

Swift River Mental Health 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 behavior is commonly associated with ADHD in adolescents?**
 - A. Pacing in one spot**
 - B. Constantly interrupting others**
 - C. Excessive sleeping**
 - D. Withdrawal from social interactions**

- 2. Which therapeutic approach is commonly used in mental health treatment?**
 - A. Cognitive Behavioral Therapy**
 - B. Humanistic Therapy**
 - C. Dialectical Behavior Therapy**
 - D. Exposure Therapy**

- 3. Which condition is characterized by a significant preoccupation with body weight leading to extreme weight loss and a distorted view of body image?**
 - A. Bulimia**
 - B. Body Dysmorphic Disorder**
 - C. Anorexia**
 - D. Major Depressive Disorder**

- 4. What is a common treatment for Attention-Deficit/Hyperactivity Disorder (ADHD)?**
 - A. Antidepressants**
 - B. Cognitive Behavioral Therapy**
 - C. Stimulant medications**
 - D. Relaxation techniques**

- 5. How does substance use often complicate mental health treatment?**
 - A. It can facilitate communication between the client and therapist**
 - B. It often alleviates mental health symptoms**
 - C. It can exacerbate symptoms and hinder treatment effectiveness**
 - D. It decreases the likelihood of maintaining recovery**

- 6. Which type of therapy focuses mainly on present experiences rather than past events?**
- A. Freudian Therapy**
 - B. Cognitive Therapy**
 - C. Humanistic Therapy**
 - D. Behavioral Therapy**
- 7. What does DSM-5 stand for?**
- A. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition**
 - B. Disorder and Syndrome Manual, Fifth Edition**
 - C. Diagnostic Standards for Mental Health Disorders**
 - D. Manual of Psychological Disorders and Treatments**
- 8. A 78-year-old widow exhibiting staring and confusion is most likely suffering from which condition?**
- A. Dementia**
 - B. Depression**
 - C. Delirium**
 - D. Panic Disorder**
- 9. What is an important aspect of providing therapy as a mental health counselor?**
- A. Making all decisions for clients**
 - B. Empowering clients to cope with challenges**
 - C. Limiting the discussion to symptoms only**
 - D. Focusing solely on medication management**
- 10. What aspect of Jennifer Evans' lab results was concerning and indicative of an eating disorder?**
- A. High levels of cholesterol**
 - B. High blood pressure**
 - C. Low potassium and low sodium**
 - D. High glucose levels**

Answers

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

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Explanations

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1. Which behavior is commonly associated with ADHD in adolescents?

- A. Pacing in one spot
- B. Constantly interrupting others**
- C. Excessive sleeping
- D. Withdrawal from social interactions

The behavior of constantly interrupting others is commonly associated with Attention-Deficit/Hyperactivity Disorder (ADHD) in adolescents. This behavior stems from the impulsivity and challenges with self-regulation that are characteristic of ADHD. Adolescents with ADHD often struggle to control their impulses, leading them to speak out of turn or finish others' sentences. This can disrupt conversations and social interactions, as they may have difficulty waiting for their turn to speak. In contrast, behaviors such as pacing in one spot, excessive sleeping, or withdrawal from social interactions do not align as closely with the typical manifestations of ADHD. While pacing might be an expression of restlessness, it is more a symptom of anxiety or hyperactivity than a specific marker of ADHD. Excessive sleeping could indicate depressive symptoms or other issues, and withdrawal from social interactions is more often associated with anxiety disorders or depression rather than ADHD.

2. Which therapeutic approach is commonly used in mental health treatment?

- A. Cognitive Behavioral Therapy**
- B. Humanistic Therapy
- C. Dialectical Behavior Therapy
- D. Exposure Therapy

Cognitive Behavioral Therapy (CBT) is commonly used in mental health treatment because it is structured, goal-oriented, and effective across a variety of mental health disorders. CBT focuses on identifying, challenging, and changing negative thought patterns and behaviors that contribute to emotional distress. It provides individuals with practical skills and strategies to address their problems, which can lead to significant improvements in symptoms and overall functioning. The versatility of CBT is one of its strong points. Research has consistently shown its efficacy in treating conditions such as depression, anxiety disorders, PTSD, and more, making it a widely accepted and endorsed therapeutic approach within clinical settings. In contrast, while Humanistic Therapy emphasizes personal growth and self-actualization, it may not have the same level of structured techniques as CBT, leading to differing effectiveness in various scenarios. Dialectical Behavior Therapy (DBT) is a type of cognitive behavioral therapy, specifically designed for individuals with borderline personality disorder, and is tailored to address emotion regulation and interpersonal effectiveness, which may limit its broader application compared to CBT. Exposure Therapy, while effective for anxiety-related conditions, specifically focuses on desensitizing individuals to their fears, thus not being as universally applicable to all mental health disorders as CBT.

