

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 (d). Each question carries ONE mark. Any double writing, smudgy answers or writing more than one choice shall not be evaluated.

1. What is the **most crucial factor** for producing positive therapeutic outcomes in psychotherapy?
 - a) Biopsychosocial formulation
 - b) Assessment
 - c) Therapeutic alliance
 - d) Therapeutic strategies
2. Which of the following is **FALSE** regarding panic attack?
 - a) Attacks may last from minutes to hours
 - b) They fear that they will die during the attack
 - c) It does not increase life time risk for suicide
 - d) They often go to the emergency departments to seek reassurances
3. What does the term **cognitive triad** refer to
 - a) depression, anxiety, and mania.
 - b) negativity in views of the self, personal world, and future.
 - c) the thalamus, cingulate gyrus, and hippocampus.
 - d) perception, thought, and action.
4. During assessment of a psychiatric patient, the patient is starting to become agitated. What is the **next best step**?
 - a) Leave the room immediately
 - b) Call security
 - c) Find out reasons for agitation
 - d) Explain the patient to come next time when he is not agitated
5. The risk for suicide is **predicted to be highest** among which of the following patients?
 - a) A patient with moderate depression
 - b) A patient with alcohol use disorder
 - c) A patient with past history of suicidal attempt
 - d) A patient with family history of suicide
6. The control of nighttime urination is usually complete by the age of
 - a) 2 years
 - b) 3 years
 - c) 4 years
 - d) 5 years

7. During a psychotherapy session, the patient says “It’s been so hard for me. I was very scared to go back after the trauma I had been through. I feel a bit guilty though. It was just so traumatic.” The therapist responds by saying “Anyone would be frightened and approach going back with some unease in your situation.” What technique did the therapist use?
 - a) Normalizing
 - b) Sustaining comment
 - c) Praise
 - d) Reassurance
8. According to the standard DBT approach, which of the following skills should be taught to patients first and regularly practiced in order to facilitate learning of other skills?
 - a) Emotion regulation
 - b) Interpersonal effectiveness
 - c) Mindfulness
 - d) Distress tolerance
9. A type of psychotherapy in which the therapeutic focus is on the patient’s current social functioning, patients are taught to realistically evaluate their interactions with others and the therapist offers direct advice and aids the patient in making decisions, while clarifying areas of conflict without any attention being given to transference issues, is called:
 - a) psychoeducation
 - b) cognitive behavioral therapy
 - c) interpersonal psychotherapy
 - d) supportive psychotherapy
10. Which of the following substances is **not detected** in the routine urine drug test in the drug test kit presently available in Bhutan?
 - a) SP Plus
 - b) Nitrosun
 - c) Tramadol
 - d) Dendrites
11. A 16-year-old boy has been referred from school by the school counselor with problems of substance abuse to you. The **next best step** that you would take is
 - a) refer the boy to a rehab
 - b) assessment
 - c) call the parents
 - d) discuss the long-term plan regarding his substance abuse
12. Which one of the following is **NOT** a technique used in Motivational Interview?
 - a) Open ended questions
 - b) Avoid arguments
 - c) Reflection
 - d) Summarizing

13. The concept of “theory of mind” is closely related to which of the following psychiatric disorders?
- Autism and ADHD
 - Autism and Mood disorders
 - Autism and Schizophrenia
 - Autism and OCD
14. During an assessment of alcohol use disorder patient, the patient tells his counselor that he drinks alcohol mainly to relive himself from his work stress and to ease his exhaustion. Further, he added that alcohol is available everywhere and it is culturally appropriate to drink during the gatherings. The patient is most probably exhibiting which of the following defense mechanism?
- Regression
 - Repression
 - Rationalization
 - Reaction formation
15. Which of the following is the CORRECT sequence in the Maslow’s hierarchy of needs?
- Biological-----belongingness-----safety-----esteem-----self actualization
 - Biological-----safety----- esteem ----- belongingness -----self actualization
 - Biological-----esteem-----safety-----belongingness-----self actualization
 - Biological-----safety----- belongingness -----esteem-----self actualization
16. A patient tells her therapist “My boyfriend yelled at me in the store yesterday again. I don’t know what to do. I wanted to yell back at him.” What would be an **inappropriate response** by the therapist?
- "Can you identify the emotional conflict that was happening in you at that time?"
 - "If that happens again you should say enough is enough and find another boyfriend."
 - "How would you have handled the situation differently?"
 - "You need to look out for yourself more than before."
17. A male patient enters psychotherapy because of problems in his relationship with his wife. During the sessions the patient talks about his family of origin, his boss, and his problems at work, but never discusses details about his wife. This is an example of:
- denial
 - repression
 - transference
 - resistance
18. During a psychotherapy session, the therapist asks the patient “How did you first find out that your father had cancer?” The patient starts to cry in the office. What is the **next best statement** from the therapist?
- "Take a deep breath, it will soon pass. I am here for you."
 - "You must feel so terrible inside that your whole world is crashing."
 - "I'm sure this is a difficult time for you, and I'm sure knowing how strong you are you will get past this point soon."
 - "I see that this is a very sensitive subject, and your feelings are quite understandable and normal."

