

Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) Disorders Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. Which disorder involves sexual arousal from rubbing against a non-consenting person?**
 - A. Exhibitionism**
 - B. Frotteurism**
 - C. Transvestism**
 - D. Sexual Masochism**
- 2. What is the definition of a "psychotic" episode?**
 - A. A temporary increase in energy levels**
 - B. A break from reality in thinking and/or perceptions**
 - C. A severe depressive episode**
 - D. A state of chronic anxiety**
- 3. What is a prominent trait of Narcissistic Personality Disorder?**
 - A. Lack of concern for personal appearance**
 - B. Grandiose sense of self-importance and entitlement**
 - C. Desire to avoid attention at all costs**
 - D. Strong empathy towards others**
- 4. Which of the following describes a bizarre delusion?**
 - A. Belief that could occur in real life**
 - B. Belief that is improbable but possible**
 - C. Belief that is implausible and not grounded in reality**
 - D. Belief based on cultural norms**
- 5. What is the term for a nonsensical mixture of words with no meaningful relationship?**
 - A. Disorganized**
 - B. Derailment**
 - C. Word Salad**
 - D. Clang association**

- 6. Kleptomania is characterized by which of the following?**
- A. Recurrent aggressive outbursts**
 - B. Stealing out of necessity**
 - C. Stealing objects without need**
 - D. Fear of criticism**
- 7. What is a primary feature of Separation Anxiety Disorder?**
- A. Fear of performing in public**
 - B. An excessive fear of separation from a major attachment figure**
 - C. Difficulty concentrating and feeling restless**
 - D. Difficulty discarding possessions**
- 8. For a diagnosis of schizophrenia, how long must at least one core psychotic symptom persist?**
- A. 1 month**
 - B. 3 months**
 - C. 6 months**
 - D. 12 months**
- 9. Which of the following is a defining feature of Somatic Symptom Disorder?**
- A. Presence of multiple psychological disorders**
 - B. One or more distressing/disruptive somatic symptom**
 - C. Inability to carry out daily activities**
 - D. Symptoms must appear after a traumatic event**
- 10. What characterizes binge eating in the context of eating disorders?**
- A. Eating a large amount in a discrete period**
 - B. Eating slowly and mindfully**
 - C. Avoiding eating in social situations**
 - D. Regularly skipping meals to control weight**

Answers

SAMPLE

- 1. B**
- 2. B**
- 3. B**
- 4. C**
- 5. C**
- 6. C**
- 7. B**
- 8. C**
- 9. B**
- 10. A**

SAMPLE

Explanations

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1. Which disorder involves sexual arousal from rubbing against a non-consenting person?

- A. Exhibitionism**
- B. Frotteurism**
- C. Transvestism**
- D. Sexual Masochism**

The correct choice pertains to frotteurism, which is characterized by the sexual arousal that an individual experiences from rubbing against a non-consenting person, typically in crowded places. This behavior is often performed without the other person's awareness and is considered a paraphilic disorder, as it involves non-consensual interaction. The focus for those who engage in frotteurism is on the act of touching and rubbing as a means of achieving sexual satisfaction, and it frequently involves the perpetrator discreetly observing or taking advantage of a situation where contact can occur without consent. Other disorders listed, such as exhibitionism, involve deriving sexual pleasure from exposing oneself to non-consenting individuals, while transvestism pertains to the practice of dressing in clothes typically associated with the opposite sex, primarily for sexual excitement. Sexual masochism involves deriving pleasure from one's own suffering or humiliation, which does not involve the act of touching or rubbing against others in this non-consensual manner. Each of these disorders possesses distinct characteristics and motivations that differentiate them from frotteurism.

2. What is the definition of a "psychotic" episode?

- A. A temporary increase in energy levels**
- B. A break from reality in thinking and/or perceptions**
- C. A severe depressive episode**
- D. A state of chronic anxiety**

A "psychotic" episode is characterized by a significant disruption in an individual's thoughts and perceptions, leading to a break from reality. This manifests through symptoms such as hallucinations, where one may hear, see, or feel things that are not there, or delusions, which are strongly held beliefs that are contrary to reality. These experiences can profoundly impact an individual's ability to function in daily life and may be associated with various mental health conditions, including schizophrenia, bipolar disorder, and severe depression with psychotic features. Understanding this definition is crucial for differentiating psychosis from other psychological states. While options like energy level increases or severe depressive episodes describe other mental health phenomena, they do not encapsulate the core features of psychosis — namely, the distortion of reality. Similarly, chronic anxiety is a different psychological condition that involves pervasive worry and hyperarousal rather than a fundamental disconnect from reality. This clear distinction is vital for both diagnosis and treatment planning in clinical settings.

