their ability to form and maintain relationships, communicate effectively, and cooperate with others. Understanding and communicating encompasses cognitive abilities related to processing information and expressing oneself, but it does not solely address the social aspects of interaction. Life activities refer to broader daily tasks and roles but can include both personal and social dimensions without focusing specifically on interpersonal relationships. Self-care is about an individual's ability to take care of their physical needs, which is important but distinctly separate from the social context of getting along with people. Thus, "Getting along with people" is the most pertinent domain when discussing social interactions, making it the correct choice in the context of the WHODAS 2.0 framework.

5. What is defined by the Nurse Practice Act?

- A. The scope of administrative roles for nurses
- B. The licensure and prescriptive authority of nurses**
- C. The requirements for nursing education programs
- D. The codes of ethics for nursing professionals

The Nurse Practice Act is a crucial piece of legislation that establishes the legal framework for nursing practice within each state. One of the primary functions of this act is to delineate the licensure requirements and prescriptive authority for nurses, including nurse practitioners. This includes specifying the qualifications for obtaining a nursing license, the processes for renewal, and the conditions under which nurses can prescribe medications. Understanding the scope of practice—what a nurse can legally do, including the authority to prescribe—is essential for ensuring safe and effective patient care. This legal framework supports nurses in providing care while also protecting the public by ensuring that only qualified individuals are allowed to practice and prescribe. The other options, while related to nursing practice, do not capture the central essence of the Nurse Practice Act. Administrative roles, educational program requirements, and ethical codes are often governed by separate regulations or organizational policies, rather than being specifically defined within the Nurse Practice Act itself.

6. How do bipolar I and bipolar II disorders primarily differ?

- A. Bipolar I involves major depression; Bipolar II does not
- B. Bipolar I involves manic episodes; Bipolar II involves hypomanic episodes**
- C. Bipolar II is more severe than Bipolar I
- D. Bipolar I does not include depressive episodes

Bipolar I and Bipolar II disorders are distinguished primarily by the nature and severity of the mood episodes experienced by individuals. Bipolar I disorder is characterized by the presence of at least one manic episode, which is a distinct period of abnormally elevated mood and increased energy lasting at least seven days or requiring hospitalization. Individuals may also experience depressive episodes, but they are not necessary for the diagnosis. In contrast, Bipolar II disorder is defined by the occurrence of at least one hypomanic episode (a less severe form of mania) and one major depressive episode. Hypomanic episodes are similar to manic episodes but are shorter in duration and less intense, typically lasting four days and not leading to significant impairment in social or occupational functioning. This distinction in the severity of manic versus hypomanic episodes is crucial, as it influences treatment strategies and prognosis. Therefore, recognizing the difference between the manic episodes in Bipolar I and the hypomanic episodes in Bipolar II is key to understanding the diagnostic criteria and managing the disorders effectively.

7. Which conditions are nurse practitioners required to report?

- A. All infectious diseases
- B. STDs including Gonorrhea, Chlamydia, and Syphilis, TB, and HIV**
- C. Only communicable diseases
- D. Alcohol and drug abuse cases

The requirement for nurse practitioners to report certain conditions is grounded in public health laws and regulations designed to protect communities from the spread of infectious diseases. Reporting is essential for tracking outbreaks, facilitating timely public health responses, and implementing control measures. The correct focus on STDs such as gonorrhea, chlamydia, syphilis, tuberculosis, and HIV emphasizes that these conditions are prioritized due to their public health implications. Many jurisdictions have specific laws that mandate the reporting of these sexually transmitted infections because they can lead to significant health consequences for individuals and broader community transmission if not adequately monitored and controlled. Furthermore, tuberculosis and HIV are particularly significant due to their potential for widespread impact and the complexities involved in their management. On the other hand, while all infectious diseases may seem to warrant reporting, not all jurisdictions require the reporting of every infectious disease; thus, stating "all infectious diseases" is too broad and not entirely accurate. Reporting laws for communicable diseases vary considerably, and while many are required, they focus on those that pose the highest risk to public health. As for drug and alcohol abuse cases, while they are serious public health issues, they are generally not classified under mandatory reporting laws in the same way as infectious diseases. Instead, these situations may be

8. What is a common therapeutic intervention used to manage schizophrenia?

- A. Psychotherapy
- B. Antipsychotic medication**
- C. Electroconvulsive therapy
- D. Mindfulness training

Antipsychotic medication is the primary and most common therapeutic intervention used to manage schizophrenia. These medications work by altering the effects of neurotransmitters in the brain, particularly dopamine, which is often implicated in the symptoms of schizophrenia. Antipsychotics help reduce the severity of symptoms such as hallucinations, delusions, and disorganized thought processes, making it easier for individuals to engage in daily activities and improve their overall functioning. While psychotherapy has a role in treating schizophrenia, particularly in the context of supportive therapy or cognitive behavioral therapy, it is typically used in conjunction with medication rather than as a standalone treatment. Electroconvulsive therapy (ECT) is generally reserved for severe cases or when other treatments have not been effective, and mindfulness training, while beneficial for managing stress and improving overall well-being, does not specifically target the core symptoms of schizophrenia. Therefore, antipsychotic medications are the cornerstone of treatment and are essential for managing this complex mental health condition.

9. Which genetic inheritance pattern is often present in more than one generation?

- A. Autosomally dominant**
- B. X-linked recessive**
- C. Mitotic inheritance**
- D. Polygenic inheritance**

The autosomal dominant inheritance pattern is characterized by a trait that is expressed when only one copy of the gene (from either parent) is present. This means that if an individual inherits the dominant allele, they are likely to exhibit the associated trait or condition, regardless of what allele they inherit from their other parent. As a result, this pattern can be observed across multiple generations within a family lineage. In families with autosomal dominant disorders, affected individuals have a 50% chance of passing on the trait to their offspring. Thus, it is common to see the condition manifest in successive generations, allowing for identification of the trait through family history. Examples of conditions with autosomal dominant inheritance patterns include Huntington's disease and certain forms of breast cancer. In contrast, X-linked recessive conditions typically show a pattern where males are more frequently affected, with the condition often skipping generations through carrier females who do not express the trait but can pass it on to their sons. Mitotic inheritance is not a recognized genetic inheritance pattern in the context of hereditary diseases, and polygenic inheritance involves multiple genes contributing to a single trait, which generally does not follow a specific predictable pattern across generations in the same way autosomal dominant traits do.

10. Licensure for nurses ensures what?

- A. Coverage for professional liability**
- B. That minimal standards are met**
- C. Access to advanced education opportunities**
- D. Job security in healthcare settings**

Licensure for nurses is fundamentally designed to ensure that minimal standards of practice and competency are met within the profession. This is essential to protect public safety and to ensure that nurses possess the necessary knowledge and skills required to provide effective care. By establishing these baseline standards, licensure helps maintain a level of quality in healthcare services, thereby fostering trust in the nursing profession. While other aspects like professional liability coverage, advanced education opportunities, and job security may be influenced by licensure or associated with the nursing profession, they are not the core purpose of licensure itself. The primary goal is centered around public protection and ensuring that all practicing nurses are qualified to perform their duties.

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://psychiatric-np.examzify.com>

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