

The Ninja's Guide to PRITE:

Child Edition

2021 Question Book



Loma Linda
Department of Psychiatry

Who We Are

To *Child and Adolescent Psychiatry Fellows, Psychiatry Residents and Faculty Everywhere:*

Loma Linda University Medical Center is located in sunny Southern California, about 60 miles east of Los Angeles. A part of the Adventist Health System, we provide patient care in one of the largest non-profit health systems in the nation. Loma Linda's mission is to excel in medical education, global healthcare, and community outreach, all under a central tenant: "To Make Man Whole." As an official World Health Organization Collaboration Center, our department funds resident electives in Global Mental Health at locations around the world. Additionally, our residents can participate in national and international disaster relief on the LLU Behavioral Health Trauma Team.

We were proud to graduate our first group of Child and Adolescent Psychiatry fellows in June of 2021. This was a long awaited milestone and the culmination of countless hours of work and collaboration between Loma Linda University Department of Psychiatry and San Bernardino County. As our department grows, our faculty remain committed to providing a safe space for resident education and professional development. We believe in supporting the goals of our fellows as they help to shape the future of our burgeoning fellowship program. After nearly 14 editions of The Ninja's Guide to PRITE, we are excited to present the 1st Edition of The Ninja's Guide to PRITE: Child Edition, complete with a young ninja drawn by Joy Launio, MD!



Who We Are



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Created The Ninja's Guide to PRITE in 2007 on her kitchen table, when residents converted 6 years of PRITE exams to a Q&A format. She spent her Chief Resident Year writing and organizing the original guide and for the past decade has continued to edit and update the guide

Thank you to all of the faculty, fellows, residents, and medical students who contributed to the 1st Edition of the Question Guide!

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Class of 2021: Dr. Caleb Hoo-A-Shoo

Thank you to the Loma Linda medical student Child PRITE Workshop series 2019!

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About This Guide

This guide contains all Child PRITE questions from 2015-2020. It is divided into sections and further categorized by frequency of questions. If a question has been featured more than once, a (#x) appears at the end of the question. Thus, a question with (4x) means the question has been featured in 4 Child PRITE exams. While the questions are summaries of the Child PRITE questions, the answers are the actual answers from the PRITE exams.

Therefore, some of these do not make good flashcards (e.g. Question: A risk factor for child abuse? Answer: Financial stress). These should be read through, especially the ones with multipliers, for exposure and priming of recall.

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NEUROSCIENCE

Brain Development

Brain volume reaches full size at what age?	5 to 8 years
White matter tract and network development in first two years of life?	Mostly all present at birth, network organizes over 2 years
Where do the first cells of cerebral cortex develop?	Marginal zone
Primary brain development in 7th month in utero and 2 years of age?	Synaptogenesis
Protein that modulates radial glial-guided neuronal migration. Can lead to lissencephaly or autism if abnormal.	Reelin
Cognitive functions associated with increased white matter maturation in the frontostriatal and frontotemporal cortex during development?	Language and executive function performance
Feature of developmental neural plasticity seen equally in infants and adults?	Telling human faces apart
Reason for impulsivity and emotional reactivity in adolescents according to brain development?	Prefrontal cortex develops last
Retinoic acid, anticonvulsants, and low folate inhibit?	Neurulation
Last area of brain circuitry to complete synaptic pruning?	Higher cognition

Brain Anatomy/Physiology	
Region of brain used in selectively processing faces, may be less developed in Autism	Lateral fusiform gyrus
Working memory is primarily associated with?	Prefrontal Cortex
Sex related differences in brain anatomy in longitudinal MRI scans?	Volumes of grey matter
Brain nucleus releasing ACTH with subsequent corticosteroid release?	Paraventricular nucleus
Brain structure to recognize other people's emotional states?	Amygdala
Brain region in charge of monitoring behavior and adapting to errors?	Ant. Cingulate Cortex
Brain area primarily involved in motor memory?	Cerebellum
Structural and functional connectivity changes in poverty associated with which brain region?	Hippocampus
What level of CNS are sexual arousal and climax organized?	Spinal cord
Brain region used in response inhibition?	Inferior frontal cortex
Impairment in which brain region is indicated by lack of geographic direction?	Right hemisphere
Where are half of all noradrenergic neurons located?	Locus coeruleus
Core part of cortico-striatal-thalamic loop circuit involved in assigning value to rewards?	Medial orbitofrontal cortex
Which brain structure is responsible for processing incoming sensory information?	Thalamus

Where do dopaminergic neurons project in limbic system?	Ventral tegmental area
Brain structure in learning fear extinction?	Ventromedial prefrontal cortex
Neurotransmitters	
Most prevalent neurotransmitter system in brain? (2x)	Glutamine system
Endocannabinoids differ from classical transmitters in this characteristic? (2x)	Backward transmission from postsynaptic neuron to presynaptic neuron
Neurotransmitter precursor responsible for affecting circadian rhythms?	Serotonin
Fear response is initiated by Central nuclei of amygdala through projections to hypothalamus and release of what substance?	CRH
How does decreased leptin release during dieting affect weight loss?	Causes a weight loss plateau
What acutely inhibits release of glucocorticoids in the adrenal gland?	GABA
Release of Neuropeptide Y in response to stress decreases physiological stress by modulating release of?	GABA
Hormone that comes from serotonin?	Melatonin
Neuronal survival, migration, process outgrowth, and plasticity of learning and memory influence by?	Brain-derived neurotrophic factor
Neuropeptide that promotes synaptogenesis and reduces apoptosis in toddlers?	Brain-derived neurotrophic factor
How does orexin signaling regulate sleep-wake cycles?	Coordination of sleep-wake states
Substance that inhibits transmission of pain signals at level of spinal synapses?	Serotonin

Anandamide and 2-arachidonoylglycerol are examples of what neurotransmitter class involved in cognitive process?	Endocannabinergic
Receptors	
According to study, mothers licking rat pups caused epigenetic changes to stress response through regulation of this receptor in hippocampus	Glucocorticoid
Lipophilic hormones bind to ____ to influence brain development.	Intracellular receptors leading to signal cascade
Cytokines neuromodulate by releasing neuroactive molecules and what else?	Modifying neuronal receptor activity
Receptor that uses d-cycloserine to potentiate extinction learning?	NMDA
NMDA ion channels most permeable to which ion?	Calcium ions
Which of the following receptor types generates intracellular second messengers during transmembrane signalling?	G-protein coupled receptors
Imaging and EEGs	
Adults who learn a 2nd language will have 2 language centers showing on fMRI, but children with 2 languages have? (2x)	A single language center
What is voxel-based analysis? (2x)	Method of analyzing MRI data by changing individual brain scans into standard volume, shape, and spatial orientation to allow for superimposing patients data onto one another.
What information about schizophrenia is provided by diffusion tensor imaging? (2x)	Orientation and integrity of white matter tracts
Concentration of what metabolite is a	Choline

marker of neuron structural integrity on MRI?	
What imaging technique measures perfusion and oxygenation in cortical grey matter?	fMRI
What imaging is best to examine the distribution of the brain's D1 receptors in children with OCD?	PET Scan
Neuronal functioning is detected by distribution and concentration of which metabolite in magnetic resonance spectroscopy?	N-acetyl aspartate
What information can EEG scalp electrodes give about pyramidal cells?	Summation of potentials

CLINICAL NEUROLOGY

Neurological Exam

What to observe to assess toddlers gross motor ability? (2x)	Getting up from the prone position
Assess coordination in 7 yo?	Pretend to walk a tightrope
Aspect of neuro exam in young child that is most subjective and challenging	Sensory Exam

Brain Imaging

Ruling out what condition would make one choose a CT instead of an MRI in a patient with abnormal mental status?	Acute brain hemorrhage
7 yo child with new onset esotropia, 1st step in management?	Order MRI of brain
Modality of neuro imaging to demonstrate differences in gray and white matter in children w/ schizophrenia and ADHD compared to healthy children	MRI
Neuroimaging finding most common in non-accidental head trauma?	Subdural hematoma
14 yo falls off a house, brief loss of consciousness, then recovered, 3 hours later becomes unconscious and taken to ER with right dilated pupil. Head CT shows?	Epidural hematoma
What findings on CT would make you consider substance-induced neurocognitive disorder from inhalant abuse?	1) Global cerebral and cerebellar atrophy 2) Loss of brain mass in thalamus, basal ganglia, pons, and cerebellum

Seizure Disorders	
Diagnosing seizures in youth with intellectual disability is more challenging because? (2x)	More repetitive and stereotyped behaviors at baseline
Most common aura symptom preceding complex partial seizures? (2x)	Anxiety
Medication that may worsen juvenile myoclonic epilepsy?	Oxcarbazepine
Preliminary symptom in Landau-Kleffner syndrome?	Acquired aphasia
4 yo boy w/ previously normal development is losing responsiveness to parents verbal communication over the past year. He has had 2 tonic-clonic seizures and his EEG shows bilateral independent spike and wave discharges. Diagnosis?	Landau-Kleffner Syndrome
Diagnosis of a teenager who has several 2-3 minute episodes of being "in a daze," smacking lips, fumbling with clothing followed by confusion and sleepiness?	Complex partial seizure
Psychotic 17 yo has seizures, most likely lesion location on MRI?	Left temporal lobe
What medication used for seizures can decrease IQ?	Phenobarbital
Repetitive transcranial stimulation can cause?	Induction of seizure
Type of EEG pattern seen in an adolescent with absence seizures and new onset myoclonic jerks, worse in morning after staying up late to work on book report?	Brief bursts of generalized 3.5 to 4.0-Hz spike-and-waves
Treatment for child with multiple staring spells and EEG with symmetrical 3-Hz spike and waves?	Ethosuximide

8 yo with ADHD well controlled on long acting stimulant with concern of episodes staring out the window during school. EEG shows diffuse alpha rhythm during hyperventilation. Diagnosis?	Normal behavior
Child with declining grades in school with staring spells for 8-10 seconds associated with eye blinking several times per day. Next step?	EEG
Increased risk of what medication side effect would you be concerned about in a HLA-B*1502 positive female adolescent patient with epilepsy, well controlled on antiepileptic, now presenting with poor concentration, trouble with memory, hair growth on chin, and hyperplasia of gingiva?	Stevens-Johnson syndrome
7 yo is conscious during 3 minute episode of mouth twitching and generalized jerking movements. Prognosis?	Spontaneous improvement without treatment
What area of the brain are you trying to approximate on an EEG by using nasopharyngeal electrodes inserted into the nostrils?	Basal temporal lobe
Functional Disorders	
Most helpful in diagnosis of non-epileptic seizures? (3x)	Prolonged video EEG
What serum measurement helps to differentiate between organic and non-epileptic seizures? (2x)	Prolactin
In children with psychogenic non-epileptic seizures, most frequent environmental cause?	Parental conflict

16 yo patient with 2wk history of progressive left-sided weakness and paresthesias gets worse when promoted to varsity sports. Work-up is normal. What is the best initial approach?	Reinforce continuation of daily living and functional tasks
Child with non-epileptic seizures keeps getting sent to ER from school. Why should parents share the diagnosis with the school?	Potential risk of inappropriate and invasive medical treatment
Adolescent admitted to peds neuro service due to functional seizures. Best approach for talking with family and patient about conversion disorder diagnosis?	Emphasizing that the episodes are involuntary
Motor Disorders	
Abnormal findings would be found on what diagnostic test of patient who needs to brace hands against the floor and walk his hands up his leg to stand?	Electromyography (EMG)
Area affected in spinal muscular atrophy?	Anterior horn cells
Area of brain affected in young child walking with a broad based lurching gait, moving side to side?	Cerebellum
Diagnostic test that would be abnormal in a young child who gets up from ground by walking his hands up his legs, has a waddling gait, and has weak leg and arm strength with normal muscle mass?	EMG
3 yo with motor weakness, what would be a characteristic of an UMN lesion?	Increased deep tendon reflexes
Preschool age child presents with hand biting, episodes last seconds to minutes, can be distracted from biting, history of rhythmic movement of hands at 2 yo. Diagnosis?	Developmental coordination disorder

Deep brain stimulation is recommended in what condition in adolescence?	Dystonia
Effective way to assess muscle strength in a 3 yo child?	Ask child to move from floor to chair
Multiple motor tics in 13 year old over the course of six months?	Provisional tic disorder
Findings from 2015 meta-analysis of placebo-controlled trials of stimulants and tic disorder association?	No association between worsening or new tic disorder
Treatment for Tourette's disorder when tics unresponsive to meds or HRT, continues into adulthood, and functionally debilitating?	Deep brain stimulation
Headaches	
Child presents with headaches. Question to assess for frequency and severity?	Number of missed school days due to pain from headache
Physician interviews child with possible migraines. What would make physician order a CT scan of head?	Abnormal motor exam
First line medication for prophylaxis for migraine?	Propranolol
Medication for migraine prophylaxis that can worsen depression?	Propranolol
Child has normal neuro exam, but multiple episodes of dizziness, occipital headache, vertigo, hemiparesis, all spontaneously resolve in 24 hours. Diagnosis?	Basilar artery migraine
Neuroimaging in peds pt w/ migraine is indicated?	When there's no family history of migraine
Traumatic Brain Injury	
Most frequent comorbidity in patients with TBI?	Depression

What is the medical condition associated with chronic aggressive behavior?	Traumatic brain injury
12 yo falls, hits head, unconscious. Then has some difficulty following conversation. Likely course of cognitive function?	Complete recovery
6 months after TBI, 15 yo with increased forgetfulness, testing shows deficient working memory. Affected cortical area?	Prefrontal cortex
What request can be used to test the memory of a 15 year old regaining consciousness after MVA?	"Use your cell phone to call your parents"
Anti-NMDA-Receptor Encephalitis	
Child has Anti-NMDA-Receptor Encephalitis. Pt anxious, confused, waxy flexibility, minimal verbalization and staring episodes. What is initial treatment for motor symptoms? (2x)	Lorazepam
17 yo has flu-like illness, then psychosis, paranoia, catatonia, and LLQ abdomen mass. Test to order? (2x)	Anti-NMDA receptor antibodies
16 yo female with memory/confusion issues for three weeks, presents w/ new onset agitation, hallucinations, insomnia, inattention, brief seizure, elevated HR/BP, ovarian lesion on ultrasound, otherwise normal exam. Diagnosis?	Anti-N-methyl-d-aspartate receptor encephalitis
Adolescent admitted for paranoia, hallucinations, mood lability, then develops facial tics, autonomic instability, obtunded. Adnexal mass on workup. Removal likely to normalize activity of receptor for which neurotransmitter?	Glutamate

Genetic Disorders	
Child has multiple hyperpigmented, ovoid, and smooth macules on the arms, chest, and back with freckling in both axillae. Mother also has macules, freckling in axilla, and optic tumor. What psychiatric symptoms does the child likely have? (2x)	Attention-Deficit/Hyperactivity Disorder
16 yo adolescent with newly diagnosed Schizophrenia has history of language delay. Pt has long narrow face, small mouth, hypernasal speech with history of cleft palate and ventricular septal defect. Syndrome? (2x)	DiGeorge syndrome
Which developmental disorders are associated with same locus of chromosome 15, but with different phenotype expression? (2x)	Prader-Willi and Angelman
Genetic abnormality of velocardiofacial syndrome? (2x)	Gene deletion
Child w/tumors in brain, heart, and kidneys, seizures, intellectual disability. Likely presents with sx of? (2x)	Autism
Psychotic adolescent with self-injurious behavior and chorea with elevated LFTs. Diagnosis? (2x)	Wilson Disease
16 yo male with persistent irritability, depression, and impulsivity despite many medications and therapy. On exam, pt has tremor, drooling, speech problems, and brownish tinge of cornea. Screening tool?	24-hour urine copper test
Diagnosis for a 14 year old adolescent with defiant behavior at home and school who presents with generalized dystonia, wing-beating action tremor in the arms and forced grin?	Wilson disease

