DSM-5: A Comprehensive Overview

1) The original DSM was published in
   a) 1942  
   b) 1952  
   c) 1962  
   d) 1972

2) The DSM provides all the following EXCEPT
   a) Guidelines for the treatment of identified disorders  
   b) A comprehensive list of identified mental disorders  
   c) A Description of symptoms of identified disorders  
   d) Criteria for the diagnosis of each disorder

3) The first official attempt to gather information about mental health in the United States was the recording of the frequency of “idiocy/insanity” in the _____ census.
   a) 1840  
   b) 1870  
   c) 1900  
   d) 1930

4) Including the DSM-5, there has been _____ editions of the DSM
   a) 7  
   b) 9  
   c) 11  
   d) 13

5) Which was the first version to utilize field trial and empirical data to determine the categorization system?
   a) DSM-II  
   b) DSM-III  
   c) DSM-IV  
   d) DSM-V

6) In developing the DSM-IV, the committee required every change to go through
   a) Systematic literature review  
   b) Secondary data reanalysis  
   c) Focused field trials  
   d) All the above

7) The update process for the DSM-5 began in
   a) 1999  
   b) 2003  
   c) 2006  
   d) 2009

8) What was unique about the development of the DSM-5?
   a) All the actions of the revision process was made available electronically  
   b) Social Work professionals were involved in field trials  
   c) Canadian locations were used in field trials  
   d) All the above
9) In the DSM-5, the Diagnoses and Disorders section includes _____ disorders, which is an increase from the _____ included in the DSM-IV-TR.
   a) 16, 12
   b) 20, 16
   c) 24, 20
   d) 28, 24

10) The ICD-10 will require the use of a _____ digit code.
    a) 3
    b) 5
    c) 7
    d) 9

11) Which is the 16 question culture related tool that is included in the DSM?
    a) Acculturation Schedule
    b) Cultural Identity Questionnaire
    c) Culture Formulation Interview
    d) Acculturation Assessment Tool

12) One criticism of the DSM-5 review and revision process was that there was little representation from
    a) Masters Level Counselors
    b) Drug and Alcohol Counselors
    c) Psychologists
    d) Social Workers

13) In the DSM-5, the new criteria indicate that an individual who suffers from grief as the result of the death of a loved one can be classified as depressed, as long as the grief lasts longer than
    a) 2 weeks
    b) 1 month
    c) 3 months
    d) 6 months

14) The American Psychological Association and the National Institute of Mental Health have expressed concern that the DSM-5 lacks
    a) Validity
    b) Reliability
    c) Transparency
    d) Applicability

15) All the following are “Conditions for further study” in the DSM-5 EXCEPT
    a) Hoarding Disorder
    b) Caffeine Use Disorder
    c) Internet Gaming Disorder
    d) Nonsuicidal Self-Injury

16) The DSM-5 cautions that it was not developed to meet the technical needs of the court and legal professionals.
    a) True
    b) False
17) For each disorder, all the following information is provided EXCEPT
   a) Development and Course
   b) Gender Related Diagnostic Issues
   c) Comorbidity
   d) Treatment Considerations

18) Section III. of the DSM-5 is
   a) Diagnoses and Disorders
   b) Emerging Measures and Models
   c) Coding of Disorders
   d) Personality Disorders

19) Cross Cutting symptom measures provide _____ levels of diagnosis
   a) 2
   b) 3
   c) 4
   d) 5

20) Which is a 36 item measure that assesses disabilities in adults?
   a) DARPA
   b) LYCOS
   c) WHODAS
   d) BESPIN

21) Which is NOT a category in the Outline for Cultural Formulation?
   a) Societal pressures and influences
   b) Cultural Identity of the Individual
   c) Cultural conceptualization of distress
   d) Overall cultural assessment

22) Which is NOT a domain assessed by the CFI?
   a) Cultural Definition of the Problem
   b) Cultural Perceptions of the Cause, Context and Support
   c) Cultural Strengths and Protective Factors
   d) Cultural Factors Affecting Current Help Seeking

