Mastering DSM-5: Diagnosing Disorders in Children, Adolescents, and Adults

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

2. The first attempt to gather information about mental health in the US was recording of the frequency of "idiocy/insanity" in the ______census
   a. 1840
   b. 1870
   c. 1900
   d. 1930

3. Which was the first version to utilize empirical data to determine the categorization system?
   a. DSM-II
   b. DSM-III
   c. DSM-IV
   d. DSM-V

4. The update process for the DSM5 began with a grant from NIMH in:
   a. 2000
   b. 2003
   c. 2006
   d. 2007

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

6. The National Institute of Mental Health is concerned that the DSM5 lacks:
   a. Validity
   b. Reliability
   c. Transparency
   d. Applicability

7. DSM5 cautions that it was not developed to meet the technical needs of the court and legal systems.
   a. True
   b. False

8. Which codes can be used for medical billing purposes as they are HIPAA compliant?
   a. DSM Codes
   b. ICD Codes
   c. DSM and ICD Codes
   d. BCBS/Medicare Codes
9. ICD-10-CM is expected to become immediately effective in October,
   a. 2013
   b. 2014
   c. 2015
   d. 2016

10. Cross Cutting symptom measures provide ______ levels of assessment/diagnosis.
    a. 2
    b. 3
    c. 4
    d. 5

11. Which of the following is the 16 question culture related tool that is included in the DSM5?
    a. Acculturation Index
    b. Cultural Identity Questionnaire
    c. Cultural Formulation Interview
    d. Acculturation Assessment Scale

12. Which of the following 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 Help Seeking

13. The DSM5 has adopted an Axis VI coding system to reflect relational functioning called the GARF.
    a. True
    b. False

14. Which is the 36 item measure that assesses disability included in the DSM5?
    a. DARPA
    b. LYCOS
    c. WHODAS
    d. SPIN-B

15. 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

16. ICD-10-CM codes consist of ________ alphanumeric characters.
    a. none
    b. 3-7
    c. 4-8
    d. 6-10

17. In DSM5, which previous Axes have been combined to create one broad diagnostic group?
    a. Axes I,II,III
    b. Axes I & II
    c. Axes IV & V
    d. Axes I through V
18. For each disorder, all the following information is typically provided EXCEPT:
   a. Development and Course
   b. Gender Related Diagnostic Issues
   c. Comorbidity
   d. Treatment Recommendations and Considerations

19. All the following are "Conditions for further study" in DSM5 EXCEPT
   a. Hoarding Disorder
   b. Attenuated Psychosis
   c. Internet Gaming Disorder
   d. Nonsuicidal Self-Injury

20. The DSM-IV classification system for Personality Disorders has been reworked to reflect a five trait factor approach to PD.
   a. True
   b. False

21. The key differential between Autism Spectrum Disorder and Social Communication Disorder is the absence of repetitive and restrictive behaviors.
   a. True
   b. False

22. In the DSM5, Autism Spectrum Disorder involves combining all of these disorders, EXCEPT
   a. Asperger’s Disorder
   b. Mental Retardation
   c. Childhood Disintegrative Disorder
   d. Pervasive Developmental Disorder NOS

23. The number of symptom behaviors required to diagnose ADHD is the same for children and adults.
   a. True
   b. False

24. In DSM5, Learning Disorders are called:
   a. Specific Learning Disorders
   b. Learning Disorders
   c. Academic Skill Disorders
   d. School Performance Disorders

25. Which Schizophrenia subtype was added to DSM5
   a. Disorganized
   b. Catatonic
   c. Undifferentiated
   d. There are no schizophrenia subtypes in DSM5

26. The removing of the "bereavement exclusion" in Major Depressive Disorder is widely supported.
   a. True
   b. False
27. 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 the primary diagnosis
   c. Only be diagnosed with ODD
   d. Only be diagnosed with DMDD

28. An individual who is completely convinced that their hoarding behavior is not problematic
despite evidence to the contrary would be given which specifier?
   a. Absent/Delusional Beliefs
   b. Poor Insight
   c. Fair Insight
   d. Excessive Acquisition

29. Studies have shown the prevalence of excoriation is estimated at approximately ______ percent of the population.
   a. 0.5 to 1%
   b. 1 to 2%
   c. 2 to 4%
   d. 4 to 6%