Highly comorbid with Fragile X?	ADHD
Common finding in 7 yo with worsening vision in left eye, headaches, skin changes, father also had same skin changes, edema of optic disc seen on exam?	Cafe Au Lait spots
How can you determine carrier status for Fragile X syndrome for pre-pregnancy planning?	Southern blot
What is comorbid with syndrome of hypotonia, obesity, small hands, short stature, micro-orchidism, and paternal deletion of 15q11-15q13?	Compulsions
Child with hyperphagia, obesity, intellectual disability, aggressive behavior, and obsessive-compulsive tendencies. Result of what genetic error?	Deletion
15 yo male with intellectual disability, short, hypogonadism, low muscle tone. What other symptom may be present?	Hyperphagia
What intellectual disability is most commonly associated with OCD?	Prader-Willi
MRI shows symmetric basal ganglia lesions, child gets up from floor by pushing up with hands, grows progressively weaker. Diagnosis?	Mitochondrial disorder
How do you rule out a particular condition associated with Down's syndrome?	Echocardiogram
What has contributed to the improved ability to identify the ideology for intellectual disability?	Genetic factors
Young child with seizures, ID, port wine stain on half of face. Diagnosis?	Sturge-weber syndrome
17 yo patient with malar distribution rash, macules on arms, bright lesions in cortex on MRI indicating tubers. What is the associated psych diagnosis?	Autism spectrum disorder

Psychiatric disorders most frequently concurrent with Neurofibromatosis I?	Autism, Depression, ADHD
Child with ADHD having more difficulty getting up from floor to chair over past 6 months. Diagnosis?	Duchenne muscular dystrophy
Child who repeatedly trips and sprains ankles, climbs up his legs using hands in order to stand. Diagnosis?	Duchenne muscular dystrophy
Four year old with limited social skills, facial angiomas, hypopigmented spot, absence seizures?	Tuberous sclerosis
To reduce intellectual disability in patients with homocystinuria, give which vitamin?	Vitamin B6
Karyotyping is still the preferred test in?	Prenatal trisomies
Fragile X syndrome genetic abnormality	Trinucleotide expansion
Genetic syndrome caused by microdeletion?	Williams syndrome
In Rett and Fragile X syndromes, what is the function of Mecp2 (methyl-CpG-binding protein)?	Transcription
8 yo child with learning problems, scoliosis, various light brown spots on skin, now with increasing visual complaints. What would also be found on exam?	Axillary freckling
Adopted 3 yo with no newborn screening, epilepsy, ID, microcephaly, fair skin, blonde, blue eyes. What is the inborn error of metabolism?	Phenylketonuria
Brain Tumors/Lesions	
Effective antidepressant in patient with brain tumor?	Methylphenidate
Most common psych symptom in brain tumor survivors?	Anxiety

Child seen walking with stooped posture, small paces, less arm swing - has a hard time starting and stopping walking on request. Brain lesion in what region likely responsible?	Basal ganglia
Young child with emotional outbursts, labile affect - incongruent with speech, speech with variable rhythm/intensity, brisk gag reflex - associated crying and coughing, dysphagia with normal pharyngeal exam. Diagnosis?	Pseudobulbar palsy
Area of brain affected in an adolescent with new onset episodes multiple times a week, lasting 30-60 seconds, of vocal tics, bilateral complex movements, aggressive, impulsive, with previous head CT negative, yet otherwise asymptomatic between episodes?	Frontal Lobe
Child presenting with poor upward gaze, lid retraction, convergence nystagmus, and pupils that accommodate but have poor reaction to light. Brain region where tumor is likely?	Pineal Gland
Multiple Sclerosis	
Adolescent presents with headaches, intermittent decreased vision/pain in left eye, weakness in right leg, not able to play sports or go to school. Diagnosis?	Multiple Sclerosis
Plaques of multiple sclerosis have lost what type of cell?	Oligodendrocytes
Encephalopathy	
Triad of HIV-related encephalopathy in children?	Pyramidal tract motor deficits, acquired microcephaly, and developmental delays

Common EEG finding in toxin induced encephalopathy?	Diffuse slowing
Assorted Topics	
What is known about the development of synaptic connections for vision in both eyes in infants born with cataracts?	Has a critical period of visual stimulation, so the cataracts should be removed as soon as possible

GENETICS

Epigenetic modification leading to gene expression?	Acetylation of histones
Phenotype amplification refers to?	An interaction of a particularly vulnerable genetic background with risk-conferring environmental factors.
Ordering genetic testing for pharmacodynamic factors with medication is promising for?	Identifying risk for rare idiosyncratic adverse effects
Challenge of using pharmacogenetics in child & adolescent pharmacology?	Small effect sizes of genes related to psychiatric conditions
Genetic principle explaining why Fragile X syndrome gets worse in future generations?	Anticipation
Genetic tests for triplet nucleotide repeats or methylation abnormalities?	FISH
Epigenetic regulation can occur through methylation or?	Histone acetylation
Mapping disease susceptibility genes in a population by identifying two loci in close proximity is?	Linkage disequilibrium
Approach used in searching for genetic variants for early-onset psychosis with DNA samples from a large group of children. Genotypes determined on thousands of SNPs for each sample and data analyzed to find loci that are affected at significant frequency in affected children without psychosis.	Genome-wide association study
Linkage analysis is used to?	Locate a susceptibility gene for a mental illness on a given chromosome
What regulatory mechanism is best example of epigenetics?	X chromosome inactivation

Multiple studies indicate maternal stress during pregnancy leads to risk of psychiatric illness in offspring through DNA methylation of glucocorticoid genes in what location?	Placenta
What is assessed in Chromosomal microarray analysis testing in children diagnosed with Autism?	deletions or duplications of sections of DNA
Child gets up from prone position with hands, now becoming progressively weaker, with MRI showing symmetric basal ganglia lesions. Diagnosis?	Mitochondrial Disorder
What happens during gene imprinting?	Genes of paternal or maternal origin are silenced

CHILD DEVELOPMENT

Attachment

In adult attachment interview, parents with secure attachments with their children describe their childhood narratives in ____?	A coherent narrative
Infant's mother leaves room, infant continues to play with toys and pays minimal attention to mom when she comes back. Type of attachment?	Avoidant
How can a parent help a child deal with a favorite babysitter moving away?	Call the babysitter with the child
Protective factor against being the perpetrator of dating violence among teens?	Healthy relationship with mother
What is the subphase of Mahler's theory of infant development characterized as heightened awareness of mother's locations, wanting new experiences w/mother, and feeling vulnerable when separated from mom?	Rapprochement
Fundamental environmental factor of primary caretaker in formation of a secure infant-parent attachment?	Frequent face-to-face interaction
Attachment style characterized by child becoming angry at mother when he meets a new sitter and becomes inconsolable when mother returns	Resistant
How would parents with secure attachment with their children be able to describe their childhood experiences in an Adult Attachment Interview?	Coherent narrative of experiences

1 yo cries when mom leaves him alone in a room w/stranger and quiets down when quickly picked up by mom	Typical development
Maternal psychopathology found to predict insecure attachment and worsen early childhood well-being?	Depression
Emotional Development	
Factor contributing most to resilience in child patients? (2x)	Family level of function
Which describes a holding environment for infants? (2x)	Parents' task of providing stimulus modulation and protection
Response of classmates/friends after 9 yo dies in car accident? (2x)	Fears about safety of themselves and family
Way to foster resilience in children and adolescents?	Achieving developmental competencies over time
Capacity for shame develops?	3 yo
Child feels angry but accuses parent of being angry at him. Defense mechanism?	Projection
High school senior diagnosed with brain tumor, undergoes radiation and months of chemotherapy. Patient and family informed it is terminal and have few months to live. Pt does not appear upset and asks parents to go to Asia to celebrate graduation. Explain this response	Normal adolescent thinking
Type of emotional development process when a 6 yo child talks about a nanny several times in a month that they last saw 3 years ago?	Reworking separation from the nanny
4 yo child who lost dog 3 wks ago, continues to ask about the dog's whereabouts and is sad. What is this?	Normal grief reaction

Reason for less physical aggression in elementary kids compared to preschool kids?	Better at describing feelings with words
Adolescent child minimizes losing a parent.	Internalized developmental conflicts about separation from family
Best way for parents to help child avoid inappropriate guilt when child blames himself for cousin's death after fighting with him prior to death?	Provide accurate information about the cause of death and encourage questions
Best way for parents to discuss adoption with their child?	Start conversation when child is young and continue to revisit the subject
Psychological reason for school age children's fantasies about superheroes?	Allow them to manage fears related to world events
How do divorced children's outcomes in early adulthood differ from peers?	No significant difference in well-being

Social Development

Per Gilligan's study, girls' moral development is based on? (3x)	Importance of social relationships
7 year old tries out for soccer team but is not selected. He is doing well in all psychosocial domains. Anticipated future response? (2x)	Child seeks out other activities where he can succeed
15 yo old girl has increased curiosity and attention to mother's characteristics and emotions. These are precursors for? (2x)	Capacity of empathy
Why would a normal developing preschooler refer to peer as "friend"? (2x)	Enjoy playing together (similar interests)
Child serves parents toy food on plastic plate, then asks parents to feed them in return. (2x)	Cooperative play

When do peer relationships begin to become more important than family relationships?	School Age
Girl is doing well in school, involved in soccer practice, socializes with female and not male peers. Freudian stage?	Latency
Infants' awareness that their gestures, feelings, speech, and thoughts are understood by others?	Intersubjectivity
Teacher gives time for children to complete work by themselves, then puts them in groups to work together, and helps the groups if they get stuck. Educational Concept?	Zone of Proximal Development
Compared to an older child, 1st graders at a new school will choose friends based on?	How nice a peer is to them
Although a 15 yo's parents say that the frequency of conflicts with them has decreased since childhood, the negative affect has increased. This correlates with what adolescent development features?	Increase in autonomy and more involvement with peers
In the transition from preschool to elementary school, what protective factor is associated with positive attitudes towards school?	The ability to make friends
In Harvard Study of Adult Development, what childhood experience is closely associated with professional and financial success?	Warm relationships
Nature of social relationships in adolescence?	Most friendships last less than a year
3-6 month old infants socially engage through?	Face-to-face interaction
Toddler in preschool kisses friend's arm after seeing them fall and hurting their arm. What is the reason for this behavior?	Empathy with the classmate's pain and distress

Why do 5 yo children strive to do good?	Desire to comply with parental expectations
What is parallel play?	Children playing in proximity without engagement
Behavioral Development	
Development stage where boys show physical aggression?	Preschool
Effect of media violence on children and adolescents?	Higher risk of short term violence and violent acts as adults
Sexual Development	
Child emerges naked and shows parents penis and references father's penis. Reason? (2x)	Age-typical exhibitionism
Which developmental stage does genital self stimulation for sexual pleasure begin? (2x)	Preschool age
How should a pediatrician respond to a mother concerned about 2 year old girl touching vulva during baths?	Exploration of the body is typical at this age
8 yo child's parents surprised to learn daughter has a "boyfriend" per her best friend. When patient is confronted, girl is embarrassed, angry, and refuses to discuss further. This set of events most likely represents?	A developmentally typical expression of interest in opposite sex
How does eliciting sexual history with adolescents differ between homosexual and heterosexual patients?	Same questions with modifications for anatomical differences
Two most childhood factors most strongly associated with adult homosexuality?	Gender nonconformity and an awareness of feeling different than other children
Explanation for 5 yo child playing doctor-nurse games with opposite sex children?	Age-appropriate sexual exploration

What developmental stage does sexual interest/arousal disorder manifest?	Early adolescence
Gender Development	
At what developmental stage do children avoid opposite-gender behavior and stick to gender-specific behavior?	Early school-age
7 yo, assigned male gender at birth, repeatedly identifies as female since early childhood, parents accepting and supportive, now with stomach aches, difficulty sleeping, frequently irritable, and school refusal after starting new school with gender based school uniforms. Next step?	Advocate for child to wear gender affirming uniform
Elementary school girl says she is a boy, dresses as a boy and wants to socialize with boys. Appropriate initial question?	Ask parents how they feel about daughter's preferences
Girls being less likely than boys to engage in "rough" play, is an expectation based upon?	Gender role
9 yo boy prefers to play with dolls, jewelry, dresses up as a girl and wishes to be a girl. Most likely gender identity and sexual orientation as an adult?	Identifying as male; homosexual or bisexual
Definition of 12 yo XY male who identifies as male?	Cisgender
Social and environmental factor is important in development of?	Gender role
What child would continue to meet criteria for gender dysphoria in adulthood?	14 year old natal female experimenting with dress up as a male, wanting to be called by a male name
Identity Development	
Key principle of the AACAP's Practice Parameters on LGBTQ+ youth? (2x)	Know relevant available resources

What delays result from stigmatization of cultural, ethnic, or religious factors in sexual minority youth?	Identity integration
Adolescent with physician parents has always reported a goal to become a doctor. What is the identity status?	Identity foreclosure
Biological Development	
Obese child, strongest predictor of adulthood obesity? (3x)	Degree of parental obesity
Hormone that increases during growth spurt in girls prior to puberty? (2x)	Adrenal androgens
What biological factor is linked to sexual awareness in early adolescence?	Adrenal androgens
Precocious puberty in females correlated with?	Obesity
What detail of information would you expect when doing a pain assessment on a 2 yo?	Identify presence and location of pain
Reason for belief that girls enter puberty much earlier than boys, but in reality it is closer to 6 months?	Linear growth spurt
Change in fat composition from birth to adolescence?	Decreases over the first year and then increases
Cognitive Development	
Toddler reading magazine, thinks father can see picture from a different room (3x)	Egocentrism
Child states that they enjoy an activity, however acknowledges activity is not always fun. What is the process? (2x)	Metacognition

Child repeats 2nd grade 2 yrs in a row, then no longer tries to do well or complete work. According to learned helplessness model, which is the child's reaction? (2x)	Apathetic towards the new class
3 yo is given this prompt: "Child leaves a toy on the bed and leaves the room, sibling comes in and moves the toy to a shelf. Where would the child look for the toy?" 3 yo answers shelf because of lacking which cognitive process? (2x)	Theory of mind
Child playing hide and seek, hides underneath table in clear view of seeker. What is the cognitive concept?	Egocentrism
Increased rates of myelination and synaptic pruning primarily in which brain region is responsible for executive function in 5-8 yo's?	Prefrontal cortex
Ages 6-12 show increase in processing speed due to?	Synaptic pruning in cortex, neuronal myelination
What is a hallmark of typical cognitive development in a school-age child?	1) Object conservation 2) Classifying and grouping objects and concepts
What moral reasoning concept would be lacking when a young child is not able to distinguish the difference between a child breaking one plate while angry vs three plates while trying to help clean?	Intention and Result
What age do children look to athletic heroes as role models?	School age
5 yo child feels responsible for father's death due to an argument they had right before he left the home and had an accident. Example of?	Age-appropriate response
Child obeys rules and reports classmates mischief. What stage of moral development according to Kohlberg?	Conventional

Elementary school kids act out scene from superhero movie. Per psychodynamic theory this is?	A way to express wishes impossible in reality
Child tells story 3 times from different character perspectives. What concrete operation has he mastered?	Decentration
What is developed when an 18 month old girl gives twin brother his favorite toy as opposed to her favorite toy?	Theory of mind
How might an 8 yo understand death?	Punishment for bad behavior
First component of moral development for a 2 yo?	Having awareness of standards of behavior as defined by parents
What age group is a child who watches a hurricane on TV and believes it is outside?	Preschool age
What displays a boys stage 3 moral judgment, according to Kohlberg's theory?	Following the rules because it is fair and others followed them / Following the rules because that is what good children do in the family
Parents ask two children to clean their rooms. 9 year old can clean well, but 5 year old needs help. Which cognitive area in older child has more maturity?	Visual organizational ability
What adolescents don't understand about death?	It can happen to them
One year old child watches father pack his bag for work, put it next to the door, then grab his car keys. Child looks in bag, looks at father, then back at the bag for work and fusses. Child using what cognitive scale to communicate?	Joint attention
Last functional area of the brain to go through synaptic pruning?	Higher cognitions
The increase in processing speed from 6-12 yo is correlated to?	Cortical synaptic pruning and myelination

Language Development	
4 yo playing with dolls and describing doll's actions aloud. What is the concern?	Developmentally normal use of language
A toddler talks out loud to himself while building a castle, describing his steps out loud. This behavior is?	Private Speech
10 year old asks for book from friend as, "Hey, man, give me that." He asks teacher for book by saying, "May I please have the book?" Example of?	Language pragmatics
Best time to learn a new language?	Pre-school age
Decreased ability to learn new language after what age?	6 year old, decrease rate of growth of cortical language learning centers
Milestones	
Child imitates parents' words, speaks 1-2 words. Appropriate developmental ability in language comprehension? (2x)	Understands the word "no"
Age of development of symbolic language? (2x)	Toddler
Typical language milestone for 6 month old? (2x)	Babbling with consonant and vowel sounds
What age does the 24-hour sleep-wake cycle develop?	4 months
Developmental age of child who speaks 3 word sentences, identifies gender, balances on one foot, uses scissors, stack 8 blocks?	4 years old
A child describes his day as: "I wake up at 7:30, go to school, go to tennis class, and then go home and play with my sister before dinner. I sleep at 8:30. What is the likely minimum age of the child given the cognitive skills needed for this response?	7 years old

