

Psychiatric Technician State Board 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 finger is typically affected by clinodactyly in a client with Down syndrome?**
 - A. Index finger**
 - B. Middle finger**
 - C. Fifth finger**
 - D. Thumb**

- 2. What type of shock results from a bacterial infection?**
 - A. Cardiogenic shock**
 - B. Hypovolemic shock**
 - C. Septic shock**
 - D. Anaphylactic shock**

- 3. Antidepressant medications that elevate mood by increasing the availability of serotonin in the body include?**
 - A. Effexor, Cymbalta, Wellbutrin**
 - B. Prozac, Paxil, Zoloft**
 - C. Elavil, Tofranil, Nardil**
 - D. Lexapro, Pristiq, Fetzima**

- 4. Which medication is commonly prescribed to suppress tumor growth in cases of breast cancer?**
 - A. Adriamycin**
 - B. Tamoxifen**
 - C. Paclitaxel**
 - D. Cyclophosphamide**

- 5. What nursing diagnosis would be applicable to a client experiencing the manic phase of bipolar disorder?**
 - A. Risk for Injury**
 - B. Impaired Social Interaction**
 - C. Fear**
 - D. Self-Care Deficit**

- 6. What issue should a psychiatric technician focus on during the assessment of a client who is attempting to hide laxatives upon admission?**
- A. Binge eating and purging**
 - B. Substance abuse**
 - C. Self-harm behaviors**
 - D. Depression**
- 7. What is the primary focus when caring for a client expressing suicidal thoughts?**
- A. Encouraging them to talk about their feelings**
 - B. Restricting their access to sharp objects**
 - C. Providing medications immediately**
 - D. Monitoring their behavior constantly**
- 8. Which nursing intervention helps prevent urinary tract infections?**
- A. Limit fluid intake**
 - B. Encourage late-night hydration**
 - C. Empty the bladder before and after intercourse**
 - D. Restrict bathroom access**
- 9. Diabetes insipidus is caused by a deficiency in the production or secretion of which hormone?**
- A. Insulin**
 - B. Glucagon**
 - C. Antidiuretic hormone**
 - D. Cortisol**
- 10. Which symptom is a warning sign for individuals diagnosed with borderline personality disorder?**
- A. Severe mood swings**
 - B. Lunar phases influence**
 - C. Extreme shyness**
 - D. Compulsive disorder tendencies**

Answers

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

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Explanations

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1. Which finger is typically affected by clinodactyly in a client with Down syndrome?

- A. Index finger**
- B. Middle finger**
- C. Fifth finger**
- D. Thumb**

Clinodactyly is a condition where one or more fingers are bent inwards, and it is commonly associated with Down syndrome. In clients with Down syndrome, the fifth finger, also known as the little finger or pinky finger, is most often affected by clinodactyly. This condition manifests due to a developmental anomaly in the formation of the bones and joints in the fingers, leading to the characteristic bending. This bending of the fifth finger can impact the functionality and appearance of the hand, making it a notable physical trait associated with Down syndrome. While clinodactyly can technically occur in any finger, its prevalence and association with Down syndrome are most significant in the fifth finger. As a result, when considering the typical presentation of clinodactyly in individuals with this genetic condition, the fifth finger stands out as the most commonly impacted.

2. What type of shock results from a bacterial infection?

- A. Cardiogenic shock**
- B. Hypovolemic shock**
- C. Septic shock**
- D. Anaphylactic shock**

Septic shock is the type of shock that results from a bacterial infection. It occurs when a bacterial infection in the body leads to a systemic inflammatory response, causing widespread vasodilation and increased capillary permeability. This can result in significantly reduced blood pressure and inadequate blood flow to vital organs, which can lead to organ dysfunction or failure. In septic shock, the body's response to the infection triggers an overwhelming inflammatory response, often resulting in a dangerous drop in blood pressure and a high risk of mortality if not treated promptly. Early recognition and management of septic shock are crucial in improving patient outcomes, often requiring interventions such as fluid resuscitation, antibiotics, and sometimes vasopressors to stabilize blood pressure. Other types of shock, such as cardiogenic shock, hypovolemic shock, and anaphylactic shock, arise from different underlying issues. Cardiogenic shock results from the heart's inability to pump effectively, hypovolemic shock stems from insufficient blood volume due to loss of blood or fluids, and anaphylactic shock is an extreme allergic reaction leading to airway constriction and vasodilation. Each type has distinct causes and treatment protocols, making it essential to correctly identify the type of shock to provide appropriate care.

