

Geriatric Psychiatry Knowledge Test, Form 1

The purpose of this exercise is to assess your knowledge of certain aspects of geriatric psychiatry. Five broad areas are tested: psychodynamics and psychotherapy, cognitive assessment, psychosocial and developmental aspects, psychopharmacology, and clinical syndromes.

The test has 50 questions. Answers are given in the table following the test. Some questions have only one correct answer and are clearly marked "choose only one." The other questions are scored using the following key:

- A: 1, 2, and 3 are correct
- B: 1 and 3 are correct
- C: 2 and 4 are correct
- D: 4 alone is correct
- E: All are correct

To obtain your score for each category, multiply the number of correct answers in the category by 2. Consult Table 1 on page xxxx for recommendations about further study. To facilitate further study, at the end of the test a reference is provided for each question.

Please note that there are two forms of the test, Form 1 and Form 2. Form 2 will be published in the December issue.

1. In the depressed elderly, cognitive therapy should include:
 1. Educating the patient about the treatment
 2. Adequate preparation

This test was devised by Javaid I. Sheikh, M.D., and Jerome A. Yesavage, M.D., of the department of psychiatry and behavioral sciences at Stanford University School of Medicine.

3. Enhancing learning capabilities
4. Resolution of transference
2. Regarding the MMPI in the elderly:
 1. Norms are essentially the same in young and old
 2. The elderly generally score higher on hysteria
 3. Psychotic scales are higher with aging
 4. Older individuals tend to endorse a more neurotic picture
3. Most senile dementias approximate the symptomatology of:
 1. Korsakoff's syndrome
 2. General paresis
 3. Huntington's chorea
 4. Alzheimer's disease
4. Multi-infarct dementia is characterized by:
 1. Stepwise deterioration
 2. Emotional lability
 3. Focal neurological signs
 4. Senile plaques
5. Thyrotoxicosis in the elderly is often characterized by:
 1. Excitement
 2. An enlarged goiter
 3. Ocular manifestations
 4. Apathy
6. The Face-Hand test is:
 1. A psychomotor test used to test motor abilities
 2. Done with eyes open and eyes closed
 3. A neurological test for 5th cranial nerve palsy
 4. A screening test for diffuse brain disease
7. Which of the following are tests of attention:
 1. Halstead-Reitan
 2. Digit Span
 3. Bender-Gestalt
 4. Continuous Performance Task
8. Geriatric psychotherapy is usually:
 1. Brief
 2. Directive
 3. Problem centered
 4. Insight oriented
9. Elderly people between age 65 and 74 are (choose only one):
 - A. Less likely to be alcoholic than middle-aged subjects
 - B. More likely to be alcoholic than middle-aged subjects
 - C. As likely to be alcoholic as middle-aged subjects
 - D. Less likely to be alcoholic than teenagers
10. Dementia may occur in association with:
 1. Pick's disease
 2. Parkinson's disease
 3. Alzheimer's disease
 4. Barbiturate intoxication
11. Senile dementia patients may have the following symptoms:
 1. Apraxia
 2. Aphasia
 3. Paranoia
 4. Loss of short-term memory
12. Individuals in older age groups are most eager to:
 1. Reduce close ties with grown-up children
 2. Develop a sense of autonomy
 3. Maintain relations with contemporaries
 4. Establish an equilibrium of dependence and independence

