

Mental Health Nursing (मानसिक स्वास्थ्य नर्सिंग)

Q1. Which of the following is a **negative symptom** of schizophrenia?

- A. Delusions
- B. Hallucinations
- C. Anhedonia
- D. Disorganized speech

Correct Answer: C. Anhedonia

Q2. Which nursing action is a priority when a patient is exhibiting signs of acute confusion with visual or auditory hallucinations?

- A) Provide one-to-one supervision to ensure patient safety
- B) Minimize interaction to avoid overstimulation
- C) Encourage the patient to express their hallucinations openly
- D) Administer antipsychotic medication independently
- E) Allow the patient to isolate as much as possible

Correct Answer: A) Provide one-to-one supervision to ensure patient safety

Q3. A sudden, intense episode of fear with palpitations, sweating, and a fear of dying is characteristic of:

- A. Phobia
- B. Panic disorder
- C. Generalized anxiety disorder
- D. Obsessive-compulsive disorder

Correct Answer: B. Panic disorder

Q4. Which neurotransmitter is primarily associated with **depression**?

- A. Dopamine
- B. Acetylcholine
- C. Serotonin
- D. GABA

Correct Answer: C. Serotonin

Q5. A client states, "I'm worthless, nothing will ever get better." Which is the best initial nursing response?

- A. "You shouldn't feel like that."
- B. "Why do you feel this way?"
- C. "Let's talk more about what's making you feel this way."
- D. "Everything will be fine."

Correct Answer: C. "Let's talk more about what's making you feel this way."

Q6. A patient with OCD repeatedly checks the door lock. What is this behavior called?

- A. Obsession
- B. Compulsion
- C. Delusion
- D. Hallucination

Correct Answer: B. Compulsion

Q7. Which of the following medications is classified as a **mood stabilizer**?

- A. Fluoxetine
- B. Lithium
- C. Haloperidol
- D. Diazepam

Correct Answer: B. Lithium

Q8. In a manic patient, the nurse should give priority to:

- A. Allowing TV and social interaction
- B. Providing high stimulation activities
- C. Ensuring patient safety
- D. Encouraging group therapy

Correct Answer: C. Ensuring patient safety

Q9. A client believes that the nurse is in love with him. This is an example of:

- A. Nihilistic delusion
- B. Persecutory delusion
- C. Erotomanic delusion
- D. Referential delusion

Correct Answer: C. Erotomanic delusion

Q10. Which of the following is the best communication technique when dealing with a severely depressed patient?

- A) Use loud and direct commands to gain attention
- B) Avoid discussing feelings to prevent distress
- C) Listen empathetically, provide reassurance, and allow the patient to direct the conversation
- D) Focus immediately on problem-solving and giving advice
- E) Use humor frequently to lighten the mood

Correct Answer: C) Listen empathetically, provide reassurance, and allow the patient to direct the conversation