

Swift River Mental Health Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

SAMPLE

- 1. Which condition is Janie Robinson experiencing, given her symptoms following a traumatic event like losing her home?**
 - A. Major Depressive Disorder**
 - B. PTSD**
 - C. Catatonia**
 - D. Somatization Disorder**
- 2. What is James Woodruff's diagnosis, indicated by a lack of remorse and a history of assaults and legal issues?**
 - A. Major Depressive Disorder**
 - B. Antisocial Personality Disorder**
 - C. Paranoid Schizophrenia**
 - D. PTSD**
- 3. What characteristic best describes a patient with depression and elevated liver enzymes?**
 - A. Hypersensitivity to stimuli**
 - B. Emotional blunting**
 - C. Severe impulsivity**
 - D. Increased sociability**
- 4. In the presented case, what behavior led authorities to take Mr. Rogers to the ER?**
 - A. Making threats**
 - B. Excessive alcohol consumption**
 - C. Playing loud music at night**
 - D. Engaging in violent behavior**
- 5. A combat veteran who has flashbacks, poor concentration, and substance use issues may likely be diagnosed with?**
 - A. Generalized Anxiety Disorder**
 - B. Major Depressive Disorder**
 - C. Post-Traumatic Stress Disorder**
 - D. Panic Disorder**

- 6. Sam Gregory's flat affect and failure to respond indicate a sudden change in behavior. What could be the diagnosis?**
- A. Schizophrenia**
 - B. Catatonia**
 - C. Major Depressive Disorder**
 - D. Anxiety Disorder**
- 7. Which disorder is characterized by repeated exposure to overwhelming negative events and includes symptoms like nightmares and flashbacks?**
- A. Generalized Anxiety Disorder**
 - B. PTSD**
 - C. Panic Disorder with Agoraphobia**
 - D. Major Depressive Disorder**
- 8. What disorder is indicated by Kathy Mills' severe weight loss and concerns about family image while attending a military academy?**
- A. Bulimia**
 - B. Anorexia**
 - C. Catatonia**
 - D. Antisocial Personality Disorder**
- 9. What symptoms did Jennifer Evans exhibit that indicated an eating disorder?**
- A. Low energy and apathy**
 - B. Suicidal ideations and irregular heart rate**
 - C. Excessive exercise and social withdrawal**
 - D. Insomnia and irritability**
- 10. What condition is characterized by elevated liver enzymes and symptoms of depression and anxiety?**
- A. Pancreatitis**
 - B. ETOH Dependence**
 - C. Chronic Fatigue Syndrome**
 - D. Bipolar Disorder**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which condition is Janie Robinson experiencing, given her symptoms following a traumatic event like losing her home?

A. Major Depressive Disorder

B. PTSD

C. Catatonia

D. Somatization Disorder

Janie Robinson is exhibiting symptoms that align with Post-Traumatic Stress Disorder (PTSD) following a traumatic event, such as losing her home. PTSD is characterized by the development of symptoms after experiencing or witnessing a traumatic event. These symptoms can include intrusive memories of the event, avoidance of reminders associated with the trauma, negative changes in thoughts and mood, as well as heightened arousal and reactivity. In the context of losing her home, Janie may be experiencing flashbacks, nightmares, or anxiety related to the trauma of that loss, which are all hallmark signs of PTSD. The emotional distress and functional impairments caused by these symptoms can significantly impact her daily life, leading to difficulties in social, occupational, or other important areas of functioning. The other conditions listed, while relevant in different contexts, do not specifically fit the pattern of symptoms typically associated with PTSD. Major Depressive Disorder primarily features persistent feelings of sadness or loss of interest, while Catatonia involves significant motor disturbances. Somatization Disorder is characterized by the presence of physical symptoms that cannot be fully explained by a medical condition or injury. Thus, the symptoms Janie is experiencing most clearly point to PTSD as the best-fitting diagnosis.

2. What is James Woodruff's diagnosis, indicated by a lack of remorse and a history of assaults and legal issues?

A. Major Depressive Disorder

B. Antisocial Personality Disorder

C. Paranoid Schizophrenia

D. PTSD

The diagnosis of Antisocial Personality Disorder is indicated by characteristics such as a pervasive pattern of disregard for the rights of others and a history that may include repeated legal problems, impulsive behavior, and a lack of remorse for harmful actions. Individuals with this disorder often engage in aggressive or deceitful behavior and can exhibit manipulative traits that contribute to their interpersonal conflicts. In this context, the mention of a lack of remorse is particularly telling, as it aligns closely with the traits seen in Antisocial Personality Disorder. Individuals diagnosed with this disorder often do not show guilt or concern for the impact of their actions on others, which can lead to repeated assaults and ongoing legal issues. Further, other diagnoses such as Major Depressive Disorder, Paranoid Schizophrenia, and PTSD do not typically present with the same pattern of antisocial behavior or lack of remorse. Major Depressive Disorder is primarily characterized by persistent sadness and a loss of interest, while Paranoid Schizophrenia includes symptoms like delusions and hallucinations. PTSD involves experiencing significant trauma and is characterized by flashbacks and anxiety rather than a consistent pattern of disregard for others. Thus, the identification of Antisocial Personality Disorder as the diagnosis is well-supported by the behaviors described.