3. Which condition is characterized by a significant preoccupation with body weight leading to extreme weight loss and a distorted view of body image?

- A. Bulimia
- B. Body Dysmorphic Disorder
- C. Anorexia**
- D. Major Depressive Disorder

The condition characterized by a significant preoccupation with body weight, leading to extreme weight loss and a distorted view of body image, is indeed anorexia. Individuals with anorexia nervosa often have an intense fear of gaining weight and a profoundly distorted perception of their body size, seeing themselves as overweight even when they are underweight. This drives behaviors aimed at significant weight loss, such as extreme dieting, excessive exercise, and often purging. The emphasis on body image distortion and the pursuit of extreme weight loss are key aspects of anorexia, distinguishing it from other conditions. For example, while bulimia involves episodes of binge eating followed by compensatory behaviors, it does not typically encompass the same level of extreme weight loss or the pervasive body image distortion seen in anorexia. Body Dysmorphic Disorder, on the other hand, involves an obsessive focus on perceived flaws in appearance but does not necessarily involve significant weight loss or restrictive eating behaviors. Major Depressive Disorder may impact appetite and weight, but it does not inherently involve the intense preoccupation with body weight and distorted image associated with anorexia.

4. What is a common treatment for Attention-Deficit/Hyperactivity Disorder (ADHD)?

- A. Antidepressants
- B. Cognitive Behavioral Therapy
- C. Stimulant medications**
- D. Relaxation techniques

Stimulant medications are a common and effective treatment for Attention-Deficit/Hyperactivity Disorder (ADHD). These medications work by increasing the levels of certain neurotransmitters in the brain, particularly dopamine and norepinephrine, which play key roles in attention and impulse control. By enhancing the activity of these neurotransmitters, stimulant medications help improve concentration, reduce hyperactive behavior, and regulate impulse control in individuals with ADHD. Clinical evidence supports the efficacy of stimulants, such as methylphenidate and amphetamines, in managing the symptoms of ADHD. They have been extensively studied and are widely prescribed due to their positive impact on academic performance, social interactions, and overall functioning. This makes stimulant medications a cornerstone of ADHD treatment and a first-line option for many patients. In contrast, while antidepressants and cognitive behavioral therapy can be useful in certain contexts, they are not the primary treatments for ADHD. Antidepressants might be prescribed if ADHD coexists with depression or anxiety, but they do not specifically target ADHD symptoms. Cognitive Behavioral Therapy can provide coping strategies and behavioral modifications that assist in managing ADHD, but medication typically offers more immediate symptom relief. Relaxation techniques may help in reducing overall stress and anxiety but are not considered an effective standalone treatment.

5. How does substance use often complicate mental health treatment?

- A. It can facilitate communication between the client and therapist**
- B. It often alleviates mental health symptoms**
- C. It can exacerbate symptoms and hinder treatment effectiveness**
- D. It decreases the likelihood of maintaining recovery**

Substance use significantly complicates mental health treatment because it can exacerbate existing mental health symptoms and hinder the overall effectiveness of treatment. When an individual with a mental health disorder also engages in substance use, the interaction between the substances and the individual's mental health can lead to intensified symptoms such as anxiety, depression, or mood swings. Additionally, substances can interfere with the proper functioning of medications prescribed for mental health conditions, potentially leading to less effective outcomes. Moreover, substance use can lead to poor adherence to treatment plans, including missed therapy sessions and a lack of engagement in therapeutic activities. This creates a cycle where the worsening mental health symptoms can lead to increased substance use, further complicating the recovery process. Understanding this dynamic is crucial for mental health professionals as it can inform more comprehensive treatment strategies that address both mental health and substance use concurrently for better outcomes.

6. Which type of therapy focuses mainly on present experiences rather than past events?

- A. Freudian Therapy**
- B. Cognitive Therapy**
- C. Humanistic Therapy**
- D. Behavioral Therapy**

Humanistic therapy primarily emphasizes the individual's current experiences and the importance of self-exploration and personal growth. This approach is grounded in the belief that individuals have the inherent capacity for self-actualization and that focus on the present moment can lead to deep personal insights. In humanistic therapy, therapists strive to create a safe and supportive environment that encourages clients to explore their feelings, thoughts, and behaviors as they exist in the here and now. This contrasts with approaches like Freudian therapy, which often delves into past experiences and unconscious processes, or cognitive therapy, which, while it addresses current thought patterns, often involves examining how past experiences influence those thoughts. Behavioral therapy also primarily tackles current behaviors rather than delving into past experiences but does so through a more structured approach focused on changing specific behaviors rather than personal growth and self-actualization. Thus, the distinguishing feature of humanistic therapy is its focus on present experiences and fostering a deeper understanding of oneself in the current moment, making it the correct choice.