30. Which PTSD criterion was removed in DSM5?
   a. Negative alterations in cognitions and mood
   b. Fear, helplessness, or horror after the trauma
   c. Alterations in arousal and reactivity
   d. Persistent negative emotional states

31. Separate PTSD diagnostic criteria were included for which subtype?
   a. First Responders
   b. Military
   c. Preschool Children
   d. Elderly

32. Reactive Attachment Disorder and Disinhibited Social Engagement Disorder are both
believed to have their origin in early pathogenic child care.
   a. True
   b. False

33. Which is NOT one of the disorders which were combined in the DSM5 to become Somatic
Symptom Disorder?
   a. Somatization Disorder
   b. Somatoform Disorder
   c. Conversion Disorder
   d. None of the above

34. A Somatic Symptom Disorder diagnosis does not require that the somatic symptoms are
unexplainable.
   a. True
   b. False
35. The diagnostic criteria for Binge Eating Disorder require that the binge eating occurs, on average, at least ______ a week for ______ months.
   a. Once, One
   b. Three times, One
   c. Once, Three
   d. Three, Three

36. The diagnostic criteria for Oppositional Defiant Disorder now allows for a specifier of Limited Prosocial Emotions.
   a. True
   b. False

37. DSM5 has adopted a new substance abuse disorder called Caffeine Use Disorder.
   a. True
   b. False

38. DSM5 has eliminated the classification of Mental Retardation in favor of Intellectual Disability, which requires both a deficit in intellectual functioning and adaptive behaviors.
   a. True
   b. False

39. For individuals 17 and over, a documented history of impaired learning difficulties may substitute for the standardized assessment.
   a. True
   b. False

40. The number of Communication Disorders has been greatly expanded under DSM5.
   a. True
   b. False

41. Disruptive Mood Dysregulation Disorder has been proposed as a new category in order to provide an alternative diagnosis to Bipolar Disorder in children.
   a. True
   b. False

42. 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

43. DMDD can co-exist with diagnoses of Major Depressive Disorder, Attention Deficit/Hyperactivity Disorder, Conduct Disorder, and Substance Use Disorders.
   a. True
   b. False

44. Binge Eating Disorder almost always includes purging and other compensatory activities.
   a. True
   b. False
45. Four to seven binge eating episodes per week would be classified as
   a. Mild
   b. Moderate
   c. Severe
   d. Extreme

46. An individual must be under the age of 18 to be diagnosed with Separation Anxiety Disorder.
   a. True
   b. False

47. For a Mild Substance Use Disorder, the DSM5 requires that at least _____ diagnostic criteria are met.
   a. 2
   b. 4
   c. 6
   d. 8

48. DSM5, tolerance and withdrawal are the key components for a diagnosis of Substance Dependence.
   a. True
   b. False

49. A key differential for children under six with PTSD is that they are extremely troubled by memories of the trauma
   a. True
   b. False

50. DSM5 views the symptoms of grief as identical to Major Depressive Disorder.
   a. True
   b. False

51. The chapters of the DSM-5 have been restructured based on a continuum:
   a. Early life span development to late life span development
   b. Internalized to externalized
   c. Neurotic to Psychotic
   d. A and B

52. Intellectual Disability requires:
   a. An IQ below 70
   b. Deficits in Conceptual Domain, Social Domain, and Practical Domain
   c. Deficits in intellectual functioning
   d. B and C

53. ICD-11 has already determined that what had been called Mental Retardation in ICD-9 will be called:
   a. Neurocognitive Disorder
   b. Cognitive Retardation
   c. Intellectual Developmental Disorder
   d. Atypical Neurocognitive Functioning
54. A new "bridge diagnosis" for children under 6 who have significant intellectual deficits is:
   a. Intellectual Developmental Disorder
   b. Global Developmental Delay
   c. Pervasive Developmental Disorder
   d. A and C

55. The Language Disorder classification of DSM-5 includes which two former disorders of DSM-IV-TR:
   a. Expressive Language Disorder and Mixed Receptive-Expressive Disorder
   b. Expressive Language Disorder and Phonological Disorder
   c. Childhood-Onset Fluency Disorder
   d. Mixed Receptive-Expressive Disorder and Phonological Disorder