13. Which of the following are true of the elderly:
1. The majority have incomes below the poverty level
 2. People tend to become more religious as they age
 3. More than 15 percent of the U.S. population is age 65 and over
 4. Older people usually take longer to learn something new
14. What percent of the elderly live in institutions (choose only one):
- A. 5 percent over 65 years old and 20 percent over 90 years old
 - B. 12 percent over 65 years old and 35 percent over 90 years old
 - C. 20 percent over 65 years old and 40 percent over 90 years old
 - D. 30 percent over 65 years old and 59 percent over 90 years old
15. Tardive dyskinesia in schizophrenics over age 40 is (choose only one):
- A. 50 percent more common than in younger schizophrenics
 - B. Twice as common as in younger schizophrenics
 - C. Three times as common as in younger schizophrenics
 - D. Four times as common as in younger schizophrenics
16. The most-prevalent cause of impotence in the aging male is (choose only one):
- A. Adult onset diabetes mellitus
 - B. Peripheral neuropathy
 - C. Fear of nonperformance
 - D. Obesity
17. A useful guide for families caring for elders with dementia is (choose only one):
- A. *A Family Guide to Alzheimer's Disease*
 - B. *The 36-Hour Day*
 - C. *Strategies for Treating Senile Dementia*
 - D. *Living with Dementia*
18. The average age of onset of Pick's disease is (choose only one):
- A. 50
 - B. 60
 - C. 70
 - D. 80
19. On the WAIS, the motor scores of the elderly should be (choose only one):
- A. The same as scores of younger subjects
 - B. 10 to 20 percent lower than for younger subjects
 - C. 20 to 30 percent lower than for younger subjects
 - D. 30 to 50 percent lower than for younger subjects
20. Cataracts are found in what percentage of people over 60 (choose only one):
- A. 3
 - B. 9
 - C. 16
 - D. 28
21. Which of the following are among the false perceptions about the elderly:
1. At least one-tenth are institutionalized
 2. At least 80 percent are healthy enough to perform normal activities
 3. A majority are socially isolated and lonely
 4. The elderly are involved in relatively fewer traffic accidents
22. According to Masters and Johnson, which of the following are normal in the sexual response of the elderly male:
1. Increase in the length of the plateau phase
 2. Decrease in the volume of seminal fluid
 3. Increase in the length of the refractory period
 4. Absence of erections in REM sleep
23. In demented patients, which of the following sleep patterns are noticed on an EEG:
1. Decrease in stage 4 sleep
 2. Decrease in amount of spindle activity
 3. Decrease in REM sleep
 4. Increase in stage 4 sleep
24. Distribution of psychotropic drugs is altered in the elderly because of the following:
1. Relatively poor brain perfusion
 2. Increase in accumulation of drugs in body fat
 3. Decrease in total body mass
 4. Decrease in protein binding of drugs
25. Which of the following occur in paradoxical reactions to benzodiazepines in the elderly:
1. Sudden, excessive dysphoric stimulation
 2. Hyperactivity
 3. Angry outbursts
 4. Depersonalization
26. Reversible organic brain syndromes in the elderly may be caused by:
1. Electrolyte disturbances
 2. Dehydration
 3. Hypothermia
 4. Drug interactions
27. Routine psychometric testing may not assess the true cognitive abilities of the elderly because of:
1. Decreased performance speed
 2. Increased distractibility
 3. Decreased sensory function
 4. Increased intraindividual variability

28. Which of the following decrease the steady-state plasma concentration of tricyclics in the elderly:
1. Barbiturates
 2. Diazepam
 3. Smoking
 4. Chlorpromazine
29. According to Lipowski, which of the following are true of delirium in the elderly:
1. It significantly increases mortality in hospitalized patients
 2. Transition to dementia is quite common
 3. Organic etiologic factors can be identified in most cases
 4. It is mostly caused by psychosocial stressors
30. A relatively optimistic outlook for psychotherapy with elders was supported by:
1. Jung
 2. Anna Freud
 3. Abraham
 4. Harry Stack Sullivan
31. Autopsy studies show increases with aging of which of the following enzymes in the brain:
1. Choline acetyltransferase
 2. Dopamine beta-hydroxylase
 3. COMT
 4. MAO-B
32. Which of the following EEG findings are quite common in healthy elderly:
1. Increase in resting alpha frequency
 2. Focal abnormalities in the temporal regions
 3. Focal abnormalities in the frontal regions
 4. Decrease in the resting alpha frequency
33. A daughter feels that her mother, 80 years old and in good health, should not continue to drive her car.
- The doctor should:
1. Perform a medical evaluation or have one performed
 2. Explain to the daughter that her mother is capable of driving
 3. Discuss with the daughter her concerns about her mother
 4. Talk to the mother and daughter about their mutual concerns
34. Which of the following neurochemical changes occur in the human brain with normal aging as measured by percent weight:
1. Increase in water
 2. Increase in total lipids
 3. Decrease in proteins, peptides, and enzymes
 4. Decrease in nucleic acids
35. Which of the following might produce depressive symptoms in the elderly:
1. Propranolol
 2. Digitalis
 3. Chlorpromazine
 4. Penicillin
36. Clinical management of suspiciousness in the elderly might include:
1. Situational and environmental manipulations
 2. Identification and replacement of loss
 3. Psychopharmacologic strategies
 4. Observation without over-concern after a major life change
37. The best predictor of morale in the elderly is (choose only one):
- A. Health
 - B. Economics
 - C. Family support
 - D. Level of activity
38. The chief task of the family counselor to the elderly is to:
1. Intervene in pathological family dynamics
 2. Direct the family to appropriate resources
 3. Mobilize the family system to solve problems
 4. Work with the individual patient and his social resources
39. Dihydroergotoxine mesylate (Hydergine) is (choose only one):
- A. Indicated in selected symptoms associated with aging
 - B. A nonphenothiazine neuroleptic
 - C. Not safe for the aged because of serious side effects
 - D. Primarily an antidepressant
40. According to Masters and Johnson, which of the following are normal for elderly females:
1. Vaginal lubrication takes longer to develop
 2. Frequency of masturbation decreases
 3. The orgasmic phase is shortened
 4. The resolution phase is prolonged
41. Which of the following physiologic changes occur with normal aging:
1. Decrease in cardiac output by 30 to 40 percent
 2. Decrease in glomerular filtration rate
 3. Decrease in hepatic enzymatic activity
 4. Decrease in concentration of albumin relative to globulins
42. Which of the following are used as screening tests for organicity:
1. Halstead-Reitan
 2. Benton Visual Retention Test
 3. Face-Hand Test
 4. Ammons Quick Vocabulary Test