3. What is a prominent trait of Narcissistic Personality Disorder?

- A. Lack of concern for personal appearance**
- B. Grandiose sense of self-importance and entitlement**
- C. Desire to avoid attention at all costs**
- D. Strong empathy towards others**

A prominent trait of Narcissistic Personality Disorder is a grandiose sense of self-importance and entitlement. Individuals with this disorder often have an inflated view of themselves and believe they are superior to others. This manifests as an exaggerated sense of achievement and talents, as well as an expectation of recognition and admiration without commensurate achievements. They may also feel entitled to special treatment and believe that only other special or high-status people can understand them. This characteristic is a core component of narcissistic personality features and significantly impacts their interpersonal relationships, leading to difficulty in maintaining healthy social connections. The focus on self and the need for affirmation from others are defining elements of the disorder, making option B the most accurate description of a prominent trait of Narcissistic Personality Disorder.

4. Which of the following describes a bizarre delusion?

- A. Belief that could occur in real life**
- B. Belief that is improbable but possible**
- C. Belief that is implausible and not grounded in reality**
- D. Belief based on cultural norms**

The description of a bizarre delusion is accurately characterized as a belief that is implausible and not grounded in reality. In the context of the DSM-5, bizarre delusions are defined as beliefs that a reasonable person would find completely implausible. These delusions often involve scenarios that are not just improbable but defy all logic and understanding of the real world. For instance, if someone believes that they are being controlled by aliens or that they have been transformed into a non-human entity, these beliefs typically align with what constitutes a bizarre delusion. The other descriptions do not fit the definition of a bizarre delusion. For example, beliefs that could occur in real life or are improbable but possible do not meet the criteria for being classified as bizarre, as they can be grounded in reality or have some degree of possibility. Similarly, a belief based on cultural norms doesn't qualify as bizarre since it is often accepted within the context of a specific cultural framework; thus, it lacks the element of implausibility that defines a bizarre delusion.

5. What is the term for a nonsensical mixture of words with no meaningful relationship?

- A. Disorganized**
- B. Derailment**
- C. Word Salad**
- D. Clang association**

The term "word salad" specifically refers to a nonsensical mixture of words that are strung together without any meaningful relationships or coherent structure. This phenomenon is often observed in certain psychiatric conditions, particularly in schizophrenia, where individuals may present with speech that lacks logical flow or clarity. In this context, "word salad" accurately captures the chaotic nature of the speech pattern, distinguishing it from other terms that relate to speech abnormalities. Disorganized speech may encompass a broader range of disrupted language patterns, while derailment suggests a shift in topic that may still retain some sense of conversation. Clang association refers to speech patterns that emphasize sounds rather than meaning, leading to phrases that rhyme or share similar phonetic qualities. Thus, "word salad" is the most fitting description for a collection of words lacking any coherent meaning.

6. Kleptomania is characterized by which of the following?

- A. Recurrent aggressive outbursts**
- B. Stealing out of necessity**
- C. Stealing objects without need**
- D. Fear of criticism**

Kleptomania is specifically characterized by a recurrent urge to steal objects that are not needed for personal use or for their monetary value. Individuals with kleptomania experience a compulsion to steal that is driven by psychological urges rather than a need for the items or economic necessity. This impulse leads them to take things that they could afford to buy or that do not serve any functional purpose in their lives. In this context, stealing occurs despite understanding that it is inappropriate or illegal, and it often leads to significant distress or impairment in social, occupational, or other functioning. The distinguishing feature of kleptomania is the lack of necessity or justification for the theft, which separates it from other behavior such as shoplifting driven by financial need or pressure. The other choices do not reflect the core characteristics of kleptomania, as they pertain to different behavioral issues or motivations that are not aligned with the diagnostic criteria for this specific disorder.

