

# Nursing ANCC-PMHNP-BC

**American Nurses Credentialing Center: Psychiatric-Mental  
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## Question: 1

What role does the hypothalamus play in regulation?

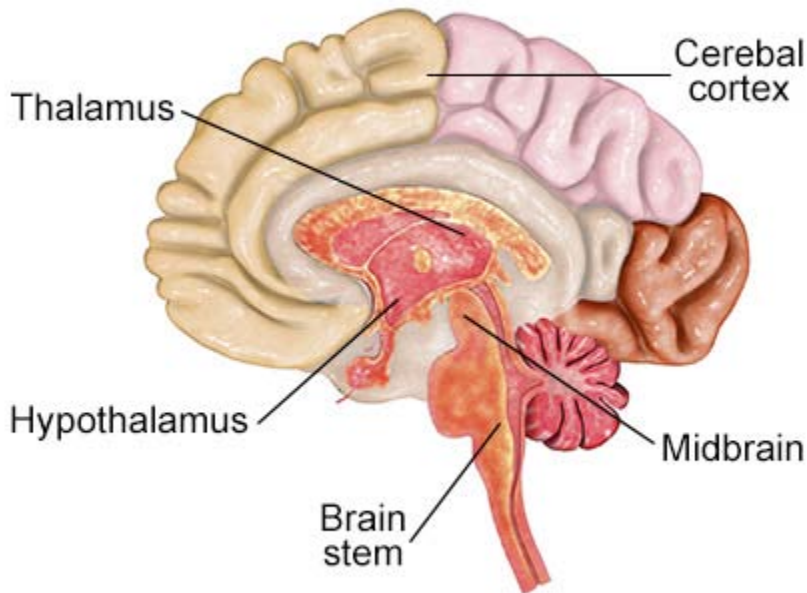
- A. Regulates mood, fear, emotion, and aggression
- B. Regulates appetite, including sensations of hunger and thirst
- C. Regulates memory and converts short-term into long-term memory
- D. Regulates the flow of sensory information to the cortex

**Answer: B**

Explanation:

The hypothalamus is part of the limbic system. It plays a key role in various regulatory functions including appetite, water balance, circadian rhythms, body temperature, and libido.

The hippocampus regulates memory and converts short-term into long-term memory. The amygdala regulates mood, fear, emotion, and aggression. The thalamus regulates the flow of sensory information to the cortex.



## Question: 2

The daughter of a patient with dementia expresses frustration that her mother no longer appears to enjoy the television programs that once kept her occupied while the daughter worked from home. "I know I shouldn't get mad, but it's super frustrating. It's like her favorite TV programs agitate her now. I

just don't understand!" Which information regarding dementia may increase the daughter's understanding of the patient's experience?

- A. Television and radio programs can be overstimulating
- B. Sit with the patient during TV and radio times to pair the activity with socialization
- C. Move the TV closer to the parent to reduce the field of vision
- D. The patient should be scheduled for a hearing exam

**Answer: A**

Explanation:

As dementia progresses, TV and radio programs can cause agitation and can be disorienting when the patient cannot distinguish between reality and whatever they see on television. The daughter did not report that the patient had hearing issues at any other time, and the agitation seemed specifically related to TV time previously enjoyed.

Pairing TV time with socialization or moving the TV closer is not a good management tool for agitation related to TV content.

### Question: 3

A 34-year-old female with bipolar I disorder has remained stable on lithium 100 mg/day and lamotrigine 100 mg/day for the past five years. She recently had her wisdom teeth removed and has been taking 800 mg of ibuprofen twice daily for pain. She arrives at your office with complaints of sedation, vomiting, diarrhea, and tremor.

What is causing these side effects?

- A. Ibuprofen increased the plasma levels of lamotrigine, resulting in lamotrigine toxicity
- B. Lithium increased the plasma levels of ibuprofen, resulting in ibuprofen toxicity
- C. Ibuprofen increased the plasma levels of lithium, resulting in lithium toxicity
- D. Lamotrigine increased the plasma levels of ibuprofen, resulting in ibuprofen toxicity

**Answer: C**

Explanation:

This patient presents with typical signs of lithium toxicity. Ibuprofen increases plasma levels of lithium. Because lithium has such a narrow therapeutic window, concurrent administration of ibuprofen and lithium can result in lithium toxicity.