43. The correct order of Kubler-Ross's stages of reactions to terminal illness is (choose only one):

- A. Anger, denial, bargaining, depression, acceptance
- B. Denial, anger, bargaining, depression, acceptance
- C. Denial, depression, anger, bargaining, acceptance
- D. Anger, denial, depression, bargaining, acceptance

2. Displacement

3. Projection

4. Conversion

After the stage of identity (age 12 to 20), Erikson identifies what three other stages of adult development (choose only one):

- A. Industry, autonomy, generativity
- B. Intimacy, generativity, integrity
- C. Industry, intimacy, generativity

D. Intimacy, autonomy, generativity

44. A depression scale developed for and standardized with the aged is.

- 1. Beck
- 2. Zung
- 3. Hamilton
- 4. Geriatric Depression Scale

50. The drugs of choice for psychotic features in the elderly with delirium include:

- 1. Dibenzazepines
- 2. Benzodiazepines
- 3. Lithium carbonate
- 4. Neuroleptics

45. What percent of the elderly still provide some help for their children (choose only one):

- A. Less than 20
- B. More than 80
- C. 20 to 50
- D. 50 to 80

46. In therapy with the family of the dementia patient the therapist should:

- 1. First make empathic contact with their feelings of loss
- 2. Raise management issues
- 3. Recommend multiple family groups for support and education
- 4. Hold no more than four sessions with them

47. Which of the following tranquilizers would be likely to be useful in the elderly due to a shorter half-life: 1. Temazepam (Restoril) 2. Flurazepam (Dalmane) 3. Triazolam (Halcion) 4. Diazepam (Valium)

- 1. Temazepam (Restoril)
- 2. Flurazepam (Dalmane)
- 3. Triazolam (Halcion)
- 4. Diazepam (Valium)

48. Increased tendency to somaticize in the elderly be can viewed as a form of:

- 1. Rationalization

Geriatric Psychiatry Knowledge Test, Form 2

This month we present Form 2 of the Geriatric Psychiatry Knowledge Test. Form 1 was published last month, along with a discussion of the test's development and recommendations for use. The test is designed to assess your knowledge of certain aspects of geriatric psychiatry. Five broad areas are covered: psychodynamics and psychotherapy; cognitive assessment, psychosocial and developmental aspects, psychopharmacology, and clinical syndromes.

The test has 50 questions. Answers are given in the table following the test. Some questions have only one correct answer and are clearly marked "choose only one." The other questions are scored using the following key:

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- B: 1 and 3, are correct
- C: 2 and 4 are correct
- D: 4 alone is correct
- E: All are correct

To obtain your score for each category, multiply the number of correct answers in the category by 2. Consult Table 1 on page 1161 of the November issue for recommendations about further study. To facilitate further study, at the end of the test a reference is provided for each question.

1. Extremely useful cues to depression in the elderly include:
 1. Reduced need for food

This test was devised by Javid I. Sheikh, M.D., and Jerome A. Yesavage, M.D., of the department of psychiatry and behavioral sciences at Stanford University School of Medicine, Stanford, California 94305.

2. Reduced need for sleep
 3. Loss of libido
 4. Complaint of memory loss
2. Pseudodementia is:
 1. A reversible acute organic brain syndrome
 2. Delirium
 3. A psychosomatic reaction
 4. Depression
 3. Which of the following are generally true:
 1. Most elderly people have no desire or, capacity for sexual relations
 2. All five senses tend to decline in old age
 3. The majority of the elderly are senile
 4. Lung capacity tends to decline in old age
 4. In the elderly after the death of a spouse:
 1. Widowers tend to remarry earlier
 2. Widows tend to remarry earlier
 3. Suicide is the leading cause of death in the first four years
 4. No significant difference exists in remarriage patterns of men and women
 5. Regarding the MMPI in the elderly:
 1. Norms are essentially the same in young and old
 2. The elderly generally score higher on hysteria
 3. Psychotic scales are higher with aging
 4. Older individuals tend