23) Criteria E, F, and G* in the alternative model for general personality disorder is
   a) Level of Personality Functioning
   b) Pathological Personality Traits
   c) Alternative Explanations for Personality Pathology
   d) Pervasiveness and Stability

24) Which is NOT one of the categories of the Level of Personality Functioning Scale?
   a) Identity
   b) Self Direction
   c) Self Control
   d) Intimacy
25) Which is NOT part of the DSM-5 Appendix?
   a) Frequently Asked Questions (FAQ)
   b) Glossary of Technical Terms
   c) Highlights of Changes from DSM-IV to DSM-5
   d) Numerical Listing of DSM-5 Diagnoses and Codes (ICD-10-CM)

26) The Glossary of Cultural Concepts of Distress was developed to provide a direct connection between the cultural concept and a specific psychiatric disorder.
   a) True
   b) False

27) Which codes can be used for medical billing purposes as they are HIPAA compliant?
   a) Only DSM codes
   b) Only ICD codes
   c) Both DSM & ICD codes
   d) Neither DSM nor ICD codes

28) There are instances when the DSM-5 disorders do not match the name of the ICD disorders, even though they have the same code.
   a) True
   b) False

29) The ICD-10-CM is expected to be released and become immediately effective in October
   a) 2013
   b) 2014
   c) 2015
   d) 2016

30) ICD-10-CM codes consist of _____ alphanumeric characters.
   a) 3 - 7
   b) 4 - 8
   c) 5 - 9
   d) 6 - 10

31) Contributing psychosocial and environmental factors are represented in the DSM-5 through
   a) Percent of Functioning Scales
   b) GAF Scales
   c) ICD Codes
   d) Likert Scales

32) On the DSM-5, which previous Axes have been combined to create one broad diagnostic group?
   a) Axes I, II and III
   b) Axes I and II
   c) Axes IV and V
   d) Axes 1 through V

33) In the DSM-5, the depression category has been revised to include
   a) Anxiety
   b) Dementia
   c) Psychosis
   d) Grief
34) For Major Depressive Episode in the DSM-5, at least one of the symptoms is either depressed mood or
   a) Recurrent thoughts of death
   b) Psychomotor agitation
   c) Loss of interest or pleasure
   d) Insomnia

35) Critics fear that too many individuals will be diagnosed with depression as patients only need to experience mild depressive symptoms for a minimum of
   a) 2 weeks
   b) 4 weeks
   c) 2 months
   d) 3 months

36) It is recommended that children who meet criteria for both ODD and DMDD should
   a) Be diagnosed with ODD and DMDD
   b) Be diagnosed with whichever is more prevalent
   c) Only be diagnosed with ODD
   d) Only be diagnosed with DMDD

37) The diagnosis of DMDD should not be made for the first time before age _____ years or after age _____ years.
   a) 4, 12
   b) 5, 15
   c) 6, 18
   d) 7, 21

38) Which is not a subtype of neurocognitive disorders?
   a) Developmentally Disabled NCD
   b) Vascular NCD
   c) HIV Infection NCD
   d) Substance or Medication Induced NCD

39) Which is not a criticism of the neurocognitive disorders criteria?
   a) False negatives as a result of misdiagnosis
   b) Patient response and confusion
   c) The disorder will minimize the diagnosis due to the “mild” clarifier
   d) Practitioners will not fully comprehend the new guidelines

40) Which is not one of the disorders which were combined in the DSM-5 which became Somatic Symptom Disorder?
   a) Somatization Disorder
   b) Hypochondriasis
   c) Conversion Disorder
   d) Pain Disorder

41) A Somatic symptom disorder (SSD) diagnosis does not require that the somatic symptoms are medically unexplained.
   a) True
   b) False
42) The diagnostic criteria for Binge Eating Disorder requires that the binge eating occurs, on average, at least _____ a week for _____.
   a) Once, One month
   b) Three times, One month
   c) Once, Three months
   d) Three times, Three months

43) 4-7 binge eating episodes per week would be classified as
   a) Mild
   b) Moderate
   c) Severe
   d) Extreme

