

## ASSESSMENT OF 30 MCQS

**FPSC NO : 109**  
**MCQS ON MENTAL HEALTH 2023**  
**SUBMISSION DEADLINE: 6 JUNE 2023, 12 NOON**

**INSTRUCTIONS**

- To submit answers to the following multiple choice questions, you are required to log on to the College Online Portal (<https://lms.wizlearn.com/cfps/>)
- Please contact [sfp@cfps.org.sg](mailto:sfp@cfps.org.sg) if you have not received an email on the new LMS account.
- Attempt **ALL** the following multiple-choice questions.
- There is only **ONE** correct answer for each question.
- The answers should be submitted to the College of Family Physicians Singapore via the College Online Portal before the submission deadline stated above.
- There will be **NO** further extension of the submission deadline

1. In DSM-5, which of the following is **NOT** categorised as an anxiety disorder?
  - A. Substance-induced anxiety disorder
  - B. Agoraphobia
  - C. Panic disorder
  - D. Obsessive Compulsive Disorder (OCD)
  - E. Generalised anxiety disorder
2. Regarding the use of benzodiazepines (BZDs) in anxiety disorders, which of the following statements is **INCORRECT**?
  - A. BZDs are contraindicated in those with alcohol or substance abuse
  - B. When prescribed for severe anxiety, BZDs should be prescribed at the lowest effective dose
  - C. BZDs should be prescribed for the shortest period of time
  - D. Benzodiazepines should not be the first line of treatment for anxiety disorders
  - E. Benzodiazepines should be prescribed as monotherapy for GAD
3. Which of the following is a first-line treatment for panic disorder?
  - A. Tricyclic antidepressants (TCAs)
  - B. Selective Serotonin Reuptake Inhibitors (SSRIs)
  - C. Hydroxyzine
  - D. Diazepam
  - E. Propranolol
4. In social anxiety disorder (SAD), which of the following is a first-line treatment?
  - A. Tricyclic antidepressants (TCAs)
  - B. Hydroxyzine
  - C. Amitriptyline
  - D. Psychotherapy
  - E. Beta-blockers
5. Which of the following is the first-line treatment for specific phobias?
  - A. Mirtazepine
  - B. Cognitive behaviour therapy
  - C. Venlafaxine
  - D. Hydroxyzine
  - E. Atenolol
6. A 45-year-old woman presents with issues of poor sleep and requests for “sleeping pills”. Your initial assessment detects symptoms of depression. What is **NOT** an appropriate course of action?
  - A. Explore psychosocial factors and triggers of her current emotional state
  - B. Adhere to her request and prescribe her with Stillnox
  - C. Evaluate her suicide risk
  - D. Check for symptoms of anxiety
  - E. Refer her to a psychiatrist for further specialist management
7. The above patient is prescribed an SSRI. Two days later, she contacts the clinic and says that she could not sleep since starting her medication and has high levels of anxiety. What is the **LEAST** appropriate course of action?
  - A. Educate her on the benefits of mindfulness and meditation
  - B. Prescribe her with PRN lorazepam for the anxiety
  - C. Prescribe her with PRN hydroxyzine for the poor sleep
  - D. Re-assess for underlying anxiety disorder
  - E. Advise her to continue her medication without further alleviating her concerns
8. A 50-year-old male presents with work-related stressors, features of burnout, low mood, and anxiety. Which of the following is false?
  - A. Explore other potential sources of triggers besides work
  - B. Explore risk factors for suicide in this patient
  - C. Take into consideration his pre-existing medications and past medical history
  - D. There is no need to distinguish whether this is primarily an anxiety disorder or a depressive one
  - E. Explore areas of support that he may have

**9. The above gentleman is prescribed a course of SSRI for depression. He reports significant improvement in his work and ability to cope. However, he reveals that he has been drinking heavily at night to help him to sleep. Which of the following is false?**

- A. Patients may turn to maladaptive forms of coping to deal with their stress and intense emotional states
- B. Consider checking his liver function tests
- C. He does not need to change his pattern of drinking so long as his LFTs are normal
- D. Discuss a possible referral to an addictions specialist, if warranted
- E. Discuss a possible referral to a counsellor to provide support if there are ongoing stressors

**10. A 20-year-old student presents with exam-related stress, relationship issues, and low mood. Which of the following is NOT an appropriate course of action?**

- A. The student should continue his studies even if he has not been attending school or performing well academically
- B. Assess for symptoms of depression, anxiety, and mania
- C. Explore unhealthy coping mechanisms such as deliberate self-harm and drug use
- D. Explore family history and risk factors for suicide
- E. Refer him to the school's counseling services

**11. Which of the following is the correct sequence of the 5 As in smoking cessation?**

- A. Arrange, ask, advise, assess, arrange
- B. Assess, ask, advise, assist, arrange
- C. Ask, assess, advise, assist, arrange
- D. Advise, assist, assess, arrange, ask
- E. Assist, advise, ask, assess, arrange

