

SECTION A

PART I: Multiple Choice Questions [30 marks]

Choose the correct answer and write down the letter of your chosen answer in the Answer Booklet against the question number e.g. 31 (a). Each question carries ONE mark. Any double writing, smudgy answers or writing more than one choice shall not be evaluated.

1. Which of the following statements about **attachment theory** is **INCORRECT**?
 - a) Abused children do not develop attachments to their abusive parents.
 - b) The attachment of the first-born child is decreased by the birth of a second.
 - c) Separation anxiety occurs by 10–18 months of age.
 - d) Children brought up in extended families or with multiple caregivers are able to establish many attachments.

2. During a mental status examination, a patient states, *“When I hear the news, the newscaster is talking about me.”* This statement best represents which of the following?
 - a) Ideas of reference
 - b) Paranoia
 - c) Overvalued idea
 - d) Thought insertion

3. Which of the following is a **technique** for **automatic thought modification**?
 - a) Guided discovery
 - b) Recognizing mood shifts
 - c) Checklists for automatic thoughts
 - d) Examining the evidence

4. Which of the following statements is **true** with regard to **factitious Disorder**?
 - a) It is synonymous with malingering
 - b) The patient’s goal is to assume and maintain the sick role
 - c) The patient’s goal is to avoid unpleasant consequences or work
 - d) Patients visit to OPDs often but rarely are hospitalized

5. Which of the following treatments is **contraindicated** in the **initial** treatment of a patient experiencing **domestic violence**?
 - a) Group psychotherapy
 - b) Individual psychotherapy
 - c) Conjoint marital therapy
 - d) Psychopharmacology

6. Which of the following statements about the **development and course of autism spectrum disorder (ASD) is false?**
- a) Symptoms of ASD are typically recognized during the second year of life (12–24 months of age).
 - b) Symptoms of ASD are usually not noticeable until 5–6 years of age or later.
 - c) First symptoms frequently involve delayed language development, often accompanied by lack of social interest or unusual social interactions.
 - d) ASD is not a degenerative disorder, and it is typical for learning and compensation to continue throughout life.
7. Social anxiety disorder (social phobia) differs from normative shyness in that the disorder leads to which of the following?
- a) Social or occupational dysfunction.
 - b) Marked social reticence.
 - c) Avoidance of social situations.
 - d) Pervasive social deficits with poor insight.
8. A doctor who smokes, accepts that smoking is beneficial because it inhibits the development of obesity is which of the following “defence” mechanisms?
- a) Dissociation
 - b) Intellectualization
 - c) Rationalization
 - d) Reaction formation
9. Which of the following statements concerning **suicide are correct?**
- a) The ratio of suicides with a fatal outcome decreases with age
 - b) Women die from suicide more often than men
 - c) A suicide can reliably be predicted by certain clinical features
 - d) A conversation with the patient about his / her ideals of suicide may protect the patient from being a potential victim
10. Which of the following is **NOT a facilitative message?**
- a) ‘Run on’ question
 - b) Self-disclosure
 - c) Silence
 - d) Interpretation
11. Which of the following is a **supportive intervention** during a clinical interview process?
- a) Open-ended questions
 - b) Acknowledgement of affect
 - c) Taking a medical history
 - d) Summarization

12. A therapist is assigned a new patient in his clinic. While looking at the materials the patient filled out in the waiting area, the therapist finds out that the patient has a substance abuse history. He immediately says, *“Stupid drug addicts, they’re so annoying. They’re such a waste of time. They never want to get better.”* This is an example of:
- Projection
 - Transference
 - Countertransference
 - Confrontation
13. One of your patients of the opposite sex begins to act seductively and proceeds to ask you out for dinner. Which one of the following would be an appropriate response?
- Ignore the patient’s advances
 - Compliment the patient on the way she or he is dressed
 - Examine your own countertransference and explore the meaning of the patient’s behaviour
 - Have sex with the patient and then make the patient find a new doctor
14. Which one of the following is **not a major problem area** addressed by **interpersonal psychotherapy**?
- Cognitive distortions
 - Grief and loss
 - Role transitions
 - Relational role disputes
15. Which of the following domains of cognition is tested by administering **Serial Sevens Test**?
- Short-term memory
 - Attention
 - Registration
 - Recall
16. Which of the following is the **first step** involved in **crisis intervention**?
- Patient is encouraged to consider solutions
 - Assess the patient’s problems and assets
 - Reduce arousal
 - Consider future coping mechanisms