56. Autism Spectrum, new in DSM-5, requires specifiers about the level of support required as well as specifiers of:
   a. With or Without Language Impairment
   b. Associated with a Known Medical or Genetic Condition or Environmental Factor
   c. Associated with Another Neurodevelopmental, Mental, or Behavioral Disorder
   d. All the Above

57. Rather than specify age of onset, in many places throughout DSM-5, the phrase early developmental period is utilized, but the text operationalizes this reference as:
   a. Prior to the child's first birthday
   b. Prior to the age of 24 months
   c. Prior to the age 36 months
   d. Prior to entering kindergarten

58. Which of the following statements is not true about the DSM-5 criteria for Attention Deficit Hyperactivity Disorder:
   a. For children, the diagnostic requirement is six symptoms of inattention and six symptoms of hyperactivity
   b. For Adults, the diagnostic requirement is five symptoms of inattention and five symptoms of hyperactivity
   c. Symptoms must be present prior to age seven
   d. Subtypes of ADHD have been reformulated as presentations

59. The DSM-5 disorder of Disruptive Mood Dysregulation Disorder was originally studied in the professional literature as:
   a. Callous and Unemotional Disorder
   b. Temper Dysphoria Disorder
   c. Persistent Depressive Disorder
   d. Defiant Disorder of Childhood

60. Disruptive Mood Dysregulation can be diagnosed as comorbid with the following disorders:
   a. Major Depressive Disorder, Attention Deficit/Hyperactivity Disorder, Conduct Disorder, and Intermittent Explosive Disorder
   b. Major Depressive Disorder, Intermittent Explosive Disorder, Conduct Disorder, and Oppositional Defiant Disorder
   c. Major Depressive Disorder, Attention Deficit/Hyperactivity Disorder, Conduct Disorder, and Substance Use Disorder
   d. Major Depressive Disorder, Attention Deficit/Hyperactivity Disorder, Bipolar Disorder, and Substance Use Disorder
61. The specifiers for schizophrenia of paranoid, disorganized, catatonic, undifferentiated, and residual have all been eliminated due to:
   a. Limited diagnostic stability,
   b. Low reliability,
   c. Poor validity.
   d. All the above

62. Specifiers for Bipolar I and Bipolar II include:
   a. With Anxious Distress
   b. With Mixed Features
   c. With Persistent Mood Disruption
   d. A and B

63. In Disruptive Mood Dysregulation Disorder, the extreme irritability presents in these individuals without the mood changes that so typically accompany the clinical picture of bipolar disorders.
   a. True
   b. False

64. A new DSM-5 diagnosis, Persistent Depressive Disorder, has as its major symptom cluster:
   a. Depressed mood for most of the day and most days for a period of at least two years.
   b. Criteria for Major Depressive Disorder have never been met.
   c. Cyclothymia criteria have been met
   d. A and B

65. In DSM-5, Substance/Medication Induced Anxiety Disorder, all of the following specifiers have been eliminated except:
   a. With Generalized Anxiety
   b. With Panic Attacks
   c. With Obsessive-Compulsive Symptoms
   d. With Onset During Withdrawal

66. In DSM-5, Social Anxiety Disorder has undergone some wording changes and a new specifier of:
   a. Adult Social Avoidance
   b. Schizotypal Traits
   c. Performance Only
   d. Social Alienation Type

67. DSM-5 added a new diagnostic classification of Hoarding Disorder the criteria of which focus on:
   a. Difficulty and distress in discarding or parting with possession
   b. Emphasizes the living space or work
   c. Excessive clutter, and makes living space unusable
   d. All the Above

68. The following new diagnosis has been added to DSM-5 after being included in the Chapter for Further Study in DSM-IV-TR:
   a. Trichotillomania (Hair-Pulling Disorder)
   b. Excoriation (Skin-Picking) Disorder
   c. Substance/Medication-Induced Obsessive-Compulsive Disorder
   d. None of the Above
69. Disinhibited Social Engagement Disorder is a new specifier for Reactive Attachment Disorder that has been added in DSM-5.
   a. True
   b. False

70. Criteria A for Posttraumatic Stress Disorder has been reworked to emphasize the fact that the traumatic event to which the individual has been exposed was:
   a. Actual or threatened death,
   b. Serious injury,
   c. Sexual violence.
   d. All the Above

