

# How Many Questions On The Ancc Pmhnp Exam

## Sample Test Questions ANCC – PMHNP | updated 2024 | with complete solution | Graded A+

A patient with borderline personality disorder experiences intense anxiety when an adult psychiatric and mental health nurse practitioner goes on vacation. The best explanation for this reaction is that the patient:

- A. has failed to develop clear ego boundaries.
- B. has failed to master object constancy.
- C. is employing primitive idealization.

D. is employing projective identification. - B. has failed to master object constancy  
2. A patient has been taking escitalopram (Lexapro) 10 mg daily for four weeks. Initially, the patient reported depression and suicidal thoughts. The patient's sleep, appetite, energy, and appearance have now begun to improve. Which statement applies to this patient?

- A. The medication should be discontinued.
- B. The medication should be increased.
- C. The patient's risk for suicide is not a concern.
- D. The patient's suicide potential is increased. - D. The patient's suicide potential is increased.

3. Which behavior reflects existentially oriented therapy?

- A. Attempting to understand a patient's subjective world
- B. Challenging a patient's irrational beliefs
- C. Developing specific plans for change
- D. Establishing general group goals - A. Attempting to understand a patient's subjective world

4. Serving as a member on a crisis team, an adult psychiatric and mental health nurse practitioner provides crisis intervention to the survivors of a plane crash. Forty-eight hours after the accident, the survivors describe vivid flashbacks, startle reactions, and disrupted sleep patterns. The nurse practitioner responds by:

- A. advising the survivors to consider using a hypnotic medication for a brief period.
- B. educating the survivors about prodromal symptoms of posttraumatic stress disorder.
- C. encouraging the survivors to rest during the day.
- D. suggesting that the survivors join a posttrauma support group. - B. educating the survivors about prodromal symptoms of posttraumatic stress disorder.

5. An adult psychiatric and mental health nurse practitioner uses the interpersonal therapy model with a patient to establish a therapeutic alliance based upon empathy and trust. The nurse practitioner recognizes the patient's readiness to terminate therapy when the patient demonstrates:

- A. an understanding that leaving a significant other may be painful, but also presents an opportunity for growth.
- B. breathing and muscle relaxation exercises that decrease muscle tension and anxiety.

## How Many Questions on the ANCC PMHNP Exam?

The American Nurses Credentialing Center (ANCC) Psychiatric-Mental Health Nurse Practitioner (PMHNP) certification exam is a significant milestone for nurse practitioners who wish to specialize in mental health care. Aspiring PMHNPs often have many questions as they prepare for this critical assessment, including inquiries about the exam format, the number of questions, and the topics covered. Understanding these elements can greatly influence the study strategies and overall readiness of candidates. This article will delve into the specifics of the ANCC PMHNP exam, including the number of questions,

structure, scoring, and preparation tips.

## Overview of the ANCC PMHNP Exam

The ANCC PMHNP exam is designed to evaluate the knowledge and skills of nurse practitioners in providing mental health care across the lifespan. The exam is a key requirement for obtaining certification as a Psychiatric-Mental Health Nurse Practitioner, which allows practitioners to diagnose, treat, and manage patients with mental health issues.

### Exam Format

The ANCC PMHNP exam consists of several important components:

1. **Question Format:** The exam features multiple-choice questions, with a mix of single-answer and multiple-answer formats. This variety tests the candidate's ability to apply knowledge in different contexts.
2. **Number of Questions:** Candidates can expect to face a total of 175 questions during the PMHNP exam. However, only 150 of these questions are scored, while the remaining 25 are unscored pretest questions used to assess the validity and reliability of future exams.
3. **Time Allotted:** Candidates are given 3 hours to complete the exam, which includes all 175 questions. This timeframe demands efficient time management to ensure that all questions are answered thoughtfully.

### Content Areas Covered

The PMHNP exam covers a wide range of topics relevant to mental health care. The content is divided into several key areas, including but not limited to:

- **Assessment and Diagnosis:** Questions in this section assess the candidate's ability to evaluate patients and identify mental health disorders.
- **Planning and Implementation:** Here, candidates are tested on their skills in developing and implementing treatment plans tailored to individual patient needs.
- **Evaluation of Outcomes:** This area focuses on the candidate's ability to assess the effectiveness of treatments and make necessary adjustments.
- **Professional Role and Practice:** Questions may also cover ethical and legal issues, as well as the PMHNP's

role within the healthcare system.