### Question: 4

Which term best describes the use of aggregate variance data to change a system of healthcare practice?

- A. Informatics
- B. Outcomes management
- C. Database management system

D. Information technology

**Answer: B**

Explanation:

Outcomes management is the use of aggregate variance data to change a system of healthcare practice. Variance is any event that alters patient progress toward expected outcomes. Sources of variance include practitioner behavior (competency), the severity of illness, and practice patterns that either expedite care or inhibit the delivery of care.

### Question: 5

According to Piaget, children between the ages of six and eleven years develop which cognitive-spatial concept?

- A. Conservation
- B. Transductive reasoning
- C. Egocentrism
- D. Imaginary audience

**Answer: A**

Explanation:

Piaget's stages of cognitive development:

1. Infancy (birth to 2 years): Sensorimotor
2. Early Childhood (2 to 5 years): Preoperational
3. Middle Childhood (6 to 11 years): Concrete operational
4. Adolescence (11 to 19 years): Formal operational

Children between the ages of six and eleven years develop the following cognitive-spatial concepts:

- Hierarchical classification
- Reversibility
- Conservation
- Decentration
- Spatial operations
- Horizontal decalage
- Transitive inference

Egocentrism and transductive reasoning are developed during early childhood (2 to 5 years), not middle childhood (6 to 11 years). Imaginary audience is developed during adolescence.

### Question: 6

Patients with autism sometimes exhibit severe behavioral dyscontrol (e.g., tantrums, aggression, self-injury, and repetitive stereotypical behaviors) and may require pharmacological management. Which of the following medications is approved for self-injury and aggression in autistic patients?

- A. Risperidone

- B. Prozac
- C. Klonopin
- D. Lithium

**Answer: A**

Explanation:

Antipsychotics are sometimes used for explosive and aggressive behaviors in children with autism. Risperidone was the first atypical antipsychotic approved for use in autistic patients and is the most commonly prescribed agent.

Klonopin is an anxiolytic and is sometimes prescribed as an adjunct medication, but it should not be the first drug of choice. Prozac is an SSRI commonly prescribed for depression. Lithium is used for bipolar disorder.

### Question: 7

A core foundational principle of relapse prevention is that the probability of relapse is contingent on the coping strategy the individual uses. What term describes the technique in which cognitive restructuring is used to distinguish the lapse as an isolated event rather than a relapse?

- A. Avoiding high-risk situations
- B. Abstinence violation effect (AVE)
- C. Self-efficacy
- D. Coping strategy

**Answer: B**

Explanation:

AVE is the technique of cognitive restructuring that seeks to separate a lapse from relapse by distinguishing it as an isolated event.

Self-efficacy is the belief in a person's ability to cope effectively with a situation. Individuals use coping strategies to deal with a challenging situation; these strategies can be good or bad. Avoiding high-risk situations is a coping strategy but not a specific technique.

### Question: 8

A patient is diagnosed with autism spectrum disorder (ASD). According to neurodevelopmental theory, which of the following is most likely to be a contributing factor to the patient's diagnosis?

- A. Environmental toxins
- B. Social isolation during childhood
- C. Genetic factors
- D. Trauma during childbirth

**Answer: C**

Explanation:

Genetic factors have been shown to play a role in the development of ASD.

Environmental toxins have been investigated as a possible contributing factor to ASD, but the evidence is inconclusive. Trauma during childbirth and social isolation during childhood are not typically considered to be contributing factors to the development of ASD.

### Question: 9

A 16-year-old male with a diagnosis of ASD is brought to the ER with his care staff from the treatment residence. The patient has a history of severe head trauma from self-injury to his anterior frontal lobe. The patient appears uninhibited and cheerful. The staff describes him as hypersexual with food-seeking behaviors, especially carbohydrates. The patient is non-verbal. Staff members describe him as highly distractible and unable to recognize things that are common to him.

What rare condition should be ruled out based on his symptoms and history of head trauma?

- A. Pick's disease
- B. Kluver-Bucy syndrome
- C. Concussion
- D. Huntington's disease

**Answer: B**

Explanation:

Kluver-Bucy syndrome is a rare behavioral disorder caused by damage to both sides of the anterior temporal lobe by head trauma or encephalitis. It is characterized by hypersexuality, putting things in the mouth, distractibility, visual agnosia, and possibly seizures.