3. What characteristic best describes a patient with depression and elevated liver enzymes?

- A. Hypersensitivity to stimuli**
- B. Emotional blunting**
- C. Severe impulsivity**
- D. Increased sociability**

A patient with depression often experiences emotional blunting, which refers to a reduced ability to express or experience emotions. This characteristic is particularly relevant in the context of depression, as individuals may feel a sense of numbness or disconnection from their feelings. When a patient also presents with elevated liver enzymes, this could indicate an underlying health issue that complicates their emotional state. The interaction of physical and mental health challenges can further exacerbate feelings of hopelessness or numbness, reinforcing the notion of emotional blunting. In contrast, hypersensitivity to stimuli may occur in other contexts but is not a primary characteristic of depression itself. Severe impulsivity can be associated with other mental health conditions, particularly certain mood disorders, but it is not typical of depressive presentations. Increased sociability is generally not reflective of a depressive state; instead, it tends to indicate a more elevated mood. Therefore, the best fit for describing a patient experiencing both depression and elevated liver enzymes is emotional blunting.

4. In the presented case, what behavior led authorities to take Mr. Rogers to the ER?

- A. Making threats**
- B. Excessive alcohol consumption**
- C. Playing loud music at night**
- D. Engaging in violent behavior**

The correct behavior that led authorities to take Mr. Rogers to the ER is associated with playing loud music at night. Situations involving excessive noise, especially at night, can often be indicative of underlying issues that may raise concern for the well-being of the individual involved as well as those around them. Loud music may suggest that Mr. Rogers was in a state of heightened emotional distress, which could warrant intervention by authorities. When individuals display behavior that disrupts their environment, such as excessive noise, it often serves as a signal that they may need help or are experiencing difficulties. Authorities, in this case, might have been alerted to potential mental health concerns, prompting the decision to take him to the emergency room for evaluation and support. The other options like making threats, excessive alcohol consumption, or engaging in violent behavior would typically indicate more acute emergencies that directly threaten safety or cause significant disturbances. In this case, the choice of loud music aligns with common community concerns that may lead to mental health assessments without overt aggression or violence.

5. A combat veteran who has flashbacks, poor concentration, and substance use issues may likely be diagnosed with?

A. Generalized Anxiety Disorder

B. Major Depressive Disorder

C. Post-Traumatic Stress Disorder

D. Panic Disorder

The diagnosis of Post-Traumatic Stress Disorder (PTSD) is particularly relevant for a combat veteran experiencing symptoms such as flashbacks, poor concentration, and substance use issues. PTSD is a mental health condition that can occur after an individual has been exposed to a traumatic event, such as combat. Flashbacks—where the individual relives the traumatic event—are a hallmark symptom of PTSD. They reflect how the memories of the trauma can resurface intensely and involuntarily, making it feel as if the event is happening again. Poor concentration is another symptom often reported by those with PTSD, as the distressing memories and heightened arousal make it difficult for individuals to focus on everyday tasks. Substance use issues frequently arise as a coping mechanism for dealing with the intense and overwhelming feelings associated with trauma. Veterans may turn to alcohol or drugs in an attempt to numb their distress or escape from their symptoms, which is a common pathway for individuals with PTSD. In contrast, the other disorders mentioned, such as Generalized Anxiety Disorder, Major Depressive Disorder, and Panic Disorder, do not specifically encompass the combination of flashbacks and the specific context of trauma experienced by the veteran. Each of these disorders has distinct symptom profiles that do not align as closely

6. Sam Gregory's flat affect and failure to respond indicate a sudden change in behavior. What could be the diagnosis?

A. Schizophrenia

B. Catatonia

C. Major Depressive Disorder

D. Anxiety Disorder

The indication of flat affect and a failure to respond suggests a significant alteration in behavioral functioning, which aligns closely with characteristics seen in catatonia. Catatonia is often marked by a lack of movement and response, alongside unusual or absent emotional expression. The sudden change in behavior, especially when accompanied by conditions such as stupor or rigidity, points towards catatonic features. In contrast, while schizophrenia can also involve flat affect, it typically encompasses a broader array of symptoms, such as delusions and hallucinations. Major Depressive Disorder might present with flat affect, but it generally includes a spectrum of mood-related symptoms rather than solely a lack of response or movement. Anxiety Disorders usually manifest in heightened arousal and behavioral agitation, which is not consistent with the described flat affect and failure to respond. Thus, the symptoms of flat affect coupled with the described behavioral change are most consistent with catatonia, making this the most appropriate diagnosis in this context.