71. Hypochondraisis of DSM-IV-TR has been changed to Illness Anxiety Disorder and specifiers have been added, including:
   a. Care-Seeking Type
   b. Care-Avoidant Type
   c. Excessive Health Services Shopping
   d. A and B

72. DSM-5 criteria for Anorexia Nervosa have undergone significant changes including:
   a. Removal of the 85% of normal body weight criteria
   b. Removal of the criteria for amenorrhea
   c. Severity specifiers based on body mass index
   d. All of the Above

73. The following new diagnosis has been added to DSM-5 after being included in the Chapter for Further Study in DSM-IV-TR:
   a. Binge-Purging Disorder
   b. Binge-Eating Disorder
   c. Restrictive Eating Disorder
   d. Restrictive-Purging Disorder

74. Bulimia Nervosa criteria have been changed in DSM-5 to:
   a. Add purging activities other than vomiting
   b. Lower the number and duration of purging activities
   c. Eliminate Purging and Non-Purging Types
   d. B and C

75. Binge Eating Disorder as defined in DSM-5 requires the following:
   a. Eating, in a discrete period of time, an amount of food that is definitely larger than what most people would eat
   b. A sense of lack of control over eating episodes.
   c. A and B
   d. B and C

76. The criteria for Enuresis and Encopresis, contained in DSM-5, remain virtually identical to what was identified in DSM-IV-TR.
   a. True
   b. False
77. Which of the following is not a specifier for the DSM-5 diagnosis of Narcolepsy?
   a. Narcolepsy without Cataplexy but with Hypocretin Deficiency
   b. Narcolepsy with Cataplexy but without Hypocretin Deficiency
   c. Autosomal Non-Dominant Cerebellar Ataxia, Deafness, and Narcolepsy
   d. Autosomal Dominant Narcolepsy, Obesity, and Type 2 Diabetes

78. DSM-5 has combined which of the following prior diagnoses into a single category called
   Female Sexual Interest/Arousal Disorder?
   a. Female Hypoactive Sexual Desire Disorder
   b. Female Sexual Arousal
   c. A and B
   d. A, B, and C

79. All of the Sexual Dysfunction/Disorders have specifiers of Lifelong, Acquired, Generalized,
   and Situational, except:
   a. Premature Ejaculation
   b. Genito-Pelvic Pain/Penetration Disorder
   c. Male Hypoactive Sexual Desire Disorder
   d. Female Sexual Interest/Arousal Disorder

80. The DSM-IV-TR exclusion for diagnosing individuals who met criteria for both Oppositional
    Defiant Disorder and Conduct Disorder as only having a Conduct Disorder has been
    changed in DSM-5 to:
    a. Diagnose only the Oppositional Defiant Disorder
    b. Diagnose only the Conduct Disorder
    c. Diagnose both Oppositional Defiant Disorder and Conduct Disorder
    d. It is impossible for one individual to meet both criteria at the same time

81. The criteria for Conduct Disorder have been modified in DSM-5 to include the following new
    specifier:
    a. Age of Onset
    b. Severity
    c. Lack of Prosocial Emotions
    d. All of the above

82. DSM-5 defines a Substance Use Disorder as a maladaptive pattern leading to clinically
    significant impairment or distress for at least:
    a. 3 months
    b. 6 months
    c. 9 months
    d. 12 months

83. Which symptom has been added to the new Substance Use Disorder diagnosis (which
    wasn't present in Substance Abuse or Dependence)?
    a. Recurrent legal problems
    b. Tolerance
    c. Withdrawal
    d. Craving
84. Which were added in DSM-5 as new diagnostic categories?
   a. Caffeine Withdrawal and Cannabis Use Disorder
   b. Cannabis Use Disorder and Energy Drink Dependence
   c. Energy Drink Dependence and Electronic Cigarette Withdrawal
   d. Electronic Cigarette Withdrawal and Caffeine Withdrawal

85. Which of the social and environmental issues were included in the Other Conditions That May Be a Focus of Clinical Attention the DSM-5:
   a. Child Sexual Abuse
   b. Child Psychological Abuse
   c. Adult Abuse by Nonspouse or Nonpartner
   d. All the above