to reveal a more neurotic picture

6. Depression in the elderly often represents:
 1. A realistic response to multiple losses
 2. Accumulation of -unconscious hostility against one's spouse
 3. A breakdown in the denial of death
 4. None of the above
7. Behavior modification has been used with elders to improve
 1. Violent tendencies
 2. Incontinence
 3. Reality orientation
 4. Schizophrenic symptoms
8. Which of the following are tests of attention:
 1. Halstead-Reitan
 2. Digit Span
 3. Bender-Gestalt
 4. Continuous Performance Task
9. The Face-Hand Test is:
 1. A psychomotor test used to test motor abilities
 2. Done with eyes open and eyes closed
 3. A neurological test for fifth cranial nerve palsy
 4. A screening test for diffuse brain disease
10. Creutzfeldt Jacobs disease is:
 1. The same as Alzheimer's disease
 2. A dementia
 3. The same as Pick's disease
 4. Probably of viral origin
11. ECT in geriatric patients is relatively contraindicated in:
 1. Patients with old myocardial infarctions
 2. Patients with bundle branch block
 3. Patients with tardive dyskinesia
 4. Patients with intracranial neoplasm
12. Benign senescent forgetful-

- ness:
1. Is usually successfully treated with antidepressants
 2. Is due to incipient dementia
 3. Is the same as pseudodementia
 4. May involve losses of more than 20 percent in raw test scores
13. Neuroleptics in the elderly are indicated for:
1. Selected affective disorders
 2. Senile psychosis
 3. Paranoia secondary to organic brain syndrome
 4. Anxiety
14. Dihydroergotamine mesylate (Hydergine):
1. Is indicated in selected symptoms associated with aging
 2. Is a nonphenothiazine neuroleptic
 3. Has few side effects
 4. Is primarily an antidepressant
15. Psychoanalytic therapy for elders was recommended by:
1. Sigmund Freud
 2. Lillian Martin
 3. Alfred Adler
 4. None of these
16. Which of the following are part of normal aging:
1. A decrease in the number of cortical neurons
 2. A general dysregulation of hypothalamic functions
 3. A general weakening of the vegetative reflexes
 4. None of the above
17. The slowing of motor performance with aging is due to:
1. Slowing of response of effector muscles
 2. Slowing of nerve conduction velocity
 3. Slowing of central motor processes
4. Slowing of decision time
18. Cataracts are found in what percentage of people over 60 (choose only one):
- A. 3
 - B. 9
 - C. 16
 - D. 28
19. In elders the early developed mother-child attachment bond is considered to be:
1. Replaced by other relationships
 2. Not crucial to psychological health
 3. As strong as ever
 4. None of the above
20. By age 75 (choose only one):
- A. The number of taste buds has doubled
 - B. The number of taste buds is unchanged
 - C. The number of taste buds is decreased by 15 percent
 - D. The number of taste buds is decreased by more than 50 percent
21. What percent of the elderly live in institutions (choose only one):
- A. 5 percent over 65 years old and 20 percent over 90 years old
 - B. 12 percent over 65 years old and 35 percent over 90 years old
 - C. 20 percent over 65 years old and 40 percent over 90 years old
 - D. 30 percent over 65 years old and 59 percent over 90 years old
22. On the WAIS, the motor scores of the elderly should be (choose only one):
- A. The same as scores of younger subjects
 - B. 10 to 20 percent lower than scores of younger subjects
 - C. 20 to 30 percent lower than scores of younger subjects
 - D. 30 to 50 percent lower than scores of younger subjects
23. The percentage of men in their sixties who are sexually active is (choose only one):
- A. 90
 - B. 70
 - C. 50
 - D. 30
24. A useful guide for families caring for elders with dementia is (choose only one):
- A. *A Family Guide to Alzheimer's Disease*
 - B. *The 36-Hour Day*
 - C. *Strategies for Treating Senile Dementia*
 - D. *Living With Dementia*
25. The prevalence of sleep apnea in elderly men is as much as (choose only one):
- A. 5 percent
 - B. 10 percent
 - C. 20 percent
 - D. 40 percent
26. The average age of onset of senile dementia of the Alzheimer's type is (choose only one):
- A. 55
 - B. 65
 - C. 75
 - D. 85
27. When the senile and presenile variants of Alzheimer's disease are compared:
1. The senile variant has more sudden onset
 2. The presenile variant has more sudden onset
 3. The senile variant has more rapid progression
 4. The presenile variant has more rapid progression
28. Side effects of lithium carbonate in the elderly may appear with levels as low as (choose only one):
- A. 0.2 mEq/L