Each of these content areas is critical for ensuring that PMHNPs can provide safe and effective care to patients.

## **Preparing for the ANCC PMHNP Exam**

Preparation for the ANCC PMHNP exam requires a comprehensive study plan. Here are some effective strategies that candidates can use to enhance their preparation:

### **1. Understand the Exam Blueprint**

Familiarize yourself with the exam blueprint provided by the ANCC. This document outlines the content areas and their respective weightings, helping candidates to prioritize their study time effectively.

### **2. Use Quality Study Materials**

Invest in high-quality study resources, including:

- Review Books: Look for reputable PMHNP review books that cover all exam content areas.
- Online Courses: Consider enrolling in online review courses that offer comprehensive coverage of exam topics.
- Practice Questions: Utilize question banks and practice exams to reinforce knowledge and improve test-taking skills.

### **3. Join Study Groups**

Collaborating with peers can enhance your understanding of complex topics. Study groups provide an opportunity for discussion, sharing resources, and clarifying doubts.

### **4. Take Care of Your Health**

Mental and physical well-being is crucial during the preparation period. Ensure you are:

- Eating Well: Maintain a balanced diet to support cognitive function.
- Exercising: Regular physical activity can help reduce stress and improve focus.
- Sleeping Adequately: Quality sleep is essential for memory consolidation and overall cognitive performance.

## **5. Schedule Practice Exams**

Taking full-length practice exams under timed conditions can help simulate the actual testing experience. This strategy allows candidates to assess their readiness and identify areas that may require additional review.

## **Understanding the Scoring Process**

The scoring process for the ANCC PMHNP exam is straightforward but important for candidates to understand. Here's how it works:

- Scoring Method: Each of the 150 scored questions is evaluated for correctness. The raw score is then converted into a scaled score.
- Passing Score: The ANCC establishes a minimum passing score based on a standard-setting process. Candidates who achieve this score are considered to have passed the exam.
- Score Reports: After completing the exam, candidates receive a score report detailing their performance. This report includes information on overall performance, as well as performance in specific content areas.

## **Common Questions About the ANCC PMHNP Exam**

As candidates prepare for the exam, they often have additional questions. Here are some common inquiries:

### **1. How often is the exam offered?**

The ANCC PMHNP exam is offered year-round at designated testing centers. Candidates can schedule their exam date based on their preparation timeline.

## **2. Can I retake the exam if I fail?**

Yes, candidates who do not pass the exam can retake it. However, there is a waiting period of 60 days between attempts, allowing time for further study and preparation.

## **3. How long is the certification valid?**

The PMHNP certification is valid for five years. To maintain certification, practitioners must complete continuing education requirements and submit a renewal application.

## **Conclusion**

The ANCC PMHNP exam is a pivotal step in the career of a psychiatric-mental health nurse practitioner. With 175 questions to navigate within a set timeframe, candidates must approach their preparation strategically to ensure success. By understanding the exam format, utilizing quality study materials, and adopting effective preparation strategies, aspiring PMHNPs can increase their chances of passing the exam and advancing their careers in mental health care. The journey may be challenging, but with dedication and the right resources, certification is within reach.

## **Frequently Asked Questions**

### **How many questions are on the ANCC PMHNP exam?**

The ANCC PMHNP exam consists of 175 questions.

### **Are all 175 questions scored on the ANCC PMHNP exam?**

No, only 150 of the 175 questions are scored; the remaining 25 are unscored pretest questions.

### **What is the time limit for the ANCC PMHNP exam?**

The time limit for the ANCC PMHNP exam is 3 hours.

### **What types of questions are included in the ANCC PMHNP exam?**

The exam includes multiple-choice questions that assess knowledge in psychiatric mental health nursing.

## Is there a passing score for the ANCC PMHNP exam?

Yes, candidates must achieve a scaled score of 350 or higher to pass the exam.

## Can I review my answers during the ANCC PMHNP exam?

No, once an answer is submitted, it cannot be changed.

## How is the ANCC PMHNP exam structured?

The exam is computer-based and consists of multiple-choice questions divided into different content areas.

## When should I arrive for the ANCC PMHNP exam?

Candidates should arrive at least 30 minutes before their scheduled exam time.

## What resources can help me prepare for the ANCC PMHNP exam?

Review courses, practice exams, and study guides specifically designed for the ANCC PMHNP exam can be helpful.

## What is the format for the questions on the ANCC PMHNP exam?

The questions are primarily in a multiple-choice format, sometimes featuring case studies.

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