17. A patient with a fear of spiders is put in a room with many spiders, and immediately a live tarantula is placed on his hand for as long as necessary until the dissipation of his anxiety. This behavioural technique is called:
- a) Graded exposure
 - b) Aversion therapy
 - c) Flooding
 - d) Modeling
18. Which of the following is considered to be the **most important therapeutic factor in group psychotherapy**?
- a) Ventilation of affect
 - b) Pairing
 - c) Cohesion
 - d) Discussion
19. Which of the following tools is included in the latest available version of the Maternal and Child Health Handbook to screen perinatal depression in Bhutan?
- a) Patient Health Questionnaire (PHQ-9)
 - b) Center for Epidemiologic Studies Depression Scale (CES-D)
 - c) Beck Depression Inventory II (BDI-II).
 - d) The Edinburgh Postnatal Depression Scale (EPDS)
20. Habit reversal is a type of therapy indicated for:
- a) Developmental coordination disorder
 - b) Trichotillomania
 - c) OCD
 - d) Intermittent explosive disorder
21. Which one of the following is **not** a feature of **malinger**ing?
- a) Findings are compatible with self-inflicted injuries
 - b) Medical records may have been tampered with or altered
 - c) Family members are able to verify the consistency of symptoms
 - d) Symptoms are vague or ill defined
22. Therapy that is focused on the measurement of autonomic processes and teaching patients to gain voluntary control over these physiological parameters through operant conditioning is called:
- a) Stimulus–response therapy
 - b) Biofeedback
 - c) Relaxation training
 - d) Desensitization

23. Which one of the Kübler-Ross stages of reaction to impending death corresponds to a period in which a patient goes through self-blame for his or her illness and asks “*Why me?*”
- a) Shock and denial
 - b) Anger
 - c) Bargaining
 - d) Depression
24. The highest rate of synapse formation in the brain takes place during which one of the following time periods?
- a) Adolescence
 - b) Weeks 32 to 35 of gestation
 - c) Weeks 13 to 26 of gestation
 - d) As a toddler
25. You are evaluating a 7-year-old patient who is brought in by his parents because of complaints they have been receiving from school. The child has been sexually provocative with other children, sexualizes play activities, and openly displays sexual behaviour. The most likely cause of this behaviour is:
- a) Normal development
 - b) Early-onset puberty
 - c) Traumatic brain injury
 - d) Sexual abuse
26. A patient presents to the emergency room because of alcohol withdrawal. He and his family describe a history of alcohol-induced blackouts. Which one of the following **memory problems** is **most consistent** with **alcohol-induced blackouts**?
- a) Making up details of how he got to work 3 days ago
 - b) Retrograde amnesia
 - c) Anterograde amnesia
 - d) Loss of memories from his daughter’s birthday 5 years ago
27. What is the **best way** to handle **suicidal patients** with **borderline personality disorder**?
- a) Take the threats seriously and take whatever steps are necessary to protect these patients
 - b) Do not discuss suicide with them
 - c) Isolate these patients from friends and family
 - d) Make these patients promise not to hurt themselves (contract for safety)

28. You are attending a ward round in the psychiatry ward. A patient with depression is planned for electroconvulsive therapy (ECT). Before initiating treatment, the psychiatrist obtains informed consent from the patient and her attendant. This is an example of which of the following ethical principles?
- Competence
 - Justice
 - Autonomy
 - Nonmaleficence
29. Habitual consumption of paracetamol to relieve headache is related to which one of the following phenomena?
- Aversion
 - Positive reinforcement
 - Classical conditioning
 - Negative reinforcement
30. After breaking up with her boyfriend, Yangchen says, "I don't think I have control over what is happening in my life". Which of the following statements would describe Yangchen?
- She is a person with a great sense of direction
 - She is a person with an external locus of control
 - She is a person with an internal locus of control
 - She is a person who has achieved self-actualization

Part II: Short Answer Questions. ANSWER ALL THE QUESTIONS (20 marks)

- List 4 common myths and facts about suicide. (0.5X4=2 marks)
- List 4 common clinical features of antisocial personality disorder. (0.5X4=2 marks)
- Define transference. (1 mark)
- Discuss some of the salient points you need to consider in psychiatric interview. (5marks)
- Define Culture bound syndrome. Give TWO examples of culture bound syndrome. (1+1=2 marks)
- Enlist the steps of progression of substance use. Using an example of "Alcohol Use", describe the steps of progression briefly. (3 marks)
- Discuss some of the mental health promotion activities you can carry out in districts as clinical counsellors? (3 marks)
- List 4 common causes of school refusal in children and adolescents. (0.5X4=2 marks)