7. What is a primary feature of Separation Anxiety Disorder?

- A. Fear of performing in public
- B. An excessive fear of separation from a major attachment figure**
- C. Difficulty concentrating and feeling restless
- D. Difficulty discarding possessions

Separation Anxiety Disorder is characterized primarily by an excessive and persistent fear or anxiety regarding separation from home or major attachment figures, such as parents or caregivers. This anxiety often manifests as distress when anticipating or experiencing separation, leading to significant disruptions in daily functioning. Children with Separation Anxiety Disorder may exhibit clinging behavior, nightmares about separation, and complaints of physical symptoms when faced with the prospect of being separated. The other options represent features associated with different disorders: the fear of performing in public is more aligned with Social Anxiety Disorder; difficulty concentrating and feeling restless may indicate Generalized Anxiety Disorder; and difficulty discarding possessions is a hallmark of Hoarding Disorder. Each of these symptoms belongs to distinct diagnostic categories, emphasizing the specific nature of Separation Anxiety Disorder in relation to attachment and separation issues.

8. For a diagnosis of schizophrenia, how long must at least one core psychotic symptom persist?

- A. 1 month
- B. 3 months
- C. 6 months**
- D. 12 months

The diagnosis of schizophrenia requires that at least one core psychotic symptom persists for a minimum of 6 months. This duration is detailed in the DSM-5, which specifies that while the active-phase symptoms must be present for at least 1 month, the broader timeline includes a total duration of 6 months of continuous disturbance. This period must encompass at least one month of prominent symptoms and may include a prodromal or residual phase during which the individual experiences signs of the disorder but possibly at a reduced intensity. Therefore, selecting the option stating 6 months aligns with the DSM-5 criteria for diagnosing schizophrenia, reaffirming the necessity for sustained symptoms to ensure the disorder's chronic nature is accurately captured.

9. Which of the following is a defining feature of Somatic Symptom Disorder?

- A. Presence of multiple psychological disorders**
- B. One or more distressing/disruptive somatic symptom**
- C. Inability to carry out daily activities**
- D. Symptoms must appear after a traumatic event**

The defining feature of Somatic Symptom Disorder is the presence of one or more distressing or disruptive somatic symptoms. This disorder is characterized by the individual experiencing physical symptoms that cause significant distress or impairment in social, occupational, or other important areas of functioning. These symptoms may or may not have an identifiable medical cause but are primarily recognized for their psychological impact. In contrast to other options, the presence of multiple psychological disorders is not a requirement for diagnosing Somatic Symptom Disorder. While individuals may experience other psychological conditions, they are not defining features of this specific diagnosis. Additionally, the inability to carry out daily activities can occur due to the disorder, but it is not a defining characteristic on its own; rather, it is a consequence of the distress caused by the symptoms. Lastly, symptoms arising specifically after a traumatic event would pertain more to trauma-related disorders, such as PTSD, rather than Somatic Symptom Disorder, where the focus is on the somatic symptoms regardless of any traumatic history. Thus, option B accurately captures the essence of the disorder as it emphasizes the somatic symptom itself as the central aspect.

10. What characterizes binge eating in the context of eating disorders?

- A. Eating a large amount in a discrete period**
- B. Eating slowly and mindfully**
- C. Avoiding eating in social situations**
- D. Regularly skipping meals to control weight**

Binge eating is characterized by consuming a significantly large amount of food within a relatively short period of time, often accompanied by a sense of loss of control over eating. This behavioral pattern is typically associated with emotional distress and can lead to various health complications. The definition in the context of eating disorders involves not just the quantity of food consumed but also the psychological components, such as feelings of shame or guilt following the episode. Such episodes are distinct and stand apart from typical overeating behaviors, which may not be accompanied by the same emotional ramifications. In contrast, the other options describe behaviors or attitudes towards eating that do not align with the key features of binge eating. Eating slowly and mindfully reflects a more controlled and healthy eating pattern, while avoiding social situations to obscure eating habits does not describe the act of binge eating itself. Skipping meals as a strategy to manage weight also diverges from the binge eating definition by emphasizing restriction rather than excessive consumption. Thus, the correct answer clearly encapsulates the fundamental aspects of binge eating as recognized in eating disorder frameworks.