7. What does DSM-5 stand for?

- A. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition**
- B. Disorder and Syndrome Manual, Fifth Edition**
- C. Diagnostic Standards for Mental Health Disorders**
- D. Manual of Psychological Disorders and Treatments**

The correct answer is the full name of the DSM-5, which stands for the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. This manual is published by the American Psychiatric Association and is a critical resource in mental health care for diagnosing psychiatric disorders. It provides standardized criteria that professionals use to identify and classify mental health conditions, which helps ensure consistency and accuracy in diagnoses across different practitioners and settings. This edition reflects the latest research and evolving understanding of mental health, making it an essential tool for clinicians, researchers, and educators in the field of psychology and psychiatry. The details and classifications contained within DSM-5 are vital for treatment planning and ensuring that individuals receive appropriate care based on their specific mental health challenges. The other options do not correctly reflect the purpose or content of the manual. For instance, the titles in the incorrect options suggest different focuses or organizations that do not align with the established DSM nomenclature and its role in mental health classification.

8. A 78-year-old widow exhibiting staring and confusion is most likely suffering from which condition?

- A. Dementia**
- B. Depression**
- C. Delirium**
- D. Panic Disorder**

The presentation of staring and confusion in a 78-year-old widow suggests a cognitive disturbance that aligns most closely with dementia. Dementia is characterized by a decline in cognitive function, including memory, reasoning, and the ability to perform everyday activities. Individuals with dementia may exhibit confusion about their surroundings, also demonstrating changes in behavior and mood. While depression could lead to some cognitive symptoms, it typically presents with a pervasive low mood and lack of interest, and is less likely to manifest solely as confusion and staring. Delirium, which can cause confusion and changes in awareness, tends to arise suddenly and is usually associated with a medical condition or substance withdrawal. Panic disorder involves episodes of intense fear or discomfort but does not commonly cause sustained confusion or staring. In this case, the specific symptoms of staring and confusion point more firmly toward dementia, which often develops gradually and can include various cognitive impairments as the primary concern.

9. What is an important aspect of providing therapy as a mental health counselor?

- A. Making all decisions for clients**
- B. Empowering clients to cope with challenges**
- C. Limiting the discussion to symptoms only**
- D. Focusing solely on medication management**

Empowering clients to cope with challenges is a fundamental aspect of providing therapy as a mental health counselor. This approach entails equipping clients with the tools, strategies, and insights they need to navigate their difficulties independently. By fostering a sense of empowerment, counselors encourage clients to take an active role in their own healing process, promoting greater self-efficacy and resilience. Therapeutic empowerment can involve various techniques, such as teaching coping skills, enhancing problem-solving abilities, and facilitating self-awareness. This process helps clients recognize their strengths and resources, enabling them to confront adversities more effectively. In contrast, making all decisions for clients undermines their autonomy and could lead to dependency on the therapist. Limiting discussions to symptoms restricts the therapeutic process, as it may overlook the root causes and broader context of the client's issues. Focusing solely on medication management ignores the psychosocial aspects that therapy aims to address, such as emotional and behavioral patterns, interpersonal relationships, and life experiences, which are crucial for holistic mental health care.

10. What aspect of Jennifer Evans' lab results was concerning and indicative of an eating disorder?

- A. High levels of cholesterol**
- B. High blood pressure**
- C. Low potassium and low sodium**
- D. High glucose levels**

The aspect of Jennifer Evans' lab results that is concerning and indicative of an eating disorder is the presence of low potassium and low sodium levels. These electrolyte imbalances can occur in individuals with eating disorders, particularly those involving restrictive eating or purging behaviors, such as anorexia or bulimia. Low potassium levels, known as hypokalemia, can lead to dangerous health conditions, including muscle weakness, arrhythmias, and in severe cases, cardiac arrest. Low sodium levels, or hyponatremia, can also result in serious health issues, including confusion, seizures, and coma. The combination of both low potassium and sodium can indicate significant nutritional deficiencies and fluid imbalances that often accompany disordered eating patterns. Monitoring electrolyte levels is crucial in the context of eating disorders, as they reflect the physical toll the condition takes on the body and underscore the need for urgent medical intervention.

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://swiftrivermentalhealth.examzify.com>

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

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