What age do infants start to display joint attention?	8 months
Stage of development when friendships have social hierarchy?	Late school age
6 yo writes letters backwards and put letters in their name in the wrong order. This is?	Normal difficulties for age
What task can be done by age 3?	Use scissors
Starting age for sharing autobiographical narratives?	Preschool
What developmental milestone, that can take up to 4 months, involves connection between the retina and hypothalamus?	Sleeping at night
Cooing and imitating to get reciprocal social interactions are prominent at what age?	3 to 7 months
Age when children can draw figures that look human?	4 yo
When can children draw humans with realistic proportions?	5 yo
Age when children understand death is final?	5-7 yo
Age a child can ride a tricycle?	3 yo
When do children master classification and conservation?	School Age
Significant resilience factors to determine adult competence in transitional age you?	Intellectual ability, effective caretakers, close relationship with others

NEURODEVELOPMENTAL DISORDERS

Attention-Deficit Hyperactivity Disorder

What is the most validated non-pharmacological treatment for ADHD? (3x)	Behavioral parent training
7 yo with autism and ADHD treated with wraparound services, ABA therapy, clonidine and a stimulant has persistent worsening aggression. Best initial approach? (2x)	Functional behavior analysis
Maternal gestational factor supports increased risk for ADH- like behaviors in child? (2x)	Cigarette smoking
Polymorphism predicts good response to stimulants in kids with ADHD?	DAT1
Gene correlated with ADHD?	DRD4
Child w/ ADHD is disruptive in classroom. Behavioral therapy approach is effective for?	Reinforcing on-task behaviors
What was the first therapeutic use for stimulants?	Headaches in children, who were found to have improved behavior
Why should you be cautious in diagnosing a hyperactive child with ADHD without a comprehensive evaluation?	It deviates from standard of practice
Child with ADHD and aggression. If ADHD symptoms improve with stimulant, but aggression remains, this indicates which comorbid diagnosis?	Affective symptoms
9 yo w/ ADHD, parents ask about prognosis. Answer?	Inattention likely persist into adulthood

What is the most prevalent EEG wave in quantitative EEGs from children with an ADHD diagnosis?	Theta
Which perinatal factor is most highly correlated with ADHD diagnosis in childhood?	Preterm delivery
Reason methylphenidate is cleared from children's metabolism more quickly than adults?	Adults have smaller hepatic capacity
PATS study found that younger children are more likely to develop what SE on stimulants?	Crying and irritability
Is it helpful to remove foods with artificial coloring in child with ADHD?	Eliminating food coloring produces small decrease in symptoms of ADHD in children with food sensitivities
10 yo w/ ADHD and seizures, treatment of choice?	Methylphenidate
First line ADHD med for preschool-aged children	Methylphenidate
7 year old with ADHD has minimal improvement after 6 weeks of implementation of a token economy targeting readiness for school and chore completion. What is the best course of action?	Modify system for rewards to be more frequent
Child w/ADHD shows deficit on imaging in which neural circuitry?	The prefrontal cortex to striatum
Best method for diagnosis of ADHD?	Clinical interview of both patient and parents
What does the MTA 6-8 year follow up recommend for treatment of ADHD in youth?	Drug holidays should be used to assess need and benefit of continued treatment
Child diagnosed with ADHD. Parents want medications, but are focused on getting help with defiant behaviors. What should be discussed with family?	Limitations of the medication

A child newly diagnosed with ADHD is prescribed a stimulant. The parents are worried about cardiac side-effects, but have no personal or family history of heart problems. What should the parents be told about the cardiovascular risks?	Their child has the same risk of serious cardiac events as the general population
Autism Spectrum Disorder	
Adolescent with poor social skills, has difficulty with transitions, rules-focused, spends most free time learning and discussing planets. Diagnosis?	Autism Spectrum Disorder
Previously known as childhood psychosis prior to 1960s?	Autism
9 yo with family history of unexplained syncope wants to start stimulant for ADHD. Next step?	Refer to cardiology for EKG
Small child with ASD, ADHD, and ID on risperidone and long acting methylphenidate presents to ER with ear infection, becomes agitated and cannot be de-escalated. Best medication for agitation?	Risperidone
According to diffusion tensor imaging (DTI), suspected mechanism of action of larger brain size (2-10%) in children with autism by age 4 is due to?	Overgrowth of long white matter tracts
Diagnostic neuroimaging would be indicated in?	10 yo with autism stops performing previously acquired skills
Electroencephalogram useful in initial workup of which psych disorder?	Autism spectrum disorder
Common speech trait in children with Autism?	Restricted intonation
Parents of autistic child wonder about chance of next child having autism?	2-10%
Oxytocin as treatment for ASD, fosters what in animal models?	Complex social behaviors

Abnormal accelerated white matter maturation found on diffusion tensor imaging in young child?	Autism Spectrum Disorder
Brain structural changes in children with autism?	Accelerated increase in brain volume
Screen autism spectrum disorder in which genetic condition?	Fragile X Syndrome
3 yo has repetitive rocking when waking up in the morning, head banging while falling asleep at night, less when parents spend time with him, no other concerns, except hand flapping when excited. Diagnosis?	Normal development
When should you do an EEG for child with Autism?	New onset developmental regression
Disorder highly comorbid with sensory integration problems?	Autism
13 yo pt with ASD and developmental delays admitted with catatonia. After 1 wk of benzodiazepines with no benefit, next step of therapy?	Electroconvulsive Therapy
In autism spectrum disorder, chromosomal microarray analysis is specific for?	DNA duplications or deletions
Patient with atypical presentation of autism and no family history. Best technique to identify rare genetic mutations?	Whole-exome sequencing
Developmental Disorders	
Diagnosis of 6 yo child who is noticeably clumsy and delayed in motor milestones but has no behavioral or social problems? (2x)	Developmental coordination disorder
Important clinical feature of fetal alcohol syndrome? (2x)	Intellectual disability
Medication more likely to cause agitation in children with developmental disabilities?	Lorazepam

Most common preventable cause of intellectual disability?	Fetal alcohol syndrome
Pica and rumination is associated with which disorder?	Intellectual disability
Which physical delay is most concerning for developmental coordination disorder in preschool age child?	Zippering and buttoning clothing
8 yo is distressed by speech problems, such as saying "tog" for dog. No hearing problems or other academic issues. Diagnosis?	Speech sound disorder
Primary cause of slowing growth in children with failure to thrive?	Low caloric intake
In children with language delay, reason to provide early language interventions?	Preschool is a sensitive period for learning language skills
Useful to screen a child for deficits in pragmatic language skills	Tell a story
Teacher complains that 9 yo child spaces out, responds to requests - but not always appropriately. Writing homework is done completely, no hyperactivity, impulsivity, disorganization, or sensory issues. Diagnosis?	Auditory processing disorder
Developmentally delayed child with aggression and non verbal. Functional behavioral analysis is helpful for?	The adaptive purpose of behavior
Training focus for parents of kids with developmental delay?	Learn to manage antecedents of behavior

Learning Disorders

2nd grader with reading disability does well when enrolled in individualized program. After starting 5th grade, has low self-esteem and does not do homework. What new learning difficulty likely present? (2x)	Writing/Written Expression
1st grader writes some letters backwards and writes some letters in their name out of order while still getting all the letters in their name right. (2x)	Normal difficulties for age
Elementary age child seems spaced out and distracted, responds to requests but not always appropriately. Doesn't follow teacher's instructions in the classroom. Able to do assignments, no hyperactivity, forgetfulness, impulsivity. No deficits on sensory exam. Diagnosis?	Auditory Processing Disorder
Adolescent w/ anxiety and depression worsening since starting high school. Has family w/ mood disorder, academic difficulties 2/2 learning disorder, active participation w/ sports teams, and recent student council election. Which is a perpetuating factor?	Having learning issues
Fine motor deficits is most significantly associated with?	Learning disorders
What is the cognitive problem for a child with a reading disorder?	Decode or transcribe printed word into speech

SLEEP-WAKE DISORDERS

Circadian Rhythm Disorders

Teenage male with sleep disorder, excess daytime fatigue, usually in morning. (2x)	Circadian rhythm sleep disorder
At what time should a teen use light therapy for delayed sleep phase syndrome? (2x)	Morning
Vignette: Otherwise normal adolescent presents with irritability, poor grades, fatigue after earlier school start time this year. A: Deficiency most likely associated with disorder? B: Diagnosis related to changes?	A: Melatonin B: Delayed sleep phase syndrome
Which disorder can be addressed by bright light therapy in the morning?	Delayed sleep phase syndrome
Teen pt often stays up until midnight doing work, doesn't feel rested in the morning and sleeps until midday on weekends, what's the diagnosis?	Delayed sleep phase syndrome
15 yo can't sleep until 2am, but sleeps 11 hours on weekends. Treatment for primary sleep disorder?	BLUE light therapy qAM, half hour
What treatment has efficacy when combined with CBT for delayed sleep phase disorder?	Morning bright light therapy
Narcolepsy	
CSF orexin levels of <110pg/ml in equivocal sleep studies is suggestive of?	Narcolepsy

Sleep study results consistent with narcolepsy?	Sleep onset REM
Test for narcolepsy evaluation?	Multiple sleep latency tests
Finding on multiple sleep latency test in narcolepsy?	REM sleep during 2+ naps
Sleep Terrors	
Vignette: 6 yo female with sleep terrors past year, falling asleep during class and on weekends. Parents brought child in after child hit her forehead during the last episode. A: Why order polysomnography? B: Child found to have obstructive sleep apnea, in addition to sleep apnea treatment, what else should be done for sleep terrors?	A: Self-injury during episodes B: Keep monitoring
Child wakes up screaming, sweating and breathing hard, 1-2 hours after falling asleep, but wakes up in the morning with no memory of event.	Sleep terrors
Child wakes up after falling asleep, crying and screaming, but returns to sleep with no memory of episode in the morning. Best treatment?	Minimize nighttime household noises
Restless Leg Syndrome	
First step intervention for unmedicated teenager who experiences irresistible urge to move legs at bedtime and relieved by movement? (2x)	Iron supplementation if deficient
Diagnosis in child that has a burning sensation in legs at night with urges to move, falling asleep in class, low serum ferritin?	Restless legs syndrome

Polysomnography	
Sleep deprivation leads to what changes in sleep architecture? (2x)	Increased REM sleep duration
Primary parameter for scoring sleep states?	Muscle tone
Disorder typically diagnosed without confirmation from polysomnography?	Insomnia
What explains brief arousal between REM and non-REM on a sleep study of a child?	Normative Movement
Parents get report from school that their overweight child with history of ADHD is falling asleep in class. Parents report hearing patient snore all night. Next step?	Refer for polysomnography
Best indication for sleep study in child being evaluated for ADHD, school failure, often fatigued, irritable, frequent naps, snoring, mildly obese?	Snoring
During polysomnography test, EEG shows sharp and slow wave discharges after photic stimulation.	Increased seizure risk
Assorted Sleep Topics	
What intervention for premature newborns is shown to help sleep regulation at ages 3-6 mo? (2x)	Daily periods of maternal skin to skin contact
When parent education and behavioral interventions do not work, best medication for preschool children with sleep issues?	Melatonin
9 yo has several episodes of waking up screaming at night 1 hour after falling asleep, parents report patient sitting up in bed, staring blankly, fast breathing, not responding to parents, doesn't remember episode in the morning. When might this stop?	Puberty

ELIMINATION DISORDERS

Most effective treatment for primary nocturnal enuresis?	Bell and pad method
Most significant risk factor for primary nocturia?	Family history of enuresis
Seven year old with encopresis, clinical management?	Medical workup
Comorbid medical condition in females with encopresis	Urinary tract infection
Psych diagnosis most likely comorbid w/ nocturnal enuresis?	ADHD
Normal pattern of developing bowel and bladder function?	Nocturnal bowel continence, day and night bowel continence, day and night urinary control, and nighttime urinary control
What differentiates secondary from primary enuresis?	More highly associated with comorbid psychiatric disorders

DISRUPTIVE DISORDERS

ODD/IED

Most appropriate treatment for child with 6 months of outbursts, defiance, blaming others for misbehavior, spitefulness toward others? (2x)	Parent management training
Distinguishing symptoms between ODD and Conduct disorder? (2x)	Emotional dysregulation
Irritability of youth w/ oppositional behavior correlates with?	Depression in adult life
Child refusing to follow adults directions, vindictive, throws tantrums at school when told no. What is the comorbid disorder besides ODD?	Attention-Deficit Hyperactivity Disorder (ADHD)
Parent Management Training is most effective for which disorder?	Oppositional Defiant Disorder (ODD)
Adolescent has impulsive/angry outbursts 3x per week for past 6 mo, out of proportion to stressor, distressed by outbursts. Diagnosis?	IED
Child with ODD finishes homework and gets a reward?	Positive Reinforcement

Disruptive Mood Dysregulation Disorder

4th grader is argumentative and uncooperative in school and home, since childhood has temper tantrums, daily physical aggression towards authority. When not acting out the child is constantly angry, but can enjoy activities like sports. Dx? (2x)	Disruptive mood dysregulation disorder
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8 yo with angry outbursts and irritability, mutually exclusive diagnosis with ODD?	DMDD
Conduct Disorder	
What should you say if parents of a child with conduct disorder ask if the patient will become a criminal? (2x)	With medication management, most patients can become symptom-free
17 yo male evaluated at juvenile hall admits to stealing car due to peer pressure. Parents report child can be defiant, but mostly good child. This is the first legal problem. Most appropriate diagnosis?	Adolescent antisocial behavior
Along with antisocial behavior, low resting heart rate associated with?	Substance use
Personality disorder that can only be diagnosed in individual greater than 18?	Antisocial
What disorder shares risk factors and similar course with prepubertal depression?	Conduct Disorder
Characteristic for antisocial behavior and aggression reduction program?	Multi-modal approach including children, parents and teachers
Psychiatrist is contacted between visit by patient who wants to run away from home. The best initial step?	Assess the nature of the crisis
Intervention to mitigate callous-unemotional traits in boys raised in institutional setting?	Therapeutic foster care
Risk factor that strengthens association of ADHD and substance use in adulthood?	Conduct disorder
Aggression/Violence	
Low central transmission of which neurotransmitters most associated with social aggression in primates and children? (3x)	Serotonin

Gene linked with impulsive violent behavior? (2x)	MAO-A
Low activity of what enzyme demonstrates significant increase in risk for impulsive violent behavior?	Monoamine oxidase A
Patient w/ childhood maltreatment and a functional polymorphism in MAO-A has been shown to increase the risk of?	Antisocial personality d/o
Most physically aggressive adolescent males are violent toward?	Family members
What time does violence occur among youth on school days?	At the end of the school day
Risk Factor tied to violence in adolescent males?	Living at home without father figure
What was used for augmenting treatment after 1st stage of TOSCA (Treatment of Severe Childhood Aggression) study?	Risperidone
What is associated with persistent aggression?	Reduced serum cortisol
Low levels of this hormone are associated with limited prosocial emotional expression in young males?	Cortisol

MOOD DISORDERS

Depressive Disorders

Best initial lab test to rule out underlying medical causes in adolescent with depression? (2x)	Monospot
What is needed to confirm premenstrual dysphoric disorder? (2x)	Symptom rating log over 2 months
Symptom of depression more common in older than younger children? (2x)	Melancholia
Antidepressant with most studies and data for adolescent depression? (2x)	Prozac/fluoxetine
Caspi's study showed which environmental risk factor in a patient with two copies of the short allele of the 5-HTT promoter polymorphism was associated with increased risk of depression as an adult? (2x)	Stressful childhood event
Adolescent with severe depression on SSRI, now having severe teeth grinding at night. Cannot lower medication. Best treatment? (2x)	Acrylic dental guard
Psychiatrist treating depressed teenager. Withdrawn and doesn't talk during assessment. Next step?	Ask about favorite hobbies or movies
Important lab test in MDD?	CBC
Treatment for Adolescents with Depression Study (TADS) concluded that best treatment of depression is?	CBT, Fluoxetine, and Combined groups equally efficacious at 36 weeks