7. Which disorder is characterized by repeated exposure to overwhelming negative events and includes symptoms like nightmares and flashbacks?

A. Generalized Anxiety Disorder

B. PTSD

C. Panic Disorder with Agoraphobia

D. Major Depressive Disorder

The disorder characterized by repeated exposure to overwhelming negative events, which includes symptoms such as nightmares and flashbacks, is Post-Traumatic Stress Disorder (PTSD). PTSD typically occurs after experiencing or witnessing a traumatic event, such as combat exposure, natural disasters, accidents, or personal assaults. Individuals with PTSD may relive the traumatic experiences through intrusive thoughts or memories, experience intense distress when reminded of the trauma, and may avoid situations or people that remind them of the event. These symptoms can result in significant impairment in social, occupational, or other important areas of functioning. The presence of recurrent nightmares and flashbacks is especially indicative of PTSD and distinguishes it from other anxiety disorders and mood disorders. Other disorders such as Generalized Anxiety Disorder and Major Depressive Disorder have different primary symptoms and do not specifically include the hallmark features of re-experiencing traumatic events. Panic Disorder with Agoraphobia involves anxiety about having panic attacks and situations where escape might be difficult, which is distinct from the trauma-related symptoms of PTSD.

8. What disorder is indicated by Kathy Mills' severe weight loss and concerns about family image while attending a military academy?

A. Bulimia

B. Anorexia

C. Catatonia

D. Antisocial Personality Disorder

The severe weight loss that Kathy Mills is experiencing, along with her concerns about family image, strongly aligns with the characteristics of anorexia nervosa. Anorexia is an eating disorder characterized by an intense fear of gaining weight and a distorted body image, leading individuals to restrict their food intake and engage in behaviors that result in significant weight loss. In the context of attending a military academy, where there may be heightened pressure to conform to certain body standards and ideals, her preoccupation with weight loss and body image becomes more pronounced. This suggests a deeper psychological component of needing to control one's body in response to external standards, which is a hallmark of anorexia. While bulimia involves episodes of binge eating followed by compensatory behaviors, it does not usually feature the same intense focus on weight and body image issues in the context of severe restriction that is evident here. Catatonia is more associated with psychomotor disturbances rather than weight loss and eating disorders, and antisocial personality disorder involves a pattern of disregard for others and is not typically characterized by the symptoms Kathy is experiencing. Thus, the clear indicators of significant weight loss and concern over body image directly point to anorexia as the most fitting diagnosis.

9. What symptoms did Jennifer Evans exhibit that indicated an eating disorder?

- A. Low energy and apathy**
- B. Suicidal ideations and irregular heart rate**
- C. Excessive exercise and social withdrawal**
- D. Insomnia and irritability**

The correct identification of symptoms indicating an eating disorder often involves recognizing a range of physical and psychological manifestations. In this case, symptoms like suicidal ideations and an irregular heart rate are significant indicators. Suicidal ideations can suggest severe psychological distress commonly associated with eating disorders, reflecting underlying issues such as depression, anxiety, or trauma that may accompany these conditions. Furthermore, an irregular heart rate can stem from malnutrition, electrolyte imbalances, or significant weight loss often seen in individuals with eating disorders like anorexia nervosa or bulimia nervosa. These heart rate fluctuations may indicate potential life-threatening complications. When assessing symptoms for eating disorders, it's crucial to focus not just on emotional and behavioral patterns but also on physical health aspects, including any signs that may lead to serious medical conditions. Recognizing these severe symptoms allows for timely intervention and appropriate treatment.

10. What condition is characterized by elevated liver enzymes and symptoms of depression and anxiety?

- A. Pancreatitis**
- B. ETOH Dependence**
- C. Chronic Fatigue Syndrome**
- D. Bipolar Disorder**

The condition characterized by elevated liver enzymes along with symptoms of depression and anxiety is alcohol (ETOH) dependence. This relationship is well-documented in medical literature, as excessive alcohol use can lead to liver damage, resulting in elevated liver enzymes. Moreover, individuals with alcohol dependence often experience comorbid mental health issues, including depression and anxiety, due to the physiological and psychological effects of alcohol on the brain and body. Chronic alcohol consumption can lead to significant changes in neurotransmitter systems that directly affect mood regulation and emotional stability. Therefore, the presence of both elevated liver enzymes and mental health symptoms such as depression and anxiety strongly points to alcohol dependence as the underlying condition. In contrast, pancreatitis primarily affects the pancreas and is less directly associated with elevated liver enzymes and mental health symptoms. Chronic Fatigue Syndrome mainly involves profound fatigue and does not typically involve elevated liver enzyme levels as a primary feature. Bipolar Disorder, while it does include mood swings and could present with depressive symptoms, does not directly correlate with elevated liver enzymes, which are more indicative of liver-related pathology.