Pick's disease is an uncommon form of dementia characterized by language difficulties and personality and behavior changes. Huntington's disease is a degenerative neurological condition. Concussions are not a rare condition.

### Question: 10

A patient with a history of substance abuse is resistant to the idea of seeking treatment. Which technique would be most appropriate for the nurse practitioner to use during their initial assessment?

- A. Advice giving
- B. Interpretation
- C. Motivational interviewing
- D. Confrontation

**Answer: C**

Explanation:

Motivational interviewing is a client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. It is designed to help individuals who may be

ambivalent about changing their behavior to become more open to the idea of making changes. In the case of a patient with a history of substance abuse who is resistant to seeking treatment, using motivational interviewing techniques can help the nurse practitioner explore the patient's ambivalence and identify the patient's reasons for seeking treatment.

### Question: 11

Which theoretical approach to ethical decision-making views an action as good or bad based on the outcome?

- A. Nonmaleficence
- B. Virtue ethics
- C. Deontological theory
- D. Teleological theory

**Answer: D**

Explanation:

In teleological theory, an action is determined to be good or bad based on the consequences. Deontological theory judges the action as good or bad without factoring in whether the outcome is desirable. Virtue ethics considers the morality of the character deciding determining whether that decision was good or bad. Nonmaleficence is an ethical principle in nursing but not a theoretical approach.

### Question: 12

A PMHNP is working with a patient struggling with smoking addiction who tends to be pessimistic and sarcastic. In which of Freud's psychosexual stages of development is this patient likely stuck?

- A. Anal stage
- B. Oral stage
- C. Genital stage
- D. Phallic stage

**Answer: B**

Explanation:

Sigmund Freud's psychosexual stages of development describe how personality and behavior are shaped during childhood. According to Freud, each stage is characterized by a primary erogenous zone that is associated with specific conflicts and experiences.

The oral stage is the first stage of development, which occurs from birth to 18 months, and is focused on the mouth and the act of sucking. Failure to resolve the conflicts of this stage can lead to fixation or a preoccupation with associated activities and behaviors.

### Question: 13

A patient with a history of major depressive disorder has been discharged from the hospital and is now attending weekly support group meetings. This is an example of which level of prevention of mental disorders?

- A. Primary prevention
- B. Quaternary prevention
- C. Secondary prevention
- D. Tertiary prevention

**Answer: D**

Explanation:

Tertiary prevention refers to interventions that aim to reduce the impact of an existing illness or prevent a recurrence of symptoms. In this scenario, the patient has a history of major depressive disorder and is now attending weekly support group meetings after being discharged from the hospital. This is an example of tertiary prevention because it is aimed at reducing the impact of the patient's existing illness and preventing a recurrence of symptoms.

Primary prevention involves interventions aimed at preventing the onset of a disorder or reducing the risk of developing a disorder. Secondary prevention involves early detection and intervention to reduce the severity or duration of a disorder. Quaternary prevention involves interventions aimed at reducing the risk of harm from medical interventions or unnecessary treatments.

### Question: 14

Which term describes treatments that are intended to enhance traditional medical practices?

- A. Complementary therapies
- B. Alternative therapies
- C. Integrative therapies
- D. Biological-based therapies

**Answer: A**

Explanation:

The National Institutes of Health (NIH) created the National Center for Complementary and Alternative Medicine (NCCAM) in 1998. The mission of NCCAM is to study therapies outside of traditional medicine. Complementary therapies are defined as treatments used in addition to traditional medical practices. Alternative therapies are used in place of traditional medical practice. Often complementary and alternative are combined to form the term "complementary and alternative medicine" (CAM).

Types of CAM are:

- Biological-based therapies: herbal products, vitamins, supplements, and aromatherapy
- Mind-body interactions: guided imagery, meditation, yoga, and biofeedback
- Manipulative and body-based therapies: acupressure, acupuncture, massage, reflexology

### Question: 15



Complementary and alternative therapies (CATs) are becoming more widely embraced in the United States. Which of the following is an example of a mind-body CATs intervention?

- A. Vitamins and supplements
- B. Massage therapy
- C. Acupressure
- D. Yoga

<b>Answer: D</b>
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Explanation:

Mind-body interventions under the umbrella of CATs include the following:

- Guided imagery
- Meditation
- Yoga
- Biofeedback

Massage therapy and acupressure are manipulative body-based therapies. Vitamins and supplements are a biological-based therapy.

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