A 14 year old comes in with 9 months of sad mood. She is always irritable, feels sad for most days, is failing her previous favorite class, and no longer likes going to ballet. Diagnosis?	Depression, not otherwise specified
Depression symptoms more likely present in childhood onset MDD compared to adolescent onset?	Hallucinations
Psychiatric disorder most likely comorbid with recurrence of severe abdominal pain with no physical finding?	Mood
Tired 16 yo w/history of well-controlled type I diabetes feeling "down forever." Sleeps excessively and is failing classes. Occasionally feels ok, esp when smoking marijuana. Diagnosis?	Persistent depressive disorder
14 yo increasingly irritable, grades dropped in school, talking back to soccer coach, picking on sister. Appropriate next step?	Screen for mood disorder
Psych disorder comorbid in youth with diabetes?	MDD
Compared to teenagers, children with depression have more?	Somatic complaints
12 yo with tic disorder on Risperdal has EPS after starting what medication for mood disorder?	Fluoxetine
Psychiatric disorder most likely comorbid with recurrence of severe abdominal pain with no physical finding?	Mood
What diagnosis is associated with imaging showing abnormal left prefrontal cortex volume and function?	Major Depressive Disorder
Which receptor overactivity causes depression-like symptoms through inflammation?	Glutamate

Systemic medication derived from what Vitamin is associated with depression in adolescents?	Vitamin A
Adolescent with MDD recently attempts suicide, parents and patient resistant to start SSRI. Best approach?	Explore beliefs of patient and parents about medication
A patient shows mild depressive symptoms related to his father's undiagnosed depression. The father refuses treatment even after you note connection between the son and father's mood symptoms. How should you proceed?	Start psychoeducation with the whole family about depression
Bipolar Disorder	
Outpatient intervention most likely to help maintain symptoms of control in patient recently stabilized from first episode mania? (2x)	Family-focused psychoeducation
Treatment of Early Age Mania (TEAM) recommendations for most effective medication in pediatric mania? (2x)	Risperidone (over Depakote and Lithium)
Most likely presentation of bipolar symptoms in an adolescent with history of ADHD, increased mood lability, dysregulated sleep, impulsivity, risky behavior, maternal aunt with bipolar I and cousins with ADHD?	Fluctuate with episodic mood changes
What risk factor best predicts development of hypomania or mania in children with a bipolar parent?	Subthreshold hypomanic episodes
Current research evidence of oxcarbazepine in children with Bipolar disorder	Not superior to placebo

<p>Vignette: 16 yo with bipolar disorder, experiencing manic episode despite trials of two atypical antipsychotics, also on combined lithium and antidepressant trial for 6 weeks each. Parents, patient, and treatment team agree to start ECT after lithium is tapered and discontinued. A: Patient's lithium has tapered off, and ECT has begun. After 6 unilateral ECT treatments twice per week, patient is still manic. Most appropriate next step in treatment? B: Following this decision, patient starts to respond to treatment, manic symptoms improve. Within 24 hours of ECT treatment, most common side effect?</p>	<p>A: Switch from unilateral to bilateral ECT B: Headaches</p>
<p>16 yo with bipolar disorder on valproate with suicide attempt due to atypical psychotic symptoms. EEG shows diffuse slowing. Diagnosis?</p>	<p>encephalopathy</p>
<p>16 yo with bipolar disorder previously stable on lithium, now sleeping 3 hours, high energy, racing thoughts, irritable with friends, sent to principal for being rude to teacher, recently decided diagnosis is wrong and doesn't want to take meds. Next step?</p>	<p>Educate about negative impact of symptoms on daily function</p>
<p>Distinguishing factor of youth bipolar disorder vs ADHD?</p>	<p>Grandiosity</p>
<p>Best treatment for 17 yo bipolar in full blown manic episode, HR dipping below 50, stopped eating and drinking, VPA + Antipsychotics lead to severe dystonic reactions?</p>	<p>ECT</p>
<p>Best medication for 12 yo patient who attempts to jump out window, believes he is a superhero, no sleep in 5 days, on a mission, strong family history of bipolar?</p>	<p>Risperidone</p>

ANXIETY DISORDERS

General Anxiety

Child with anxiety d/o placed in fMRI presented with picture of fearful face. What are the findings?	Increased activation of the amygdala
Description of parenting associated with development of anxiety disorder in childhood?	Limited child autonomy and high degree of control
What is the best initial treatment approach for a preschool age child with generalized anxiety whose mother has anxiety and is treated with fluoxetine?	Parent child interaction therapy
Current scientific opinion on use of benzos for childhood anxiety?	Sometimes used to acutely reduce severe anxiety, Risk of dependence in teenagers, relatively few studies on benzo use in youth
Relationship between amygdala and what other brain region is thought to lead to anxiety disorders?	ventrolateral prefrontal cortex
10 yo w/diffuse anxiety, feeling on edge, easily fatigued, associated w/homework and academic stress, and are absent during vacation times. Diagnosis?	Unspecified anxiety disorder
Child with unexplained and recurrent abdominal pain. What is the most likely associated condition?	Anxiety disorder

Selective Mutism

Emigrated preschool child not speaking to anyone in class. What is required for diagnosis for selective mutism?	Child is known to be competent in spoken English
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What would rule out a diagnosis of selective mutism?	Symptoms only during first month of school
What medication should be used in child who is shy, withdrawn, speaks to peers with no issue, not to teachers - only nodding or having friend answer for them, otherwise normal.	Fluoxetine
Parents of autistic child worry that he is not speaking at school. Child speaks at home, with family, and church.	Selective mutism
Panic Disorder	
Panic disorder typically presents at what age?	Late adolescents
CBT technique to manage panic attack physiological symptoms?	Interoceptive exposure
Separation Anxiety	
Why is separation anxiety only diagnosed after 6 yo?	Symptoms are developmentally appropriate
Anxiety disorder that has highest rate of partial or full remission in prior year on National Comorbidity Survey Replication Adolescent Supplement (NCS-A, 2004)?	Separation Anxiety Disorder
4 yo child is anxious/tearful when mother drops him off at school, asks repeatedly when they will be picked up, brings a stuffed bear to school, and cried when favorite teacher went on maternity leave. What's the concern?	Developmentally appropriate behavior
Child avoiding school, follows parents around the house. Tantrums if asked to play in another room, keeps asking for bedtime story. Dx?	Separation anxiety disorder

Social Anxiety	
Temperament during infancy and early childhood that predisposes to social phobia in adolescence?	Behavioral inhibition
7 yo boy comes in for shyness that has led to enuresis due to not using public restrooms, avoidance of group activities, and shyness in class. Diagnosis?	Social phobia
Specific Phobia	
Which childhood-onset anxiety disorder often results in depression in adulthood?	Specific phobia
7 yo boy is brought in due to refusing to leave parents' side when outside due to fear of "a dog biting" him. He worries about this when leaving home and refuses to play on the playground without an adult immediately next to him to "protect him from dogs." Diagnosis?	Specific phobia
7 yo child has fear of using elevator in his own apartment building for 6 months, will use other elevators elsewhere.	Specific phobia, situational

SOMATIC DISORDERS

<p>9 yo worried he will get cancer like his brother who died a year ago. Child continues to request testing despite reassurance from PCP and parents. Diagnosis? (2x)</p>	<p>Illness anxiety disorder</p>
<p>Functional abdominal pain in childhood is linked with what? (2x)</p>	<p>Maternal anxiety and depression</p>
<p>Adolescent with 9 months of abdominal pain, 3 hospitalizations, work up normal, stopped going to school, worries about abdominal pain and dysfunction. Best step in supportive care?</p>	<p>Gather a multidisciplinary team to meet with family/patient to discuss assessment and diagnosis</p>
<p>Child reports abdominal pain for about 1 year, medical workup neg, no weight loss, missing school due to abdominal pain, constant worry about abdominal pain, not talking about food/going out to eat due to fear it will cause pain. Diagnosis?</p>	<p>Somatic Symptom Disorder</p>

OBSESSIVE-COMPULSIVE DISORDERS

15 yo presents to dermatology due to facial acne. Pt picks facial skin plucking out facial hairs all day with mirror he carries stating he is “deformed” and avoids social functions because “everyone will see how disgusting” his face is. Acne mild on exam. Diagnosis? (2x)	Body Dysmorphic Disorder
What likely symptoms are missed using the children’s YBOCS?	Sensory discomfort
Difference between pediatric OCD and adult OCD?	Familial pattern
Most common pattern of onset of obsessive compulsive disorder in pediatric population?	Gradual, without clear aggravating factor
What is characteristic of early childhood obsessive compulsive disorder?	Higher frequency of compulsions w/o well defined obsessions
Child has thoughts of hurting other kids multiple times a day without trigger. Child says a prayer and goes back to play. Dx?	Obsessive Compulsive Disorder
fMRI studies in patients with OCD reveals what activation pattern of glucose metabolism in patients with symmetry/arranging?	Reduced in the R inferior caudate and ventral striatum
Commonly seen in most studies of childhood onset OCD?	Switching of content of obsessions over time
What medication do you use to augment SSRI in patient with OCD and comorbid Tourette’s?	Clomipramine
Pediatric Obsessive-Compulsive Treatment Study (POTS I), what predicted poor response to CBT alone?	Family History

Most efficacious treatment for 5-8 yo's according to POTS study (Pediatric Obsessive Compulsive Disorder Treatment Study)?	Family-based exposure and response prevention
Common comorbidity in children with OCD?	Autism, other anxiety disorder, disruptive behavior disorder
Adolescent with severe OCD, partial improvement on adequate trial of Sertraline, what is the most effective augmenting medication?	Risperidone

TRAUMA-RELATED DISORDERS

Post-traumatic Stress Disorder

Child sexually abused by male family member two years ago, now reporting hearing a male voice whispering to him at night. What would suggest PTSD rather than childhood schizophrenia? (2x)	Dissociation
Girls showing aggressive behavior report more symptoms of what disorder, as compared to boys? (2x)	PTSD
What is consistent with PTSD in preschool children (4 yo) according to alternative PTSD criteria? (2x)	Constriction of play
Child views violent scenes on the news after hurricane, becomes fearful. Advice for parents regarding additional media coverage? (2x)	Only limited viewing with parents present
School-age child with history of removal from parents for abuse/neglect, now in ER for SI with plan to get hit by a car, sadness, AH of voice putting him down, otherwise socially and academically successful. Diagnosis?	PTSD
Predictive factor of PTSD diagnosis in children affected by armed conflict?	Living with parents who have PTSD symptoms
School aged child with disruptive behavior, distractible, irritable at home and school. Pt was present when family was mugged at knife point several months ago, now anxious to leave the house. Recurrent dreams about monsters. Dx?	PTSD

Unique symptom of PTSD associated with hyperarousal in children under 6yo	Temper tantrums
Most common symptom in children with PTSD?	Re-experiencing
Adolescent reports feeling detached from surroundings, will lose track of time, and told about behaviors they don't remember doing. Oriented, reality testing intact, no hallucinations, no delusions. Associated diagnosis?	Trauma
Reactive Attachment Disorder	
What is a main feature of reactive attachment disorder, beside neglect in early childhood? (2x)	Lack of comfort seeking behavior when distressed
Response of a child with reactive attachment disorder (RAD) in Ainsworth's strange situation, once guardian returned while stranger was in the room	Ignores both
A child ignores both the caretaker and the stranger in Ainsworth's Strange Situation experiment. What is the most likely diagnosis?	Reactive attachment disorder
2 yo ward of state, poor social reciprocity, awareness, and boundaries, with restricted affect and behavior in situations that should normally elicit emotion. Two years after foster home placement, patient does not show any of the symptoms. Diagnosis when first evaluated at two years old?	Reactive attachment disorder
Highest rates of deprivation specific patterns of behavior found in children with?	Institutionalization (foundling homes) beyond 6 months of age independent of nutritional status

Disinhibited Social Engagement Disorder	
3 yo in foster care was separated at 18 mo from bio family, due to neglect. Impulsively hugs, touches, and intrusive with adults. Despite limits child occasionally runs off from daycare group to talk with strangers. Dx?	Disinhibited Social Engagement disorder
Child Abuse	
Most frequent symptom found in abused preschool aged children? (2x)	Aggression
Receptor expression altered by epigenetic changes due to sexual abuse as a child?	Glucocorticoid receptor
What is needed for CPS to intervene when factitious disorder imposed upon another is suspected?	Suspicion of child maltreatment
How does childhood abuse affect neurodevelopment?	Increases ACTH and causes atrophy of hippocampus
Adolescent female with history of physical abuse from father is in therapy for depression. What type of aggression would be displayed if the patient got in a fight with an older girl who was bullying her, striking her in the face and needing restraint by school staff?	Affective
Which genetic change can lead to increased depression in children exposed to maltreatment?	Gene methylation
When is sexual contact between minors defined as sexual abuse in most states?	Significant difference in age
Risk factor for children exposed to trauma by 12 yo having increased rates of psychotic symptoms?	Maltreatment by a caregiver Genetic disposition for psychosis
Child abuse increases risk of what medical condition, according to ACE study?	Heart Disease

Children exposed to sexual abuse and domestic violence often have?	Inappropriate sexual behavior
Genetic factor potentially protective in children with early abuse?	High levels of monoamine oxidase enzyme
Number one cause of death in mothers of newborns in the U.S.?	Domestic violence at home
What characteristic best predicts resilience of child who was placed in foster care after physical abuse?	Above average intelligence
Bereavement	
A 7 yo child plays outside during the wake of a favorite uncle. He then cries profusely at the funeral, but soon returns to playing with other children without any sadness. What explains this behavior?	Intermittent developmentally appropriate grieving
Most significant <i>risk factor</i> for 13 yo Tanner stage IV Male with PNES, recent death of mother, who is being treated with stimulant for ADHD?	Death of parent
Appropriate counseling to parent helping child cope with sudden loss of mother/father?	Share important details of circumstances surrounding death of parent
To decrease psychological impact, how can a parent support a child when the other parent dies?	Support the mourning process
Most common traumatic event experienced by youth in US?	Death of loved one
Response to Trauma	
A 3 yo child's declarative memory of a traumatic accident is dependent on what factor? (2x)	language ability
Biological factor characteristic of resilient individuals? (2x)	Rapid return to baseline of levels of neuroendocrine functioning

Child scared of cars after accident, over time becomes less afraid. This is?	Inhibitory learning
The "freeze" response is more common than fight-or-flight response in?	Children experiencing ongoing trauma

DISSOCIATIVE DISORDERS

<p>Child witnesses murder but is unharmed and unaware of events that occurred. What is this? (2x)</p>	<p>Dissociative amnesia</p>
<p>16 yo pt with severely depressed mood for 4 months and describes not being able to feel, feeling that they do not exist, feeling like a robot while living their everyday life. Along with MDD, diagnosis should include?</p>	<p>Depersonalization/Derealization Disorder</p>
<p>Adolescent reports feeling detached from body, unreal, emotionally numb, watching body from outside, no other concerns. Diagnosis?</p>	<p>Depersonalization/Derealization disorder</p>
<p>Which region of the brain is associated with depersonalization episodes?</p>	<p>Parietal lobe, Occipital lobe</p>

SCHIZOPHRENIA

17 yo w/ dx of schizophrenia for 2 yrs believes people can read his thoughts and has AH, currently on risperidone 6 mg, hx of high dose olanzapine and haldol. What is next line? (2x)	Discontinue Risperidone and start Clozapine
Most participants on anti psychotics drop out of the Treatment of Early Onset Schizophrenia Spectrum study (TEOSS) due to lack of efficacy and? (2x)	Weight gain
Why should anticholinergic medications given to prevent EPS be gradually tapered after stabilization? (2x)	Decrease cognitive burden of anticholinergics
What differentiates primary psychosis from psychotic symptoms related to trauma? (2x)	Disorganized thought and behavior
Youth develops tardive dyskinesia with long term risperidone, even with reducing dose and trials of nearly every other atypical? Next step?	Switch to Clozapine
Why should you administer clozapine twice a day?	Lower daily peak concentration
Efforts focused on developing selective interventions to prevent onset of psychosis have focused on?	Screening children whose parents have schizophrenia
Early onset (less than 18 yo) schizophrenia have what genetic finding as compared to adult onset schizophrenia?	Higher rates of rare genomic deletion or duplication mutations
What describes the relationship between prodromal state in later development of psychotic disorder?	Less than half of prodromal patients will go on to develop a psychotic disorder