44) The greatest criticism of the Autism Spectrum Disorder involves the elimination of a separate category for
   a) Asperger’s Disorder
   b) Autistic Disorder
   c) Childhood Disintegrative Disorder
   d) Pervasive Developmental Disorder NOS

45) “Marked distress when rituals or routines are interrupted; very difficult to redirect from fixated interest or returns to it quickly” describes ASD Severity
   a) Level 0
   b) Level 1
   c) Level 2
   d) Level 3

46) Studies show that the prevalence of excoriation is estimated at approximately _____ of the population.
   a) 0.5 -1%
   b) 1 - 2%
   c) 2 - 4%
   d) 4 - 6%

47) The arguments against the inclusion of excoriation as a separate disorder include all the following EXCEPT
   a) It does not meet the criteria for a mental disorder
   b) Skin picking is more of a habit than a mental disorder
   c) No individuals present with only excoriation
   d) There may be pressure in the future to add other habits to the DSM

48) An individual who is completely convinced that hoarding related beliefs and behaviors are not problematic despite evidence to the contrary would be given which specifier?
   a) With absent insight/delusional beliefs
   b) With poor insight
   c) With fair insight
   d) With excessive acquisition

49) An individual in late adolescence involved in an ongoing sexual relationship with a 12 or 13-year-old does not meet the criteria for pedophilic disorder.
   a) True
   b) False
50) The recommended changes for the hybrid categorical dimensional model of personality disorders are based on all the following goals EXCEPT
   a) Implementing a Personality Disorder NOS diagnosis
   b) Reducing overlap among personality disorder diagnoses
   c) Eliminating arbitrary diagnostic thresholds with little research basis
   d) Reducing heterogeneity among patients receiving the same diagnosis

51) Which PTSD criterion was removed in DSM-5?
   a) Negative alterations in cognitions and mood
   b) Fear, helplessness or horror occurred after the trauma
   c) Alterations in arousal and reactivity
   d) Persistent negative emotional state

52) Separate PTSD diagnostic criteria were included for which subtype?
   a) First responders
   b) Military
   c) Preschool
   d) Elderly

53) The unexpected death of family or a close friend due to natural causes is no longer included in PTSD criteria even though this is the greatest contributor > ____ to discrepancy for meeting DSM-IV but not DSM-5 PTSD criteria.
   a) 50%
   b) 60%
   c) 70%
   d) 80%

54) Which schizophrenia subtype was added to DSM-5?
   a) Disorganized
   b) Catatonic
   c) Undifferentiated
   d) There are no schizophrenia subtypes in DSM-5

55) A diagnosis of schizophrenia in the DSM-5 requires that continuous signs of the disturbance persist for at least
   a) 3 months
   b) 6 months
   c) 9 months
   d) 12 months

56) In the DSM-5, Learning Disorders are called
   a) Specific Learning Disorders
   b) Learning Disorders
   c) Academic Skills Disorders
   d) School Performance Disorders

57) For individuals 17 years and older, a documented history of impaired learning difficulties may be substituted for the standardized assessment.
   a) True
   b) False
58) For a Mild substance abuse disorder, the DSM-5 requires that at least ______ diagnostic criteria are met.
   a) 2
   b) 3
   c) 4
   d) 5

59) All the following are new for DSM-5 EXCEPT
   a) Cannabis withdrawal
   b) Polysubstance dependence
   c) Caffeine withdrawal
   d) Tobacco use disorder

60) Which is a disorder which was not accepted for DSM-5, even in section III?
   a) Anxious Depression
   b) Restless Legs Syndrome
   c) Speech Sound Disorder
   d) Attenuated Psychosis Syndrome

61) Which organization stated they will no longer use the DSM to guide its research and that they are developing their own classification system?
   a) American Psychological Association
   b) National Alliance on Mental Illness
   c) National Institute of Mental Health
   d) National Association of Social Workers

62) The British Psychological Association has been highly critical of the DSM-5.
   a) True
   b) False