3. Antidepressant medications that elevate mood by increasing the availability of serotonin in the body include?

- A. Effexor, Cymbalta, Wellbutrin
- B. Prozac, Paxil, Zoloft**
- C. Elavil, Tofranil, Nardil
- D. Lexapro, Pristiq, Fetzima

Antidepressant medications that elevate mood by increasing the availability of serotonin in the body primarily belong to a category known as selective serotonin reuptake inhibitors (SSRIs). These medications work by blocking the reuptake of serotonin in the brain, which then increases the level of serotonin available in the synaptic gap. This can lead to improved mood and alleviation of depressive symptoms. Prozac, Paxil, and Zoloft are all well-known SSRIs that effectively enhance serotonin availability. They have been widely used and studied for their efficacy in treating depression and anxiety disorders. By specifically targeting serotonin levels, these medications can help to stabilize mood and improve overall emotional well-being. While the other options include various classes of antidepressants, they do not primarily work through the serotonin reuptake mechanism. For example, Effexor and Cymbalta, while they can affect serotonin levels, are classified as serotonin-norepinephrine reuptake inhibitors (SNRIs) and also impact norepinephrine. Medications such as Elavil and Tofranil belong to the tricyclic antidepressants (TCAs), which have a different mechanism of action and side effect profiles. Lexapro and Pristiq, although effective, have different classifications with Lex

4. Which medication is commonly prescribed to suppress tumor growth in cases of breast cancer?

- A. Adriamycin
- B. Tamoxifen**
- C. Paclitaxel
- D. Cyclophosphamide

Tamoxifen is commonly prescribed to suppress tumor growth in cases of breast cancer due to its specific action as a selective estrogen receptor modulator (SERM). Breast cancer cells can depend on estrogen for growth, and Tamoxifen works by binding to estrogen receptors on these cells, blocking estrogen from activating them. This blockage can slow down or even stop the growth of tumors that are estrogen-receptor positive, which is a common characteristic in many breast cancers. While other medications mentioned, such as Adriamycin (doxorubicin), Paclitaxel, and Cyclophosphamide, are also used in the treatment of breast cancer, they function differently. Adriamycin is an anthracycline that inhibits DNA synthesis leading to cancer cell death, Paclitaxel disrupts the microtubule function necessary for cell division, and Cyclophosphamide is an alkylating agent that interferes with DNA replication. These drugs may be part of chemotherapy regimens but do not specifically target the estrogen pathway the way Tamoxifen does. Therefore, Tamoxifen is the preferred choice for hormone-receptor-positive breast cancers, illustrating its role in managing this condition effectively.

5. What nursing diagnosis would be applicable to a client experiencing the manic phase of bipolar disorder?

- A. Risk for Injury**
- B. Impaired Social Interaction**
- C. Fear**
- D. Self-Care Deficit**

The applicable nursing diagnosis for a client experiencing the manic phase of bipolar disorder is the risk for injury. During this phase, individuals often display excessive energy levels, impulsive behavior, and poor judgment, which greatly increases their vulnerability to accidents and self-harm. They may engage in risky activities without considering the potential consequences, leading to a heightened probability of physical injury. In this context, it is crucial for healthcare providers to recognize the potential for harm and implement appropriate interventions to ensure the client's safety. This may include close monitoring, creating a safe environment, and providing instruction to help manage impulsive behaviors. While other options like impaired social interaction, fear, and self-care deficit may be relevant in different contexts or phases of bipolar disorder, they do not specifically address the immediate safety concerns present during the manic phase, making the risk for injury the most appropriate diagnosis in this scenario.

6. What issue should a psychiatric technician focus on during the assessment of a client who is attempting to hide laxatives upon admission?

- A. Binge eating and purging**
- B. Substance abuse**
- C. Self-harm behaviors**
- D. Depression**

Focusing on binge eating and purging is crucial in this scenario because hiding laxatives is often a behavior associated with eating disorders, particularly those related to efforts to control weight or manage body image. Clients who engage in such behaviors may be involved in a cycle of binge eating followed by purging, which can include the use of laxatives as a means of compensating for the caloric intake. This understanding helps in identifying the depth of their eating disorder, the psychological aspects involved, and the need for a comprehensive treatment plan. While substance abuse, self-harm behaviors, and depression can be relevant issues in a client's overall mental health, the specific act of hiding laxatives suggests a direct link to disordered eating patterns. Therefore, it is essential for the psychiatric technician to prioritize the assessment of the client's relationship with food, body image concerns, and any accompanying behaviors related to binge eating and purging. By addressing this behavior early on, the technician can facilitate the provision of the most appropriate therapeutic interventions and support for the client.