Treatment of Early-Onset Schizophrenia Spectrum Disorders (TEOSS) clinical trial showed what impact on cognitive functioning at one year?	Minimal neurocognitive improvement
Characteristic of childhood-onset schizophrenia that differs from adult-onset?	Presents with greater illness severity
16 yo w/ schizophrenia has gained excessive weight w/treatment of olanzapine. Histamine rebound would most likely occur with which cross taper?	Aripiprazole
Primary treatment medication for catatonia?	Benzodiazepine
16 yo with psychosis, on risperidone, gained 20 pounds since 2 months. Unable to lower dose because symptoms worsen. Next step?	Cross taper to aripiprazole or ziprasidone
Medication with most evidence for treating inappropriate weight gain in pediatric patients on second-gen antipsychotics	Metformin
Kindergarten child on quetiapine for 6 months reports seeing a hero-like figure that talks to the patient. Only upsetting when hero gives him incorrect answers in school. Family agrees to start psychotherapy. What should be done about medication?	Observe them off of Quetiapine
Higher levels of aggressive/antisocial behavior is an indicator of poorer outcomes in which disorders?	Psychotic and substance use disorders
Most appropriate ECT indication in adolescents?	Refractory Catatonia
ECT is appropriate in adolescents w/ refractory MDD, bipolar, and ____?	Refractory Schizophrenia
16 yo with stable schizophrenia on medication. Therapeutic approach?	Supportive

Which antipsychotic should be avoided for early onset schizophrenia?	Ziprasidone
Greatest risk factor for schizophrenia?	Identical twin with schizophrenia
Response After an Initial Schizophrenia Episode (RAISE) study showed that a shorter duration of untreated psychosis provides?	Greater improvement in quality of life
High dose of what supplement shows preliminary evidence in preventing progression of schizophrenia in youth?	Omega-3 Fatty Acids

SUBSTANCE USE DISORDERS

Marijuana

AACAP's policy statement on medical marijuana?	Increases rate of recreational use and reduces perception of risk using marijuana
Most common reason for 12-17 yo's to be sent to drug treatment programs?	Marijuana
Which substance causes substance induced psychosis and strongly associated with later schizophrenia diagnosis?	Cannabis

MDMA

14 yo on fluoxetine presents with: altered mental status, tremors, fever, myoclonus. What recreational drug used? (2x)	MDMA
17 yo w/ dehydration, hyperthermia, tachycardia, rhabdo. Recently started treatment for schizophrenia and history of substance use. Besides NMS, which drug could cause effects? (2x)	MDMA

Alcohol

16 yo made multiple attempts to get sober, but fails. Example of negative reinforcement in this situation?	Using alcohol and drugs for emotional distress
Adolescent with alcohol use. Striatum impacts what part of addiction to alcohol?	Reinforces alcohol-seeking behavior
Most reliable tool in assessing an adolescent for substance use disorder, who just crashed their car and has an elevated ethanol level?	Clinical history

What would be included as a therapeutic intervention in an adolescent that presents to the ER with depression, self-harm, passive SI, alcohol use to ease pain, seeing a psychiatrist - but not on medication, patient and mother able to create a safety plan and agree to remove all lethal methods in the home?	Counsel patient and caregiver about substance use disinhibition
Stimulants	
Chronic exposure to cocaine results in reduced expression of which receptor?	D2 receptors
Symptom after discontinuing long term high dose stimulant abuse within 48 hrs?	Vivid Dreams
Substance Use Treatment	
Recovery of youth in substance use support groups optimized if peers are matched by? (2x)	Age
What data is substance abuse prevention programs based upon? (2x)	Social Learning paradigms
In psychosocial treatment of substance use, what is the goal of stimulus control? (2x)	Helping patient avoid situations related to drug use
Neighborhood characteristic that protects against adolescent substance abuse?	Community prohibition against substances
Barrier to implementing family-focused model of drug programs for children and adolescents?	Limited parent participation
A 14 yo girl in treatment for anxiety mentions drinking alcohol more frequently. She pledges to her parents to stop drinking, but the parents complain that she is becoming increasingly secretive about her social activities, has declining grades, and reports anxiety about college. How should	Allow the patient to engage in social activities contingent on school performance

you approach the parents' concerns?	
16 yo male started using cigarettes in 6th grade, then alcohol, marijuana in 7th grade, and amphetamines and cocaine in 10th grade. Pt has kept a B average but is associating with peers using substances. Pt has older sibling that binge drank in college and maternal aunt and grandmother with depression. History best illustrates this etiology of abuse?	Stage theory
Universal prevention programs that try to decrease risky behavior and increase function focus on?	Skill development in self-management and problem solving
Motivational Interviewing	
Which statement to an adolescent would be most likely to decrease marijuana use? (2x)	"You seem to feel that using marijuana makes you more accepted by your friends"
Motivational interviewing process used when psychiatrist tells the patient, you can't imagine their life without cannabis, after patient just listed all the positive reasons for use without negatives?	Engaging
Adolescent relapses on substance use, reports to psychiatrist feeling like a failure. Best motivational interviewing response?	"Relapse is making you upset because you were trying hard to stay sober"
Adolescent with anxiety, cannabis use disorder, and negative urine tox screen. Parents report positive home urine screen after last appointment. What would you say to maximize engagement with adolescent?	"Has something changed about your motivation to stay clean?"

16 yo with depression and cannabis use disorder in pre contemplative stage. What is the best approach for motivational interviewing?	"It seems like you have several reasons for using cannabis. What concerns might you have in the future about your use?"
Assorted Substance Use	
Unconscious teen found in school bathroom with perioral rash and perinasal dermatitis. What might you find in his backpack?	Aerosol can
What is used for Nicotine delivery in "juuling"?	E-cigarette

DISORDERED EATING

Anorexia

Family based treatment where parents take responsibility for child's physical problems. Helpful in treating? (2x)	Anorexia nervosa
Imaging used to rule out pituitary tumor in anorexic patient? (2x)	MRI
Anorexia nervosa is highly comorbid with?	MDD
How are patients with anorexia nervosa going to describe their families?	Non-conflictual
What is required to use CBT in patients w/severe anorexia?	Enough weight restoration to reverse cognitive impairment
Pre-pubescent patient with 6 month history of weight loss, significantly underweight, medical workup is negative, child denies intentional weight loss, and described as a "picky eater" and wanting to be healthy. Child reports wanting to gain weight, but refuses any plan to increase calories due to concern that select foods on the plan are not healthy. Diagnosis?	Anorexia nervosa

Bulimia

Comorbid personality trait associated w/bulimia? (3x)	Borderline personality disorder
Characteristic feature of binge eating episodes?	Sense of loss of control

Avoidant-Restrictive Food Intake Disorder	
8 yo w/ weight loss and falling 15% on growth curve. 6 months of coughing during meals and trips to bathroom. Has been witnessed throwing his lunch away. No issues with body appearance or dislike of food.	Avoidant-restrictive food intake disorder
Child with ASD, ADHD on guanfacine and methylphenidate, admitted to pediatric floor for dehydration, refusing to eat except cereal and banana sandwiches, worried about vomiting and smell of other food. No fear of weight gain or body image problems. Diagnosis?	Avoidant-restrictive food intake disorder
Eating Disorder Labs	
Adolescent suspected of abusing laxatives with a normal anion gap on labs. What would support the diagnosis? (2x)	Elevated bicarbonate
13 yo with severe weight loss has pattern of restriction and purging. Which lab helps reveal if patient is accurately reporting eating behavior? (2x)	Amylase

PERSONALITY DISORDERS

Symptom course of borderline personality disorder	Appears in adolescence, peaks in early adulthood, then decreases
16 yo with unstable friendships, sexually active w/multiple partners but no long term relationship, feels ashamed and empty. Diagnosis?	Borderline personality disorder
Adolescent female diagnosed with conversion disorder after several negative seizure work-ups. Will likely have what personality disorder in the future?	Histrionic
The key environmental factor that causes borderline personality disorder according to biosocial theory?	Invalidation
Symptom more consistent with schizotypal personality disorder than borderline?	Patient is uncomfortable with social situations, blunted affect
What is needed to diagnose borderline personality disorder in an adolescent?	Symptoms present at least one year
Comorbid personality disorder with bulimia?	Borderline Personality Disorder

SEXUAL DYSFUNCTIONS

What is true about hypoactive sexual desire disorder?

Likely manifests during puberty

PARAPHILIC DISORDERS

Late adolescent is discovered filming female locker room, masturbating to video at home, missing social engagements due to watching film, no other mental health symptoms. Diagnosis? (2x)

Voyeuristic disorder

What paraphilia develops the earliest?

Voyeurism

Someone is more likely to act on urges in pedophilic disorder when associated with what other diagnosis?

Antisocial personality disorder

Diagnosis of adolescent who spends considerable time sexting adults unsolicited, sexually aroused by texts, and masturbating to texts over past 6 months?

Other specified paraphilic disorder

SUICIDE

Abnormal transporter for which neurotransmitter puts adolescents at greater risk for suicide? (2x)	Serotonin
First step in safety planning for chronically suicidal? (2x)	Restrict access to lethal means
13 yo with suicide attempt by overdose after argument, has previous suicide attempts. Biggest suicide risk factor? (2x)	Prior suicide attempt
Strongest predictor of suicidal behavior in teens?	hx of intentional overdose
14 yo male with MDD and Drug use, parents fight and mother owns a gun. Patient just broke up with girlfriend. Greatest risk for suicide?	Access to gun
Treatment component significantly reducing repeated self-harm behavior and suicide attempts in teens?	Improving family support
What is tied to familial transmission of suicidal behavior?	Aggression
How should you screen for suicide in adolescents?	Ask multiple questions about suicidal thoughts and attempts
Adolescent with bipolar disorder, social drinking, Marijuana use, and Family history of depression. Started on SSRI and mood stabilizer 1 wk ago. What is the greatest risk factor for suicide?	Bipolar Disorder
In 2004 after the FDA black box warning of increased suicidal behavior for young people antidepressant prescriptions declined. What happened to the rate of adolescent suicide?	Drastically increased

A 15 yo patient with a history of attempting suicide by overdose is found with a farewell note in his backpack. He claims no suicidal thoughts but parents are worried since he recently had a falling out with his best friend. What is the appropriate level of care?	Inpatient hospitalization
Mobile crisis team called to family of 14 yo threatening suicide for the 1st time. Once team arrives, pt says they're fine. The best initial statement by team?	"Let's discuss what happened so we can decide what to do".
Family therapy as primary treatment contraindicated in?	12 yo with SI assessed with whole family present
16 yo in therapy with worsening self harm behavior and failing classes. Next step?	Refer to partial hospitalization
Most evidence for reducing suicide in adolescent, besides limiting access to lethal means of committing suicide?	Physician education in the recognition and treatment of depression
What is best practice for suicide prevention when discharging an adolescent inpatient psych who was admitted for SI with a plan to overdose and is now stable?	Create a safety plan to use when suicidal thoughts return
Why is there a higher rate of completed suicides in adolescent males vs females?	More lethal means, substance use, and antisocial behavior
What should be a part of suicide prevention in youth?	Ensure comprehensive screening to identify high-risk youth for more targeted intervention.
Adolescent with MDD and suicidal ideation is at increased risk of suicidal behaviors if what other comorbid disorder is present?	Substance abuse

PSYCHOPHARMACOLOGY

Pharmacokinetics

What pharmacokinetic factor of psychotropic medication is different in children from adults?	Faster metabolism in children
Pharmacokinetic feature of lamotrigine causing interactions with valproate and carbamazepine?	hepatic glucuronidation/metabolism
What consideration should be taken for an ultra-rapid metabolizer of CYP2D6 being prescribed atomoxetine?	Higher dose may be needed
Children often require a larger dose compared to adults due to what weight-adjusted characteristic?	Higher GFR
Term for proportion of medication taken that reaches systemic circulation?	Bioavailability
Which medication may lead to toxicity in children due to its zero order kinetics?	Paroxetine
Some medications for psychiatric conditions may seem to lack efficacy in youth due to which factor in youth?	Relatively immature neural networks

Antipsychotics

Gynecomastia is associated with which antipsychotic?	Risperidone
Best way to monitor emerging diabetes for patients on atypical antipsychotic?	Fasting Glucose
Obtain baseline and follow up serum prolactin for which medication?	Olanzapine
What is shown to reduce weight gain in antipsychotic use?	Metformin

Adolescent male with developmental disability gets IM shot for aggression, then develops twisting of neck with pain. What receptor is blocked?	D2
Most likely neuronal tract involved in milky discharge from breast of patient on risperidone?	Tubero-infundibular
Which receptor site provides some therapeutic effects of second-gen antipsychotics?	5-HT 2A
Lab test for adolescent on aripiprazole for 3 months and no reported side effects?	Fasting total cholesterol
First-line treatment for patient just started antipsychotic who can't stay seated and has new onset restlessness?	Propranolol
What medication is appropriate for an adolescent who has akathisia without dystonia?	Propranolol
Antidepressants	
Which drug increases serum levels of dextromethorphan/Risperdal due to interactions with CYP2D6 system? (2x)	Fluoxetine
Why do SSRIs take time?	Desensitization of presynaptic 5HT1A receptors
Antidepressant with most potent inhibition of CYP450 2D6?	Fluoxetine
Most likely reason for relapse of symptoms in adolescent with OCD who was previously stable on 200mg of Fluvoxamine?	Starting nicotine use
Patient on paroxetine wants to taper off. Previous taper attempts failed (dizziness, fatigue, irritability, paresthesias). Cross taper to, then discontinue off which antidepressant?	Fluoxetine

Contraindicated antidepressant in patient with epilepsy due to lower seizure threshold?	Bupropion
Medication that is less effective in children due to immature brain noradrenergic pathways?	TCAs
Lithium	
Most important interaction between ibuprofen and lithium?	Nausea and vomiting
What should be monitored in first 6 months of starting Lithium?	Thyroid-stimulating hormone (TSH) at initiation and at every 3 months
New serum test to monitor GFR in patients on lithium maintenance?	Cystatin-C
At what time should you get a lithium level?	Morning, 12 hours after last dose
Why does lithium have a lower plasma concentration in children vs adults?	Higher volume of distribution
Potential medication interaction effect between ibuprofen and lithium?	Nausea and vomiting
Antiepileptic/Mood Stabilizers	
Important Oxcarbazepine side effects in adolescent?	Hyponatremia
Adolescent with hepatic insufficiency. Best mood stabilizer?	Topiramate
Adolescent on oral contraceptive has an unexpected pregnancy after starting what new medication?	Topiramate
What is the mechanism of action of Lamotrigine?	Inhibition of 5HT3 and release of aspartate and glutamate
Stimulants	
Psychostimulants stimulate the release of which neurotransmitter?	Norepinephrine

CONSULTATION-LIAISON

School-Based Consultation

A child with ADHD and anxiety would need a Individualized Educational Plan (IEP) instead of a 504 for? (2x)	Holding the student to a different academic standard in challenging subjects.
What is the type of intervention when a school psychiatrist makes recommendation for program after a recent student's suicide? (2x)	Systems consultation
Most important components to get a school to initiate an IEP eval for a 7yo with ADHD who is struggling to read?	Vision problems ruled out, child has failed high quality interventions to learn to read, emotional factors inhibiting learning have been ruled out by psychiatrist
Interval to reevaluate kids in special education to verify eligibility?	3 year period of time
Psychiatrist reviewing evaluation request from a school, notes that 8 requests are from the same teacher. Next step?	Meeting with teacher and observe the classroom
Psychiatrist calls the school and asks to meet with teachers and learning specialist to discuss needs of patient with ADHD and learning disorder who is not getting adequate services. This action would be considered?	Advocacy
What is the primary evidence for school-based mental health centers?	Clinic attendees have better school attendance
What is the difference between 504 and IEP?	Federal funds support the development of an IEP
Point of contact for eligibility of child to receive special education services according to Education for All Handicapped Children Act?	Multidisciplinary school based team

How does a child get an individualized educational program under the Individual w Disabilities Education Act (IDEA)?	Need for specialized instruction
Before conferring IEP, you could conduct a manifestation determination review to determine if?	Patient's disruptive behaviors are related to disability
Quickest action family can take if they feel child with IEP is inadequately progressing?	Request an IEP review meeting to be held in the upcoming days to weeks
Child with Tourette's and individualized education plan (IEP) was suspended for swearing. Parents feel this is due to Tourette's. Appropriate recommendation?	Request manifestation determination review from school
10 yo with acute leukemia has finished chemo and is better, pt has been out of school for 2 months. How to best manage school?	Resume the usual class as much as possible
What is the best approach when helping a school with systemic problems of violence and bullying?	Reviewing the existing school policies and philosophy
Child with psychiatric condition, academic, and social difficulties. Parents want an evaluation for special education but teacher doesn't feel it is needed. Recommendation to parents?	Submit written request for special education evaluation
Preventative interventions in school have been proven beneficial when applied to students with?	Aggression
High school students screened for subclinical depression and given CBT intervention had low conversion to MDD at one year follow up. Type of prevention?	Indicated
School-based mental health practitioners provide which type of mental health service to students?	Case management, crisis intervention, classroom behavior support, individual evaluation and treatment