19. According to Freud, which psychosexual stage is associated with a primary erotic focus on the genital area and unconscious fantasies of sexual involvement with the opposite-sex parent?
- Anal
 - Latency
 - Phallic
 - Genital
20. Salivation in response to the smell of dinner represents which element of classical conditioning?
- Unconditioned response
 - Conditioned stimulus
 - Unconditioned stimulus
 - Conditioned response
21. Which of the following is **not true** about motivational interviewing?
- It uses partnership, acceptance, evocation, and compassion
 - It relies on a process of focused questioning
 - It is a patient-centered, collaborative approach
 - It elicits change talk in the patient
22. Which of the following is characteristic of both interpersonal psychotherapy (IPT) and cognitive-behavioral therapy (CBT)?
- Has a here and now focus
 - Strives to avoid the use of antidepressants
 - Explores childhood conflicts
 - Is based on interpretation of transference
23. During a therapy session a patient asks the therapist where she graduated from. What is the **best response** by the therapist?
- Let a moment of silence pass and continue with the therapy session
 - Ask the patient a question to put the focus back on the patient
 - Thank the patient for the question and explain that a therapist cannot reveal personal details such as this
 - Answer the question and ask the patient to reflect on why the question was asked
24. Shortly after acute psychological trauma, a crisis therapist can decrease the risk of developing PTSD by doing which of the following?
- Offer mentalization exercises focused on improving sleep
 - Encourage the patient to describe the event
 - Encourage the patient not to discuss the event for 3 to 4 days
 - Educate the patient about normal reactions to trauma and potential symptoms
25. In which year the child care and protection act of Bhutan was enacted by the parliament?
- 2011
 - 2013
 - 2015
 - 2009

26. During the initial interview of a couple presenting for therapy it is helpful to point out that the focus of therapy is primarily on the:
- a) differences in value systems
 - b) families of origin
 - c) social network
 - d) relationship problem
27. Which of the following is not necessarily a risk factor of developing conduct disorder?
- a) Punitive parenting
 - b) Divorce
 - c) Parental psychopathology
 - d) Child abuse
28. A 12-year-old girl who was sexually abused would present in hospital with which of the following complains?
- a) Headache
 - b) Abdominal pain
 - c) Social withdrawal
 - d) All of the above
29. Which of the following is **not** a supportive psychotherapy technique?
- a) Adopting a formal tactical style of communicating
 - b) Focusing on real relationships
 - c) Maintaining the frame of treatment
 - d) Being like a good parent
30. A 3-year-old child first has a tantrum in a grocery store. The parent bought a piece a candy to placate the child. The tantrums then occurred at home, and the child would continue to escalate until the parent gave the child a piece of candy. You advise the parents not to give the child candy during a tantrum under any circumstances. The most likely course of this behavior is that over time the tantrums will:
- a) slowly decrease
 - b) increase and then decrease
 - c) continue to increase
 - d) decrease and then increase

PART II – Short Answer Questions [20 marks]

This part has 4 Short Answer Questions. Answer ALL the questions. Each question carries 5 marks. Mark for each sub-question is indicated in the brackets.

Question 1

- a) What is a rapport? **(2 marks)**
- b) List 3 verbal and 3 non-verbal cues of a counselor that can enhance rapport building with a patient/client. **(3 marks)**

Question 2

- a) List 6 points of universal sleep hygiene that you would advise to a patient with sleep onset insomnia **(3 marks)**
- b) What is a biofeedback? **(2 marks)**

Question 3

- a) What is a defense mechanism? **(2 marks)**
- b) List 3 mature and 3 neurotic defense mechanisms. **(3 marks)**

Question 4

- a) List 2 disorders characterized by disruption of development of normal attachment behavior in children according to the DSM-5TR. **(2 marks)**
- b) List 2 clinical features of each. **(1.5+1.5 = 3 marks)**

SECTION B: CASE STUDY [50 marks]

This section consists of **FIVE** questions and all the questions are **compulsory**. Mark for each question is indicated in the brackets.

Question 1

A 33-year-old female came to the emergency department with shortness of breath for 20 minutes. She also complaints of palpitations, tingling sensation of limbs, and dizziness for the same duration. She expressed significant fear that she would die and these symptoms are alarms for that. All the physical exam, blood reports, ECG were normal. Her past psychiatric history reveals that she is diagnosed with panic disorder and had been taking medications for the last one year. However, she missed medications for the past 2 weeks.

1. Describe the pathophysiology of symptoms of panic attacks. **(3 marks)**
2. The next day, she was referred to you by the psychiatrist and you found out that she was not taking medications because her neighbors discouraged her taking the prescribed medications fearing its side effects and that she would become dependent to those medications. As a clinical counsellor, how would you address this issue of poor compliance to treatment? **(3 marks)**
3. Outline the management of obsessive-compulsive disorder. **(4 marks)**

Question 2

36-year-old female was admitted for alcohol detoxification. She also reported symptoms such as low mood, reduced energy and loss of pleasures in previously pleasurable activities. She lost her mother when she was 13-year-old. She is married and has two children. Her husband is a taxi driver. Her husband reported that she is too weak mentally and cannot control her drinking habit.

1. You have been assigned as her case manager in the ward. List what information would you want to know while assessing her. **(3 marks)**
2. Explain how alcohol use disorder and depression are related. **(3 marks)**

3. Describe the management for this case. **(4 marks)**

Question 3

A 16-year-old, class XI student was brought to you for evaluation after her teacher discovered that she was cutting her wrist.

1. Describe how you will assess this case. **(5 marks)**

2. Discuss safety planning in this girl. **(5 marks)**

Question 4

1. Discuss some salient points that needs to be considered during the psychiatric assessment of children and adolescents. **(5 marks)**

2. What are some of the possible reasons for school refusal in children and adolescents? How would you go about to address them? **(5 marks)**

Question 5

Kinley is a 24-year-old patient who is diagnosed with schizophrenia.

1. Describe the process and components of psychoeducation that you will do with Kinley's family. **(6 marks)**

2. Discuss about expressed emotions in schizophrenia **(4 marks)**

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