SECTION B

ANSWER ALL THE FIVE QUESTIONS (10X5=50 marks)

Question 1

A 34-year-old father of two children was brought to the psychiatry outpatient department (OPD) for assessment by his daughter. He expressed, *'I don't know what has happened to me; I have to wash my hands repeatedly upon the slightest contact with contaminants.'* The patient had been apparently well until two years ago. Since then, he began noticing increasing anxiety and distress related to contamination. He became bothered by the feces of his cows and dirt in his house. Gradually, he realized that washing his hands with soap after any contact with dirt lowered his anxiety. He spent about 10-15 minutes washing his hands each time and washed them approximately ten times a day. The frequency of hand washing has been increasing and has started affecting his daily routines.

1. What is the most probable diagnosis with the available information? (1 mark)
2. What other relevant information are missing from the above history to come to a diagnosis? (1 mark)
3. Describe learning theorist's perspective on the causation of the above disorder. (2 marks)
4. List two defence mechanisms significantly associated with the above disorder. (1 mark)
5. What is the psychotherapy of choice for the above disorder? Discuss how you would apply it in this case? (1+3 marks)
6. Describe the prognosis of this disorder. (1 mark)

Question 2

You are assessing a 14-year-old girl. You realize that she has post-traumatic stress disorder (PTSD), likely resulting from rape by her stepfather. When you discuss this with her mother, she explains that the stepfather is the sole breadwinner of the family, and they cannot afford to lose his financial support to run the household.

1. As a clinical counsellor what should you do regarding the information you obtained about the rape? (1 mark)
2. Name 2 agencies where you can possibly seek clarification or report such cases. (2 marks)
3. Discuss how the victims (children and adolescents) of rape would present to the hospitals. (2 marks)
4. List 2 risk factors of PTSD. (1 mark)
5. Discuss the psychosocial aspect of management of this case. (4 marks)

Question 3

Sonam is a 40-year-old male who is undergoing alcohol detox in the hospital. During a session, he made the following statement:

'I know drinking alcohol is a problem and that it is causing disharmony in my family. But I tell you that I can control it. After detox treatment, I am confident now to stop it completely.'

1. According to Prochaska and DiClemente's Transtheoretical Model of Change, what is the stage of change Sonam is in? (1 mark)
2. List 2 characteristics of the stage of change Sonam is in? (2 marks)

3. Discuss how you would motivate him using the *principles* and *techniques* of motivation interviewing. (5 marks)
4. List 4 common mental health consequences of alcohol use disorder. (0.5X4=2 marks)

Question 4

Zangmo is a dedicated high school teacher who loves her job. However, over the past few weeks, she has felt increasingly overwhelmed. She spends long hours preparing lesson plans, grading papers, and dealing with administrative tasks because she has been handed extra responsibilities due to her friends resigning to go to Australia, and the school is facing human resource constraints. Zangmo experiences fatigue, headaches, and difficulty sleeping due to stress. She feels irritable, detached from her students, and lacks enthusiasm for teaching. Additionally, she has become less patient with her students, and her performance evaluations have declined. Despite these challenges, she doesn't qualify for any major psychiatric diagnoses yet.

1. What is the most likely phenomenon that Zangmo is suffering from? (1 mark)
2. Describe the pathophysiology of her symptoms. (2 marks)
3. List 4 probable causes of this phenomenon. (2 marks)
4. If Zangmo doesn't receive timely help, list 2 common psychiatric disorders that she is at risk for? (1 mark)
5. As a clinical counsellor how would you address her issue? (4 marks)

Question 5

Gem is a 26-year-old woman who has a history of multiple non-suicidal self-injury (cutting her arms and legs) since her teenage years. She experiences chronic suicidal ideation, finding relief in thoughts of suicide as a "way out." She struggles with her identity, and is impulsive. She frequently changes her job due to repeated interpersonal conflicts. Her relationship with her partner is volatile, swinging between intense affection and moments of disdain.

1. What is the most probable diagnosis with the available information? Why? (1+1=2 marks)
2. What is the psychotherapy of choice for Gem? List its components (1+2=3 mark)
3. Describe any of the 2 components you mentioned in 5.2. (1.5+1.5=3 marks)
4. How would you manage if Gem presented to you with active suicidal ideation. (2 marks)

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