In addition to providing services for infants/toddlers with history of abuse or neglect, most recent reauthorization of the Individuals with Disabilities Education Act (IDEA) also covers young children in which circumstance?	Exposure to parental substance abuse
Funding source for school-based mental health programs?	Medicaid and school funding
What is the best treatment approach for a 17 yo w/multiple hospitalizations due to non-adherence to care for a recent diagnosis of diabetes, who feels different from peers?	Work w/school psychologist to encourage peer group involvement.
15 yo pt with declining school performance. What should be addressed in private?	Presence of self-destructive thoughts or behaviors
15 yo w/ sickle cell disease has poor academics. Missed school and changed school. What factor leads to his cognitive decline?	Sickle cell disease
Important guide to provide telepsych to schools?	Family Educational Rights and Privacy Act
What is afforded to all children with a handicap according to Education for All Handicapped Children Act and the Individuals with Disabilities Education Improvement Act (IDEA)?	Education occurs in least restrictive environment
School refers student for psychiatric consultation, but parents refuse. Next step?	Observe child in school without obstruction and give recs to teacher
What must happen if a child is approved for an IEP by a special education committee at school?	Plan must be developed in 30 days
Responsibility of psychiatrist hired by school as a consultant after a student suicide?	Advise administrators on how to respond
Public policy recs to promote resilience and well being in children in society focused in	Schools

what system?	
Hospital-Based Consultation	
What are the expectations about drug and alcohol use among prospective pediatric liver transplant recipients? (2x)	Infrequent experimental use of alcohol is not an absolute contraindication
What negative thoughts are 6 yo patients more likely to experience, compared to teens, when hospitalized multiple times for medical reasons? (2x)	Thoughts about being punished
What is the best approach for a consulting psychiatrist's first interaction w/a child who has just been diagnosed w/acute lymphocytic leukemia and has been refusing medical procedures?	Ask how much the child wants to know about the medical procedures.
First step of psychiatrist in doing inpatient pediatric consultation?	Define the referral questions
Psychiatrist consulted on 12 yo with multiple fractures from motor vehicle accident 2 days ago when pt's father died. The main priority?	Ensure adequate pain management
Neuropsychiatric symptom (along with depression) in a 7 y.o. patient with HIV?	Inattentiveness
Pediatric consult placed for child with concern of somatic symptom disorder. Parents feel they are not being taken seriously. Appropriate response?	Since the mind and body can influence each other, it is important to address both
The 2005 Youth Risk Behavior survey found youth with asthma had higher rates of using what recreational substance?	Tobacco (cigarettes)
3 yo with delirium after surgery. Most important information?	Caregiver reports
Core criteria for delirium diagnosis?	Cognitive changes

Child with ADHD and depression taking melatonin, clonidine, and high doses of cod liver oil, presents with vomiting, headache, increased ICP, hepatosplenomegaly, skin desquamation, abdominal pain, musculoskeletal pain. Type of toxicity?	Vitamin A
Relative contraindication for ECT?	Active pulmonary infection
Adolescent with history of MDD attempts suicide by planned, intentional overdose on tylenol after learning charges were dropped against their rapist. Now says they promise never to attempt suicide again. Plan?	Admit to inpatient psych
Medication that worsens delirium in children?	Diazepam (benzodiazepines)
Child hospitalized for abdominal pain, extensive workup negative, mother insists child is sick, won't let you interview child alone. Next step?	Obtain outside records from past/present physicians
Most appropriate patient to drug test?	Teen in ER with altered mental status

CULTURAL PERSPECTIVES

Psychiatrist learns during evaluation of 8 year old that the patients newly immigrated family uses corporal punishment (leaving bruises and welts) due to culture norms in their originating country. What should the psychiatrist do next? (2x)	Remain empathetic yet firm while discusses U.S. societal and legal norms
15 yo biracial pt feels they don't fit in with anyone, therapist supports identity formation by? (2x)	Empathy and reminding them that a cultural identity is a personal choice that is fluid
Family structure of most children in the US?	Two parents in household
Reason for "Immigration paradox" of 2nd and 3rd generation immigrants	Increased acculturation leads to less than optimal developmental outcomes compared to parents
Process of acculturation in youth has shown to improve with what adaptation?	Bicultural identity
Cross-cultural research on child development, show children in industrialized Western societies, compared to children in non-industrialized cultures, exhibit?	More self-centeredness and dependency
Effect of higher socioeconomic status on language development in preschool age children?	Higher rates of parent-child direct verbal communication in higher SES families
What is most strongly related to language proficiency in preschoolers in the US?	Socioeconomic status
How do you improve the effectiveness of an early intervention program for at risk children?	Maintain intervention over time
Child from immigrant family rejects dominant culture, loses respect for cultural heritage, and has a negative self-identity.	Marginalization

What is this process?	
According to Longitudinal Study of Adolescent Health, it found the following results regarding adolescent living with same sex parents vs. those living with opposite sex parents?	No significant differences between the two groups
The Great Smoky Mountain Study found that rates of externalizing problems in poor children could be?	Modified by shift in socioeconomic status
Indian American brought in for depression/anxiety, family are practicing Hindus. Best strategy to assess cultural influence on anxiety?	Explore the family's belief in karma
Psychiatrist is creating treatment plan with immigrant family and child. Family feels psychiatric treatment contradicts process of their traditional healers. Psychiatrist's best response?	Request a consultation with their traditional healer to better understand the sources of conflict for the family
Single mother of young child returns to work. Child's prognosis dependent on?	Quality of care child receives while mother is working
Compared to child reared by parents, child experiencing high quality out-of-home care have?	Strong cognitive and language skills
Best method to develop therapeutic alliance between psychiatrist and new immigrant patient/family?	Using an interpreter fluent in family's language
In populations with significant cultural and socioeconomic variation, accurate description of mental health?	Treatment referrals from schools or court instead of from parents
Obese adolescent feels that their depression is caused by immigrant parents who make comments about their weight. What is it called when parents justify that this is a common practice in their county?	Cultural Mask

15 yo recently immigrated to US, mother speaks limited english, child talking back, keeping secrets by speaking English, running off with friends rather than staying home, otherwise normal. First step?	Ask mother how she explains child's behavior
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PSYCHOLOGICAL THEORY

Focus of Bowenian family therapy model? (2x)	Differentiation from family and being true self in the face of their pressures.
Animal in experiment gets benzo and fear extinction procedure is successful. When medication is stopped, initial fear response returns. Type of learning? (2x)	State-dependent
Abused child hides at sound of front door even after the abusive parent is imprisoned. Which learning model explains this response? (2x)	Classical conditioning
Energetic, Hyperactive 5 yo. Mom puts in soccer to learn rules and limits. Thomas and Chess temperamental characteristic? (2x)	Activity
Child gets 90% on test but feels like failure for not getting 100%. Cognitive distortion? (2x)	Absolutistic thinking
5 yo falls and scrapes knee and mom applies bandage. Why does it help?	Address the threat to physical integrity
Psychosocial crisis during toilet training according to Erik Erikson	Autonomy vs shame and doubt
Young child tells coach that he doesn't want to play basketball anymore because of missing a basket during the game, and he is not as good as the other kids. Stage of development?	Industry vs inferiority
"Primary maternal preoccupation" per Winnicott means?	Mother turns inwards engaging in fantasy about baby in womb
What statements made by 5 y.o. girl show management of guilty feelings about Oedipal victory over adoptive mother?	Never wanting to get married, have children, or comments about adoptive mother being better than biological mother

What type of internal tension exists for a student who wants to score well on an exam, but also wants to spend the weekend partying?	Cognitive dissonance
Initial response when child is separated from primary caretaker according to Bowlby's theory of attachment?	Protest
Describe the Explanatory Model of Illness per Arthur Kleinman?	Etiology of illness as understood or perceived by patient, relatives, caretakers
Who is considered one of the founders of Child psychoanalysis?	Anna Freud
In infant psychiatry, from work by Fraiberg, parents' view of baby and role of parenting comes from?	Parents' memories with their own primary caregivers
Child at supermarket parking lot is bitten by a dog. Now child will not go to supermarket. Why?	Parking lot represents conditioned stimulus
What approach reinforces less preferred behaviors by increasing access to preferred behaviors?	Premack Principle
Term by Margaret Mahler to describe developmental phase when mother is seen to have a unique identity by child?	Differentiation
Term by Margaret Mahler to describe infants beginning to differentiate from mother after symbiosis?	Hatching
Who developed the concept of the transitional object, such as a blanket, to help with separation and individuation?	Donald Winnicott
What is considered the conditioned stimulus when a young child is stung by a bee at a park, then cries when asked to go to a park, and avoids parks completely?	The park
How do children learn best, according to psychologist, Lev Vygotsky?	Skills taught are just beyond current level

Why do negative emotional reactions happen to depressed patients, according to cognitive psychology?	Automatic perceptions
What sociobiological behavior concept that describes the thriving of a species at the expense of an individual organism, is also a defense mechanism?	Altruism
In ego psychology, reason why children blame others when they get in trouble?	Defense against painful affects
Core developmental concept of Winnicott?	Infant-caregiver dyad is an emotionally facilitating force in development
What is typical in children, according to self psychology?	Narcissism

THERAPEUTIC TREATMENT

Therapeutic Techniques

How could you help a 3 yo child cope with their babysitter moving away? (2x)	Help the child call the babysitter
Process to help family adapt to the death of a child?	Maintain a legacy through memories and physical reminders of child
Child has been in therapy for 6 months and actively engaged, parents divorced, mother more interested in therapy than father. Father called and left a voicemail that patient wants to terminate therapy. Next step?	Call father and explore his relationship with child and reason child wants to end therapy
10 yo therapy patient transfers from graduating fellow to new fellow. Family/patient always late, late to first appointment with new fellow, eating food in waiting room. Next step?	Notice annoyance and plan to address lateness once rapport is established
When a therapist engages in small talk and involves a serious conversation, what is the process called?	joining
Example of saying, "My child is seeking my help" instead of "My child is very needy"	Reframing
Child with end stage illness asks, "Am I going to die?" Response?	"What are you most worried about?"

Cognitive Behavioral Therapy

Most important component of CBT for needle phobia? (3x)	Graduated exposure to needles (systematic desensitization)
Type of therapy that uses writing out a narrative of negative experience? (2x)	Trauma-focused CBT
Example of behavioral activation in CBT? (2x)	Scheduling pleasurable activities to build motivation

How do children learn therapy concepts in cognitive-behavioral play therapy?	Modeling
Depressed teen in CBT says that director hates her due to not getting the leading role, yet had the lead in two other plays this year. Cognitive error?	Selective Abstraction
On first day of school, 5yo does not want parents to leave and throws temper tantrum. Parents walk child to class and leave. Parents displayed what type of behavioral therapy?	Flooding
Aaron Beck's Theory: psychopathology of depression?	Negative cognitive bias toward the self
College student with bad grade on quiz fears flunking school and becoming homeless. Type of cognitive error?	Catastrophizing
Patient learns relaxation techniques for phobia of heights, demonstrates technique at home and in office. Therapist plans trip to high building and helps patient still use technique. Behavioral principle?	Reciprocal inhibition
16 yo in CBT for MDD states, "I'll never get married" after being turned down for a date. What cognitive distortion?	Catastrophizing
Therapy patient states "I'm a failure." In CBT, this is?	Core belief
How would you modify CBT for a 6 yo patient?	Eliminate cognitive restructuring
By providing education with cognitive behavioral intervention, a patient and their family understands reasons for treatment. This has what effect on the treatment?	Increasing motivation and follow-through for the child and family?
Adolescent in CBT fills out thought record. Writes down thoughts about being a loser for getting a bad grade, but fails to list his good grades. Cognitive Error?	Disqualifying the positive

16 year old patient in cognitive behavioral therapy for social anxiety is told to picture a situation she says something embarrassing but remains calm. This is technique is?	Modification of imagery
A child who reports that everyone hates him after being picked on by a bully, demonstrates which cognitive error?	Overgeneralization
Initial stage of systematic desensitization therapy?	Relaxing training
Habit Reversal Training	
Child with trichotillomania treated with habit reversal therapy. Therapy includes awareness, competing responses, and?	Social Support
Adolescent in treatment for arm tic learns to press elbow into body with premonitory urge. Treatment type?	Habit reversal training
Psychodynamic Psychotherapy	
Psychiatrist asks child receiving psychodynamic play therapy about mother who abandoned the family last year. Child throws toy at psychiatrist. Best response? (2x)	Explain that it's not OK to throw things, but ask about other times when they feel like throwing or hitting things
Which treatment would be appropriate for a patient after a stressor has resolved but the child's defenses are now fixed and maladaptive? (2x)	Individual psychodynamic psychotherapy
Youth in therapy lasting 10 weeks for test taking anxiety, interpersonal issues with father, and body image issues. What type of therapy used? (2x)	Short-term psychodynamic
What could be a treatment goal in child-parent psychodynamic theory?	Develop parental insight into their use of child as negative transference object

Psychodynamic psychotherapy primarily uses play to represent?	An expression of the child's inner life
Therapy modality for motivated patient to develop understanding of self?	Psychoanalytic psychotherapy
Therapist notices that their long term therapy patient anticipates criticism about drug use, similar to criticism received from parents. What describes this psychoanalytic theory?	Object Relations
Describe the following psychodynamic technique: "You seem to want to get better but get in your own way. Maybe you worry that your father would not approve?"	Interpretation
3 yo pulls hair when parents discipline him for misbehavior. The patient has a growing bald spot, yet denies pulling hair. What does this example suggest psychodynamically?	Shame of being unable to meet internalized standards
Compared to psychodynamic psychotherapy with adults, more likely to use what intervention with children?	Education
What is a relative contraindication for individual expressive psychodynamic psychotherapy?	Conduct disorder without guilt
Defense mechanism supported by psychiatrists in psychodynamic therapy with children?	Displacement
Criteria of patient that is a best fit for psychoanalytic treatment?	Ability to form and maintain relationships
What is "working through" a problem in psychodynamic psychotherapy?	Help patient overcome resistance to change through elaboration and repetition.
Why is it important to include parents in psychodynamic therapy?	Improve parental understanding of the child
Main role of therapist in play therapy, according to psychodynamic theory?	Provide setting for child to develop capacity for self-observation

Address negative transference during supportive psychotherapy with children to?	Maintain therapeutic alliance
Dialectical Behavior Therapy	
DBT skill that needs repetition most frequently as prerequisite for other DBT skills? (2x)	Mindfulness
How should a therapist respond in a family session using mentalization therapy, when a patient with borderline personality and depression accuses parents of giving up on him or her?	Ask patient to guess how the parents are feeling
Dialectical Behavior Therapy for Adolescents, self-harm behaviors are seen as maladaptive coping mechanisms for?	Decreasing negative emotional state
What begins all chain analysis exercises according to Dialectical Behavioral Therapy (DBT) for adolescents?	Identifying an environmental event
Evidence-based outpatient treatment for nonsuicidal self harm?	Mentalization based therapy
Unique feature of adolescent DBT?	Multi-family skill training therapy groups
Major use of DBT group sessions for adolescents?	New coping skills
Interpersonal Psychotherapy	
What type of psychotherapy would be provided to an adolescent who is granted a limited sick role and focuses on improving social supports as well as relationships w/those who have been harmed by their depression? (2x)	Interpersonal psychotherapy
What would an adolescent in interpersonal therapy for depression be working on during an early session?	Creating an inventory of relationships

Which therapeutic techniques make interpersonal psychotherapy so effective for adolescents with depression?	Enhancing use of social supports, improve communication with others, conceptualize distress through relationships
13 yo diagnosed with MDD and feels angry towards mother. Target in therapy?	Communication and problem solving with mother
Most likely modality that attempts to resolve difficulties between parents and child, while expanding child's social support network.	Interpersonal
Approach most helpful for adolescents struggling with sexual relationships?	Enhancing skills to promote self-assertion and manage conflict.
Supportive Psychotherapy	
Major emphasis of supportive psychotherapy, along with restoring and stabilizing function?	Suppressing or controlling symptomatology
Psychiatrist uses techniques such as, encouraging expression of feelings, helping to understand changes in life, and offers advice. Type of therapy?	Supportive
What is a typical technique used in supportive psychotherapy?	Suspending therapeutic neutrality
Parent Management Training	
After parents set boundaries on their child's video game playing, the child's temper tantrums escalate in frequency and intensity. What is this called? (2x)	Extinction burst
4 yo with aggressive behavior, divorced parents have joint legal/physical custody. Arguments between parents when they see each other + yelling at child. In parent guidance meetings, first priority? (2x)	Identify parents' shared concerns about child