**12. Which of the following statements about Varenicline is FALSE?**

- A. Varenicline increases dopamine release in the brain
- B. The only approved indication for Varenicline is as an aid to smoking cessation treatment
- C. Varenicline is both a receptor agonist and antagonist
- D. The maintenance dose of Varenicline is once daily
- E. Varenicline does not contain any nicotine

**13. Based on established scientific evidence, behavioural therapy combined with which of the following is proven to be most effective in treatment of nicotine dependence?**

- A. Abstinence by willpower
- B. Using ENDS for harm reduction
- C. Nicotine replacement therapy
- D. Anti-depressants
- E. Varenicline

**14. Which of the following statements is true about the current use of ENDS?**

- A. ENDS are proven safe in harm reduction, provide a gateway out of cigarette smoking, and are unlikely to provide a gateway into nicotine addiction
- B. ENDS have been proven conclusively to be less harmful than cigarettes in large randomised controlled trials
- C. ENDS have been proven safe for use in patients with cardiovascular disease, unlike traditional NRT
- D. The role of ENDS in smoking cessation is widely accepted by tobacco treatment specialists
- E. None of the above

**15. How many questions are there in the Karl Fagerstrom Nicotine Tolerance Questionnaire?**

- A. 9
- B. 8
- C. 7
- D. 6
- E. 5

**16. Schizophrenia has been listed among the top \_\_\_\_ contributors of health burdens and disabilities around the world.**

- A. 10
- B. 8
- C. 12
- D. 5
- E. 20

**17. Individuals with schizophrenia lead a poor quality of life due to:**

- A. Homelessness
- B. Poor medical care
- C. Unemployment
- D. Financial difficulties
- E. All of the above

**18. What are the modifiable risk factors that can be managed by primary care professionals through rapport building and counselling?**

- A. Lifestyle behaviours
- B. Unhealthy dietary habits
- C. Lack of physical activity
- D. Smoking habit
- E. All of the above

**19. What are the strategies that can be utilised to integrate mental and physical health for more holistic care and management plan?**

- A. Public education on psychosis
- B. Decentralised and accessible mental healthcare services within the community
- C. On site consultations at counselling centres in tertiary education institutions
- D. Partnering with primary healthcare providers
- E. All of the above

**20. Individuals with Schizophrenia who are \_\_\_\_\_ could be right-sited to primary care professionals such as GPs for follow-ups.**

- A. Stable on maintenance medications
- B. Suicidal
- C. Aggressive
- D. On intensive follow-up
- E. Still exhibiting psychotic symptoms

**21. Which of the following is the least common among the medical complications from AN?**

- A. Bradycardia
- B. Hypothermia
- C. Osteoporosis
- D. Attention deficit
- E. Infections

**22. The risk of developing refeeding syndrome is higher if:**

- A. Malnutrition at presentation is severe
- B. Chronic malnutrition
- C. Rapid weight loss
- D. Profound weight loss
- E. All of the above

**23. Which of the following is the first line treatment for Bulimia Nervosa?**

- A. Family-Based Therapy
- B. Cognitive Behavioural Therapy
- C. Psychodynamic therapy
- D. Humanistic therapy
- E. Pharmacotherapy

**24. The vitamin used in the management of refeeding syndrome is:**

- A. Riboflavin
- B. Pyridoxine
- C. Thiamine
- D. Niacin
- E. Ascorbic acid

**25. The most common eating disorder seen in patients presenting to hospital with medical instability is:**

- A. Anorexia Nervosa
- B. Bulimia Nervosa
- C. Binge Eating Disorder
- D. ARFID
- E. Pica

**26. Which of the following is true of dementia caregivers in Singapore?**

- A. Family members are often of no help
- B. They are typically middle-aged daughters
- C. Spouses are more common than children
- D. Foreign domestic workers do not contribute much
- E. Most are full-time caregivers who have given up their regular jobs

**27. Positive aspects of caregiving can be emphasised by the Family Practitioner. This includes the following EXCEPT:**

- A. Reduction of working hours
- B. Personal growth
- C. Gains in relationship
- D. Higher levels of gains, e.g., spiritual growth
- E. Sense of satisfaction

**28. From the caregivers' viewpoint, stressors that arise indirectly from caregiving include:**

- A. Financial independence
- B. Functional disability
- C. Family bonding
- D. Feeling closer since becoming a caregiver
- E. Role strain and role conflict

**29. Which of the following is least likely to contribute to caregiver stress?**

- A. Resistance to care
- B. Role conflict
- C. Feeling inadequate in the caregiving role
- D. Stage of the care recipient's dementia
- E. Behavioural problems in the care recipient

**30. Which of the following is true of foreign domestic workers as caregivers?**

- A. They play a more secondary role in caregiving
- B. They take on the main caregiving responsibilities and decision-making
- C. They take on the more physical and custodial aspects of care
- D. They generally cope better than family caregivers given the lack of emotional ties
- E. The typical interventions accorded to family caregivers do not usually work for them

**FPSC 107 "Achieving Muscle and Metabolic Health" Answers to 15 MCQs Assessment**

1.	D	6.	E	11.	A
2.	A	7.	B	12.	E
3.	D	8.	B	13.	E
4.	B	9.	C	14.	E
5.	C	10.	D	15.	E