- B. 0.3 mEq/L
C. 0.4 mEq/L
D. 0.7 mEq/L
29. Deaths in the elderly following electroconvulsive therapy are most often due to which complications:
1. Hypoxia
 2. Spinal fractures
 3. Aspiration
 4. Cardiovascular
30. Which of the following neurotransmitter metabolites have been found to be decreased in senile dementias:
1. Acetylcholine
 2. Norepinephrine
 3. Serotonin
 4. Dopamine
31. Routine psychometric testing may not assess the true cognitive abilities of the elderly because of:
1. Decreased performance speed
 2. Increased distractibility
 3. Decreased sensory function
 4. Increased intraindividual variability
32. All but one of the following symptoms are commonly of concern to families with demented elderly living with them:
- A. Catastrophic reactions
 - B. Inappropriate sexual behavior
 - C. Daily care of self
 - D. Suspiciousness
33. The reality orientation approach to the patient with dementia should focus on which of the following:
1. Ambitious plans about the future
 2. Where he or she is
 3. The current political situation
 4. What time of day it is
34. Which of the following are important factors in altered drug metabolism in the elderly:
1. Changes in lean body mass
 2. Hepatic enzyme activity changes
 3. Altered renal function
 4. Changes in absorption
35. The dexamethasone suppression test is often positive in elderly patients with:
1. Schizophrenia
 2. Dementia
 3. Sociopathy
 4. Major depression
36. A full depressive syndrome is seen in what percentage of elders who lose their spouse (choose only one)
- A. 20
 - B. 35
 - C. 50
 - D. 65
37. A relatively optimistic outlook for psychotherapy with elders was supported by:
1. Jung
 2. Anna Freud
 3. Abraham
 4. Harry Stack Sullivan
38. A diagnosis of depression is more likely to be missed in the elderly because of:
1. Pseudodementia
 2. Somatic manifestations of normal aging
 3. Reactions from prescribed medications
 4. Paraphrenic reactions
39. Which one of the following problems is cited least often by families caring for demented elders at home (choose only one):
- A. Depression
 - B. No time for self
 - C. Fatigue
 - D. Guilt
40. For the older patient in the U.S., the extended multigenerational family:
1. Is nonexistent
 2. Is unimportant for adequate psychological functioning
 3. Is undergoing rapid modification
 4. Needs to be supplemented by community resources
41. Which of the following EEG findings are quite common in healthy elderly people:
1. Increase in resting alpha frequency
 2. Focal abnormalities in the temporal regions
 3. Focal abnormalities in the frontal regions
 4. Decrease in the resting alpha frequency
42. Which of the following neuropathologic findings are seen in primary degenerative dementia:
1. Neurofibrillary tangles
 2. Lipofuscin
 3. Plaques
 4. Increased mitochondria
43. In elderly hypertensives treated with guanethidine, which of the following might block guanethidine activity:
1. Doxepin (Sinequan)
 2. Imipramine (Tofranil)
 3. Chlorpromazine (Thorazine)
 4. Flurazepam (Dalmane)
44. Which of the following are used as screening tests for organicity:
1. Halstead-Reitan
 2. Benton Visual Retention Test
 3. Face-Hand Test
 4. Ammons Quick Vocabulary Test
45. Which of the following transference-countertransference problems might arise in therapy with the elderly:
1. The therapist will identify with the elder's helplessness
 2. The therapist will overprotect the elder from interpretations
 3. The elder will view the therapist as his or her

child

4. The therapist will not see the elder as sexually active

46. Which of the following antidepressants is sedating and relatively low in anticholinergic activity:
 1. Trazodone (Desyrel)
 2. Amitriptyline (Elavil)
 3. Doxepin (Sinequan)
 4. Imipramine (Tofranil)

47. The correct order of Kubler-Ross's stages of reactions to terminal illness is (choose only one):
 - A. Anger, denial, bargaining, depression, acceptance
 - B. Denial, anger, bargaining, depression, acceptance
 - C. Denial, depression, anger, bargaining, acceptance
 - D. Anger, denial, depression, bargaining, acceptance

48. A depression scale developed for and standardized with the aged is:
 1. Beck
 2. Zung
 3. Hamilton
 4. Geriatric-Depression Scale

49. In a depressed elderly man with a prostatic enlargement, which of the following drugs would be preferable (choose only one):
 - A. Amitriptyline
 - B. Nortriptyline
 - C. Imipramine
 - D. Desipramine

50. Increased tendency* to somaticize in the elderly can be viewed as a form of:
 1. Rationalization
 2. Displacement
 3. Projection
 4. Conversion