Grandparents scolding 5yo child for loud play, and behavior continues to get worse. (2x)	Reinforcement
Adolescent bangs his head to get what he wants. Persistence of this behavior after parents stop responding is known as?	Partial reinforcement extinction effect
What intervention is a prevention strategy?	Parent management training for parents of child with persistent aggression and defiance
Social learning theory suggests having the parents do what when applied to disruptive behavior in their children?	Making non judgemental comments about their child's play
16 yo loses driving privilege due to drinking alcohol. What intervention is this?	Punishment
Parents' spanking of child during a tantrum leads to continued and worsening tantrums due to what phenomenon?	Reinforcement
How should a parent respond to a 3 year old snatching and hoarding toys during therapy session?	Ignore the behavior
What helps children adapt to transitions of divorce or custody changes?	Consistent schedule
3 yo with defiant behaviors, impulsive and hyperactive in 2 settings. Vanderbilt rating suggests ADHD and oppositional defiant disorder. First line treatment?	Behavioral therapy alone
Parents of child with angry outbursts come up with plan. If child asks for toy at the store and has a meltdown, child loses screen time for the day. Type of strategy?	Antecedent-behavior-consequence

After three weeks of child receiving reward for five good behavior stickers during school day, child's behavior significantly improves. What would be the best reinforcement schedule to use for maintenance of behavior, according to operant conditioning?	Reward for a random number of stickers
Technique used when child has a temper tantrum, parents turn away and avoid communication until tantrum ends?	Planned ignoring
Child has aggressive outbursts during transitions. Therapist and parents develop a schedule, use deep breathing during transitions, and don't give treats during outbursts. Type of treatment?	Behavior Analysis
Parents reward child with staying home from school when feigning illness. Type of reinforcement?	Negative reinforcement
Child with anorexia nervosa tantrums at meals until food is removed from table. Type of behavioral conditioning?	Negative reinforcement
Intervention to motivate 9 yo child to clean their bedroom?	Rewarding child when they clean room
Family Therapy	
Intervention consistent with structural family therapy to treat a child with chronic school refusal and context of enmeshment with mother and little involvement of father?	Change seating arrangement so that father is sitting next to mother
Formal assessment at the start of family therapy is delayed until the therapist has completed?	Establishing a working alliance with each pertinent family member
Target patient population for brief strategic family therapy?	School-age children with disruptive behavior

Type of family therapy that focuses on discussions of expressed emotion, dysfunctional communication, and problem solving, to reduce illness recurrence and repeat hospitalization?	Psychoeducational
Crisis intervention model of intensive family preservation services is best described by?	Brief counseling should focus on improving communication and problem solving skills
Goal for treatment of ODD with family therapy?	Establish respectful relationship between child and parents
2 yo w/ right leg weakness has negative medical workup. Therapist gives order that child uses mother to walk at all times. What model of family therapy?	Strategic
Play Therapy	
If a 2 yo boy has a male doll repeatedly hitting a woman figurine, how should you respond?	Quietly observe to see what he does next
What kind of comments should parents make in dyadic play therapy?	Describe child's environment without making interventions or suggestion
6 yo in play therapy with two action figures, the green figure is intrusive toward red figure. Therapist response?	Green figure is making it hard for red figure to say feelings
Dyadic therapy of young child who recently lost a parent would encourage?	Giving meaning to the parent's death
Group Therapy	
A child who has difficulty making and keeping friends would benefit from what kind of therapy? (2x)	Group therapy
In an anger management group for school aged boys, one child is disruptive. Best initial intervention? (2x)	Make structural or procedural changes to minimize situations that trigger disruptive behavior

Therapy group for teens having trouble with social skills would benefit from?	a directed activity such as playing cards
Psychotherapy group focused on helping members deal with history of sexual abuse decreasing self-blame and gaining adaptive coping skills. Contraindication for 10 yo child to join group?	Child has never acknowledged history of abuse
Parent support groups are different from traditional therapy?	Promotion of outside interaction between members
Parent-Child Interaction Therapy	
Type of dyadic therapy that reduces physical abusive parenting behaviors?	Parent-child interaction therapy
Treatment intervention for child with ODD, involves directly coaching parent to be positive with child and improve their relationship?	Parent-child interaction therapy
Therapy targeting behavioral initiation in children with separation anxiety disorder	Parent-child-interaction therapy
Most important treatment of 3-5 yo with attachment disorder?	Dyadic therapy with the child and primary caregiver
Mentalization	
Name the theoretical approach of a therapist that tries to get patients to understand behavior is an expression of an internal state, encourages curiosity about their internal experience and what might be driving others behavior?	Mentalization
Evidenced-based outpatient treatment for non-suicidal self-harm?	Mentalization-based therapy
Assorted Modalities	
Self-hypnosis and relaxation are good interventions for management of?	Recurrent headaches

What do you tell parents who want conversion therapy for their gay child?	This therapy not helpful, but harmful
According to large meta-analysis, most effective intervention for teachers to manage child with ADHD in classroom?	Contingency management
Disorder with the largest treatment effect from intervention with multifamily psychoeducational psychotherapy?	Mood

ASSESSMENT & TESTING

Psychological testing for behavioral problems that has subscales, including adaptive skills? (2x)	Behavior assessment system for children (BASC)
Wisconsin card sorting test measures which cognitive domain? (2x)	Executive functioning
Which ADHD screening measure has a child self-report? (2x)	Conners 3rd edition rating scale
Tool most appropriate in assessment of 6 month old child	Ages and Stages Questionnaire: Social and Emotional (ASQ:SE)
Which rating scale includes indices of “faking bad” and inconsistency in response?	Behavior Assessment System of Children (BASC-2)
Psychological testing results should have a written report of ____ to determine testing validity.	Behavior of the child during the testing
What screening tool is used for acute mania and depression in youth?	Child symptom inventory
Child in ongoing therapy, therapist frustrated with patient not being honest about feelings. Best test to provide insight into inner world of child?	Children’s apperception test (CAT)
Name a clinician administered depression rating scale?	Children’s Depression Rating Scale
Screening tool for adolescent alcohol and drug use?	CRAFFT
A child scores on WISC at 33rd percentile and KABC at 62nd for intelligence, what factor likely contributes to the difference?	English language ability
Diagnostic tool for an obese child with hx of hypotonia, feeding problems, crying until exhausted when denied food?	Genetic testing

Aberrant behavior checklist helpful for diagnosis of?	Intellectual disability
Commonly used structured diagnostic interview tool for children with psychiatric disorders?	Kiddie Schedule for affective disorders and schizophrenia (KSADS)
Neuropsychology testing over general psychological testing is best for?	Traumatic Brain Injury
ADHD rating scale available in public domain?	Vanderbilt ADHD rating scale
Most reliable diagnostic instrument to track ADHD symptoms?	Vanderbilt Rating Scale
First standardized scale for intelligence?	Binet-Simon Test
Texts used to help diagnose early childhood disorders are the Research Diagnostic Criteria Preschool Age (RDC:PA) and?	Diagnostic Criteria: Zero to Three, Revised (DC: 0-3R)
How is the risk of repeat aggravated assault in a 16yo in juvenile hall determined?	Structured professional judgment instruments
Purpose of initial self-report tool in 6 yr old w/problems focusing, insomnia, and hyperactivity?	To get general idea of the breadth and severity of major problems
How to measure fluency in reading performance test?	Have child read a list of words. Number of correctly read words divided by time
According to AACAP, you must complete ____ before starting ECT on adolescent.	Cognitive assessment
Objective of functional behavioral analysis?	Identify antecedents and consequences of a behavior
11 yo with straight A's, except always below average in math. What is the best assessment instrument?	Woodcock-Johnson Tests of Achievement
What respondent-based interview combines structured and unstructured techniques and can be used for a 12 yo with history of multiple psychiatric diagnoses?	Diagnostic Interview Schedule for Children

Which general screening of behavioral health symptoms can be used for children in a primary care setting?	Pediatric symptom checklist
What is tested in neuropsychological evaluation, while not normally in psychological testing?	Sensory perception

PSYCHIATRIC EVALUATION

Example of projective interviewing technique when assessing a child? (5x)	"Who is your favorite movie character?" "Which character in this book are you most like?" "What kind of superpower would you most like to have?" "Who is your favorite super-hero?"
What part of the MSE in school age children is best approached by direct questioning vs. observation? (2x)	Mood
Most efficient manner of performing MSE on 6 year old child? (2x)	Individual play interview to gather info
Best approach to establish an accurate time frame for a school-age child's events or symptoms? (2x)	Anchor the chronology in relation to major life events
In MSE in infants, observe specifically for? (2x)	Feeding behaviors
A 14 yo girl says "I went to the dentist today and my favorite TV show is Family Feud." Describe this thought process. (2x)	Loose association
16 yo and parent show for initial intake, parent excessively answers questions for patient. Course of action? (2x)	Ask parent to leave, interview patient alone
Mother brings her kids for you to give second opinion on treatment by their current psychiatrist. Children feel fine about treatment. Appropriate next step?	Clarify why mother wants second opinion
What should a psychiatrist do when a father is insistent that he meets with the psychiatrist before meeting his 15 yo son?	Encourage family to come in as a group and reassure that everyone can share their views.

Way to describe patient's affect who initially smiles then becomes tearful when talking about bullying and smiles at end of the session?	full range
Technique to improve engagement during the interview of a child or adolescent?	Praising Adaptive Skills
13 yo pt is superficial, dismissive, and responds with short answers, such "I don't know" or "whatever." This strategy would most engage pt to discuss thoughts and feelings?	Talk about patients likes and dislikes
Best approach to eliciting accurate areas of improvement in psychiatrists wanting to improve skills in interviewing uncooperative teens?	A colleague observing the physician interview and giving feedback
Counting backwards from 20 to 1 on a mental status exam can help to assess?	Concentration
Compared to older children and adults, what is a possible indication of cognitive delay found on an MSE for a school-age child?	Difficulty differentiating fantasy from reality
What is the perpetuating factor in an adolescent with anxiety and depression, worsening since starting high school, poor grades due to learning disorder, active in varsity sport team, elected to student government, and multiple family members with mood disorders?	Learning issues
Perpetuating factor for 16 yo in foster care, past abuse, mother died of drug overdose, hospitalized several times for cutting and suicide attempts, currently being hospitalized for benzo detox prior to going to rehab?	Poor response to treatment

5 yo old with symptoms of ADHD raised by grandparents. Child has behavior just like the father who is incarcerated and has psych and substance use disorder. What is a social factor in the Biopsychosocial model?	Grandparent's view of the child
Per AACAP Practice Parameters, second opinion needed before starting ECT in underaged patient to?	Review history of treatments and whether they were adequate
Aspect of MSE in young child that reflect parent rather than child?	Grooming and hygiene

FORENSIC PSYCHIATRY

Patient's right to information obtained during treatment from being disclosed in judicial proceedings? (2x)	Patient Privilege
Only a psychiatrist testifying as an expert witness can describe this part of a patient's case? (2x)	Prognosis of disease
Optimal approach to court ordered child custody evaluation? (2x)	Meet with parents independently, observe child interacting with each parent
Juvenile court proceedings differ from adult court in right of the defendant to? (2x)	Trial by jury
Prevailing legal doctrine that is overall guiding principle when deciding child custody disputes? (2x)	Best-interests of the child
Standard of proof against physician required for jury to use in malpractice trial? (2x)	Reasonable degree of certainty
What is the standard of proof to terminate parental rights?	Clear and convincing
When a psychiatrist provides information to a lawyer to be used at a trial under oath?	Deposition
Child with depression and fulminant hepatic failure is started on fluoxetine. He passes away from hepatic failure. Parents read that fluoxetine can cause severe liver damage. What would need to be proven to claim professional negligence?	Direct causation
How does a waiver transferring an individual from juvenile to adult court affect the offender and the legal proceedings?	Increased risk for future physical or sexual abuse

How should a staff psychiatrist at a county juvenile detention center document an adolescent's report of a crime?	List alleged crime without details
Goal of dispute-resolution techniques such as collaborative law and mediation when dealing with divorcing parents?	Minimize adverse impacts of litigation
How are youth vulnerable in arrest and interrogation?	More likely to give a false confession
Psychiatrist asked to testify as expert witness in a divorce. One parent worried that child will catch the other parent's contagious infection. Psychiatrist should decline because?	Outside of specialty of expertise
During what sort of assessment is the psychiatrist's aim not to provide therapeutic benefit for a child?	Court-ordered psych eval
Mother of 7 yo child treated a year ago for separation anxiety by psychiatrist is asked to appear in court for custody hearing by mother's attorney. Minimal contact with father during treatment. Appropriate response?	Decline to offer an opinion because the psychiatrist had not performed a full child custody evaluation.
What is Voir Dire?	Examining expert witness qualifications.
Testimony of child psychiatrist asked to examine child as court appointed witness should reflect?	Physician-Patient privilege does not apply to any information gained during the examination
Distinguishing feature between pre adjudicatory examination versus normal diagnostic evaluation?	Pre adjudicatory exam considers risk to the community and factors for/against continued delinquency
Legal concept of parens patriae empower states to?	Remove minors from abusive families
Being qualified as an expert witness for legal proceedings is whose decision?	The Judge

Expert witness psychiatrist testifies that defendant was psychotic at time of alleged crime based on witness testimony who reported he ran out of medications/complained of hearing voices a few days before crime. Why can't the prosecutor object that testimony is based on hearsay evidence?	Psychiatrist cited witness accounts to justify expert opinion
What is a guardian ad litem?	Appears in court on behalf of minor child, appointed by the court
Ruling of Supreme Court case, Roper vs Simmons (2005)?	Juveniles cannot be sentenced to capital punishment
What intervention in a contested child custody and divorce case would lead to improved parental cooperation/communication?	Court authorized medication treatment
University officials learn about 19 y.o. student endorsing plan to burn down library. What legislation addresses this?	Family education rights and privacy act (FERPA)
Post-divorce visitation allowed in all states by this category of family member?	Grandparents
Capacity for child to act as witness in court?	Be able distinguish truth from falsehood

ISSUES IN PRACTICE

Ethics

16 year old boy discusses non-threatening sexual fantasies about a cousin in therapy. What ethical principle suggests an explicit account of these fantasies is not needed in the medical record? (2x)	Nonmaleficence
According to AACAP code of ethics, sexual contact by a psychiatrist with family member or guardian of a patient is discouraged for what period of time? (2x)	Indefinitely
Lecturer discloses relationship prior to giving lecture at conference. Ethical principle? (2x)	Fidelity
Psychiatrist is consulted to assess child's academic delay and is a consultant at child's school. What ethical principle to consider?	Fidelity
What is a core AACAP code of ethics for a 15 yo who does not want therapy, but parents want her to attend?	Assent and consent
Psychiatrist consents child for psych meds with language child understands. Ethical principle?	Autonomy
Teen overdoses and psychiatrist recommends inpatient despite parents objecting. Ethical principle invoked?	Beneficence

Ethical principle when 14 yo patient tells you about skipping school to smoke weed, but doesn't want you to tell parents?	Confidentiality
What ethical principle should guide psychiatrist's response to adolescent's request to not inform school of his marijuana use?	Confidentiality
Seeking approval for Institutional Review Board to study anxiety in children. Parents must provide informed consent for participation and buccal swabs for genotype of serotonin transporter. Biggest ethical concern?	Ensuring confidentiality and security of genetic data
In one study, young orphans living in institutions randomly assigned to be transferred to foster care or remain in institutional care. However it is already established that foster care is better than institutional care. What ethical question does this raise?	Equipoise
Clinic gives preferential appointments to patients with private insurance over insurance with low reimbursement. Ethical principle violated?	Justice
Fiduciary relationship between doctor and patient based on?	Establishing trust and confidentiality
Ethical principle related to giving patient truthful information to allow them to make an informed decision about treatment interventions?	Veracity