7. What is the primary focus when caring for a client expressing suicidal thoughts?

- A. Encouraging them to talk about their feelings**
- B. Restricting their access to sharp objects**
- C. Providing medications immediately**
- D. Monitoring their behavior constantly**

When caring for a client expressing suicidal thoughts, the primary focus is on encouraging them to talk about their feelings. This approach is essential because open communication allows the individual to express their emotions, thoughts, and experiences, which can provide crucial insights into their state of mind. Engaging in a dialogue helps build a therapeutic relationship, fosters trust, and can lead to a better understanding of their struggles. By discussing their feelings, clients may feel a sense of relief and validation, and it can reduce feelings of isolation. This dialogue can also help professionals assess the severity of the suicidal thoughts and any underlying issues, enabling them to plan appropriate interventions. Mental health professionals often emphasize active listening in these circumstances, providing a safe environment where clients can feel heard and understood. While restricting access to sharp objects and monitoring behavior are also important safety measures, these actions are secondary to the need for communication. Providing medications may be necessary in some cases, but it should not replace therapeutic dialogue. Each of these other options plays a role in care, but addressing the emotional and psychological aspects through conversation is the most critical initial step.

8. Which nursing intervention helps prevent urinary tract infections?

- A. Limit fluid intake**
- B. Encourage late-night hydration**
- C. Empty the bladder before and after intercourse**
- D. Restrict bathroom access**

The nursing intervention that helps prevent urinary tract infections is to encourage individuals to empty their bladder before and after intercourse. This practice is effective because it helps to flush out any bacteria that may have entered the urethra during sexual activity, thereby reducing the likelihood of infection. Urinary tract infections are often caused by bacteria ascending from the urethra into the bladder, and this intervention can significantly decrease the chances of such occurrences. In terms of the other options, limiting fluid intake can actually increase the risk of urinary tract infections by concentrating the urine, which might allow bacteria to thrive. Encouraging late-night hydration is not advisable as it may lead to increased trips to the bathroom at night and doesn't specifically address prevention around activities that can lead to infections. Restricting bathroom access is counterproductive, as proper access and the urge to urinate regularly are essential components of urinary tract health. Therefore, the recommended intervention not only focuses on proper hygiene practices but also promotes a proactive approach to urinary health.

9. Diabetes insipidus is caused by a deficiency in the production or secretion of which hormone?

- A. Insulin**
- B. Glucagon**
- C. Antidiuretic hormone**
- D. Cortisol**

Diabetes insipidus is primarily attributed to a deficiency in the production or secretion of antidiuretic hormone (ADH), also known as vasopressin. This hormone is produced in the hypothalamus and released by the posterior pituitary gland. Its primary role is to regulate the body's water balance by promoting water reabsorption in the kidneys. When there is insufficient ADH, the kidneys do not reabsorb water effectively, leading to excessive urination (polyuria) and increased thirst (polydipsia). This condition produces a significant increase in urine output, resulting in dehydration and an inability to concentrate urine, which is characteristic of diabetes insipidus. In contrast, insulin is primarily involved in glucose metabolism, glucagon works to increase blood glucose levels by promoting the release of glucose stored in the liver, and cortisol is involved in the body's stress response and metabolism. None of these hormones have a direct link to the regulation of water balance in the kidneys, distinguishing antidiuretic hormone as the critical hormone affected in diabetes insipidus.

10. Which symptom is a warning sign for individuals diagnosed with borderline personality disorder?

- A. Severe mood swings**
- B. Lunar phases influence**
- C. Extreme shyness**
- D. Compulsive disorder tendencies**

Severe mood swings are a prominent warning sign for individuals diagnosed with borderline personality disorder (BPD). This disorder is characterized by significant emotional instability and intense fluctuations in mood, often causing individuals to experience feelings that can change rapidly and without clear cause. These mood swings can lead to impulsive behaviors, difficulties in relationships, and challenges in managing one's sense of self. Recognizing severe mood swings as a symptom is crucial for timely intervention and support for those living with BPD. The other options do not accurately reflect the hallmark symptoms of BPD. Lunar phases influencing behavior does not have a scientific basis in relation to BPD symptoms. Extreme shyness is more commonly associated with social anxiety disorder rather than BPD, which is characterized by interpersonal challenges and fear of abandonment. Compulsive disorder tendencies, while they may appear in co-occurring disorders, are not a defining characteristic of borderline personality disorder itself.

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://psychiatrictechboard.examzify.com>

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

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