Health Policy	
What program created in 1997 was intended to provide better health insurance coverage for children in low income families ineligible for Medicaid? (3x)	The State Children's Health Insurance Program
What is the difference between for-profit and non-profit hospitals? (2x)	For-profits give surplus revenue to hospital shareholder
Core aim of the Health Information Technology for Economic and Clinical Health (HITECH) Act of 2009? (2x)	Incentivize electronic health record use
Guarantees access to acute psych care regardless of insurance?	EMTALA
Legislation to address differential management and reimbursement of mental illness?	Mental Health Parity and Addiction Equity Act
Affordable Care Act of 2010 provides _____ in reference to mental health care for children to young adults.	Equal mandated insurance benefits compared to other medical benefits
Form of financing that has most impact on organization of mental health services for severe mental illness?	Medicaid
What would be used to improve clinical and population health outcomes according to CMS's "meaningful use" program?	Electronic Health Records
Essential tool for population-based disease control?	Patient registries
International entity that helps shape development of mental health programs?	World Health Organization
What is "current procedural terminology codes" in psychiatric billing?	Specific service delivered in a treatment session
Result of requiring out-of-pocket payments on provision of mental health care?	Adverse impact on equity and access to care

In 1986 case Wickline v. California, duty of the physician when managed care denies coverage?	Appeal the decision with the insurance company
Foster/Adoption	
An adopted child maintains contact with the biological parent through a case manager at the private adoption agency. What kind of adoption? (2x)	Open
Advantage of foster care through kinship placement? (2x)	Greater stability of placement
In AACAP Parameters for Assessment and Management of Youth Involved with the Child Welfare System, when should you screen foster children for behavioral health concerns?	In the first 72 hours of placement
Children in non-kinship foster care are more likely to?	Become legally adopted
Greatest risk to disruption of initial foster care placement?	History of residential care for the child
A stable adoption placement is consistently associated with which child vulnerability?	Identifiable physical disability
What approach to foster care case-planning minimizes child's long-term feelings of loss and abandonment?	Include input from members of the extended family in decision-making
Prospective adoptive parents of 18 month old looking for advice on how to prepare for arrival of child. Child has been living with adults with lower income. What would help the initial phase of transition?	Limiting the number of visits with extended family
Who funds health care for foster kids?	Medicaid
Greatest familial risk factor for child in foster care?	Parental substance abuse

Medical-Legal	
What is the professional standard for psychiatrists who want to use text with their patients? (2x)	Document and store all texts as part of patient's medical record
Child psychiatrist is unprofessional online. Most severe disciplinary action by Federation of State Medical Boards? (2x)	Revoke medical license
Major barrier to establishing patient portal access for adolescent med clinics? (2x)	Establishing/Maintaining patient confidentiality
Next step when psychiatrist at a hospital gets a subpoena for current patient whose parents are divorcing and CPS is involved?	Call Risk management
Psychiatrists response to parent's request to set up a new electronic patient portal for their child (that best reflects AACAP's policy on confidentiality)?	"I will first need to talk to your child about the information that it will contain"
MD wants to educate patients about his specialty field on social media. Appropriate way to do this?	Create separate public social media page or account to share this information
How should a physician working in a small town approach possibly running into patients and their families outside of the clinic?	Inform patients and their parents that there may be potential meetings outside of clinic and follow their suggestions
In event that EMR is breached, per Health Information Technology for Economic and Clinical Health (HITECH) Act, next step is?	First notify affected patients
Physician forgot to put concerning CT info elicited during a session several days ago in his progress note, what should he do?	Immediately document the concerning info

During a job interview, interviewer asked applicant for patient care recommendations. Applicant Psychiatrist found liable regarding treatment of patient if?	Psychiatrist interviewed the patient
Parent requests child's treating psychiatrist to write a letter to court supporting their fitness as a parent in an ugly divorce. Next step?	Recommend having them request this of a non-treating psychiatrist
What safety precaution should a consulting psychiatrist take for a 15 yo who presents to the ED after being referred by school counselor due to self-harm, denies SI, not currently on antidepressant? Parents refuse psych hospitalization and want to follow up with PCP.	Confirm a next-day appointment with the outpatient provider.
Psychiatrist wants to start 12 yo child of divorced parents with shared custody on SSRI. Mother is present at evaluation and consents, but reports that father "hates medications." What's your plan?	Attempt to reach out to father and obtain consent before starting medication
Likely reason psychiatrist would get a subpoena related to current therapy patient whose divorcing parents are fighting for custody?	Psychiatrist has potential information relevant to case
Parents want psychiatrist to treat their child with complementary and alternative medicine (CAM). What's the legal issue?	Recommending CAM and getting informed consent makes provider responsible for treatment
Physicians can be found guilty of malpractice if?	Harm or damage was sustained by the patient
Child's psychiatrist subpoenaed in custody case. Parents refuse consent to disclose information. Next step?	Psychiatrist should go to court hearing and notify that there is no consent
Parent reports during initial evaluation that patient may have been sexually abused by another child. What is the obligation of the psychiatrist?	Report to CPS

The testimony of a psychiatrist who treated a child of a divorcing couple should include?	Why the child was treated
One of your adolescent therapy patients is charged with felony assault. Parents want you to testify as an expert witness in the case since you are an expert on provoked violence by bullying. Next step?	Decline, this would be double agency
Child's treating psychiatrist gets a subpoena from one of the parent's attorneys to appear in court with child's medical record during a custody battle. Next step?	Seek informed consent from both parents to share information with court.
Psychiatrist seeing adolescent patient for two years gets a subpoena testify in custody case when parents divorce. Next step?	Make sure parents were notified and provide consent for testimony
Adolescent female with insulin-dependent diabetes is pregnant, has poor prenatal care, and wants to keep it a secret from parents. What would justify telling parents?	Imminent danger to patient
Staff posts picture with patient on social media after attending their theatre performance. Next step for psychiatrist?	Ask staff to remove post
Reason for disclaimer "information does not constitute professional advice" on emails/electronic platforms when providing general mental health information?	Identify that no doctor-patient relationship formed
Advocacy	
Most essential advocacy step for a psychiatrist to take when communicating about a bill dealing with mental health? (2x)	Ask legislator to support/oppose the bill

In advocating public policy to improve lives of children and families, which process is most likely to result in successful policy development?	Balancing recommendations with priorities and needs of lawmakers
Telepsychiatry	
9 yo with severe depression is struggling to make it to clinic due to distance from clinic to home. When would telepsych have the most benefit?	Having support of parent, caregiver, or teacher
What should a psychiatrist emphasize when starting a rural mental health telepsychiatry clinic?	Must review integration of telepsychiatry with existing mental health services
Barrier to telepsychiatry practice?	Infrastructure & overhead costs may not be reimbursed
Most important factors for building therapeutic alliance in telepsychiatry?	Hand signals, Erect posture, Nodding frequently
What regulations are mandated by the Federation of State Medical Boards to establish telemedicine in private practice?	Licensure to practice in the state where the patient is located
Relative contraindication for being evaluated by telepsychiatry?	Depressed/suicidal child in their home
Child with autism, anxiety, irritability, functional decline at school, lack of mental health services locally, can't be managed outpatient by pediatrician. Next step?	Enroll in telepsych with child psychiatrist
Current reimbursement for telemedicine services?	Covered by Medicaid in all states
Levels of Care	
Barrier to psychiatric care access?	Low acceptance of insurance for psychiatrists compared to other specialties
What improves partial hospitalization programs post-treatment prognosis?	Family involvement

What is the Families OverComing Under Stress (FOCUS) program for children with parents in military deployment?	Selective Preventive Intervention
Successful treatment in day treatment setting is prevented by what symptom or behavior?	Physical aggression
15 yo female admitted to a partial hospitalization program. Parents worried about new defiance, changes in friends, failing school. Most important step in planning treatment?	Agree on explicit goals with patient and family
Most common presenting problem for adolescents being admitted to residential treatment?	Familial difficulties
Adolescents in residential care tended to have better outcomes when they came from placements with?	family members
Risk associated with treatment of youth in psychiatric residential treatment facilities?	Potential for peer reinforcement of self-defeating or antisocial conduct
Why was the Child Guidance Clinic movement started?	Juvenile delinquency
According to AACAP practice parameters, indications for use of seclusion and restraint in inpatient and residential treatment settings include?	Less restrictive options have failed or are impractical
Best way to reduce rates of seclusion and restraint in child inpatient psych unit?	Developing regulations and guidelines limiting orders of seclusion and restraint.
Psychiatrist is contacted between visits by patient who wants to run away from home. The best initial step?	Assess the nature of the crisis
Difference between residential and inpatient care?	Residential encourages more independence

Systems of Care	
Consideration for biopsychosocial formulation to plan wraparound services? (2x)	Patient's strengths
Primary goal of community systems-of-care programs?	Limiting treatment placement out of home
Issue with youth getting long-term care in community based system?	Difficulty with transition to adulthood services
A primary duty of psychiatrist acting as medical director of community mental health multidisciplinary team?	Establishing clinical procedures for the team
According to systems of care model, role of child adolescent psychiatrist in-home services?	Medical director, lead interdisciplinary team
Role of parents in systems of care, community-based approach in MH intervention?	Parents' knowledge of child is equally important to clinician's expertise
Integral parts of wraparound services from a systems of care perspective?	Skill mentorships, Community-based care, Strength-focused opportunities
Collaborative Care	
What diagnosis do Federally Qualified Health Centers get training and support for primary care treatment?	Depression
Intervention that would decrease risk of children developing externalizing disorder?	Parenting group at primary care office
Model designed to enhance knowledge and skill of pediatricians and improve communication with mental health specialists via case-based discussion	Collaborative office rounds
What services does the Child Psychiatry Access Program model provide between pediatricians and CAPs?	Case consultation, assessment, and care coordination

Role of PCP in mental health care?	Mental health assessment and determining level of services required
Medical Training	
Med student on rotation sees that patients receive apology when physician is late for an appointment. In medical learning, this is?	Hidden curriculum
Increased emphasis in graduate psychiatric education include?	Measuring core competencies and educational outcomes
Where does GME get its funding?	Medicare
Example of formative and summative assessment in residency evaluations?	Clinical Skills Verification assessments
What do you need to complete to maintain your ABPN certification?	Unrestricted license to practice, complete self-assessment modules, complete performance in practice modules

EVIDENCE BASED MEDICINE

Study of response to SSRI in children with depression, 60% of those given SSRI meet response rate criteria, 35% of those given placebo also meet criteria. NNT for this study? (2x)	4
Construct validity definition? (2x)	Degree to which a test measures what it intends to measure
In an exposed group of 120, 4 have autism vs. 10 children of 600 in unexposed group (control), what is the odds ratio for developing ASD?	2
Study of children with high risk of depression, 50% in observation group and 25% in treatment group developed depression. What is the number needed to treat to prevent 1 case?	4
Meta-analysis of antidepressants in pediatrics. Suicide-related events 4% with medication, 2% with placebo. Number needed to harm with medication?	4
What is crucial for estimating the probability of developing bipolar disorder in a 9 yo?	Base rate of mood disorders in children
Consulting literature to see if children w/Lyme disease have high risk of developing anxiety/depression in the future is what type of study?	Cohort
Data to review in a research study before applying to clinical care of a particular patient?	Demographic characteristics of patients in study

What trial design would help study the duration of treatment required for clonidine to control hyperarousal in children with PTSD?	Discontinuation trial
A new drug increases social reciprocity in ASD study. What is a moderating variable of treatment response?	IQ score
Prospective case control study to measure growth of children with ADHD treated with stimulants compared to control groups with no stimulant exposure. What statistical method would you use to calculate impact of socioeconomic status on growth?	Logistic regression
Screening test for autism misdiagnosis 5% of children below 2 years, and correctly diagnoses 20% of children who later meet criteria at age 6. What is the sensitivity/specificity?	Low sensitivity, high specificity
In longitudinal pediatric studies, what threatens internal validity?	Maturation
Summative statistical measure of central tendency	Median
Which resource is most up to date on potential complementary and alternative medicine (CAM) and drug interactions?	Medline Plus: Drugs and Supplements
Type of research design following 2 groups of subjects (population of interest vs control group) over 15 yrs from in-utero?	Prospective Cohort study
As prevalence of dx increases, what would also increase?	Positive Predictive Value
Highest level of evidence for psychiatric treatment interventions?	Randomized clinical trial
Factor limiting generalization of a treatment intervention presented in a meta-analysis?	Significant internal validity variability between studies

Benefit of a clinical trial with randomized controlled crossover design vs parallel design:	Subjects serve as their own controls
Way to explain a p value of 0.05 found in a trial comparing a new antidepressant to placebo?	These results would be only 5% likely if the antidepressant were not effective.
Best type of study for estimating heritability of ADHD?	Twin
Common methodology used in a cross-sectional study of the point-prevalence of sleep disorders of children in school?	Both parent and child surveys asking about symptoms of disrupted sleep
What type of study looks at the outcome of cognitive development in 2 groups of children, 1 exposed to toxin and the other not exposed?	Cohort study
Research term for assigning incorrect diagnosis to patient	Commission error
Risk factor strength is established by assessing the ____ between the factor and the outcome.	Consistency across developmental stages
Study shows concurrent increase in cancer rate and suicide rate. If occurring in different age groups can study draw conclusions related to cancer and suicide?	No
Advantage of using a longitudinal vs cross sectional study in studying mental disorders and aggression?	You can discover which disorder is more persistent, and causal relationship between disorders
What system is described if a clinic implements an EMR flag if kids on antipsychotics have an increased BMI?	Continuous quality improvement
An antidepressant is moderately therapeutic and causes weight gain and transaminitis. To get IRB approval for conducting study with this medication in children?	Minimize potential risks by research procedures, and risk benefit for child should be within reason

Longitudinal prospective study finds infants of mothers with postpartum depression finds 3% met mood disorder criteria by 6 yo, this increased to 6% by 12 yo. Measurement of mood disorder occurrence?	Cumulative incidence
Determine sensitivity of new screening tool for autism. 100 children assessed, 15 correctly identified with autism, 5 children missed, and 3 children identified incorrectly.	75%
Funnel plots assess what type of bias in systematic reviews and meta-analysis?	Publication
Research study design that gives each participant both placebo and active medication?	within subjects
What would limit validity in a study that looks at the efficacy of a medication to decrease aggression in adolescent males in a residential facility, when all included participants scored highest on an aggression rating scale?	Regression
How would you describe a p value of 0.05 in a clinical trial where a new antipsychotic outperformed the placebo?	Results would be only 5% likely if the antipsychotic were not effective
Why are randomized trials at the top of the hierarchy in evidence-based medicine?	Less risk of bias
Assent of a minor to participate in research is?	Always needed and binding
What type of study should be given the most weight when assessing benefit of clinical intervention?	Systematic review of RCTs
Critical IRB ethical consideration when evaluating a brain-imaging research project aimed at recruiting children with childhood-onset OCD, that will have no benefit to participants?	Determine if study involves only a minor increase over minimal risk

Which of the following steps is considered "lifelong learning" when an ER physician is unclear about the etiology of a patient's new-onset symptoms of OCD who is presenting to the hospital.	Consult evidence-based journals about symptoms
Clinic sets up a flag in the EMR to alert physicians to increases in BMI of 2 points since baseline who are taking antipsychotics. What is this process?	Continuous quality improvement
About 60% of depressed adolescents were excluded from a recent study based on standard inclusion/exclusion criteria for clinical trials. What is the likely reason for the exclusion?	High risk for suicide
What is the number needed to harm in a study looking at suicide related adverse events, when 4% of medication arm had an adverse events, compared to 2% in the placebo arm?	50
What type of articles would be helpful if a psychiatrist is reviewing existing research on a specific subject?	Meta-analysis
Difference between efficacy and effectiveness study?	Effectiveness study is done under real world conditions
Research design when 5 participants assigned to receive intervention, while 5 others are assigned to control by lottery?	Cluster randomization
What is the best statistical test for a study of TMS on adolescent depression, with comparison of HAM-D scores between TMS group and Sham TMS group?	T-test
What problem does elimination of studies from a meta-analysis to reduce heterogeneity create?	External validity limited and negative trials may be eliminated from the study

Most important interpretation of a study when there is a five-fold increased risk of a rare side effect in those exposed to a medication vs those not exposed to medication during the same period of time?	Difference between absolute and relative risk reduction
Child involved in study realizes he has to get blood drawn and refuses, mother attempts to coerce participation. Next step for researcher?	Child must voluntarily assent to study
Researchers want to know if they can predict suicidal thoughts based on presenting medical condition in the ER. What type of variable are suicidal thoughts?	Dependent