

New CED - Psychological Disorders Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Hypomanic episodes are described as less severe and shorter in duration than manic episodes.**
 - A. True**
 - B. False**
 - C. Not specified**
 - D. Always accompanied by psychosis**

- 2. Deviation from norms in diagnosis refers to behaviors and emotions that differ significantly from what?**
 - A. What is considered appropriate or typical for a social group.**
 - B. Statistical averages.**
 - C. Legal standards.**
 - D. Biological norms.**

- 3. Schizophrenic spectrum disorders are described as a group of severe disorders characterized by disorganized and delusional thinking, disturbed perceptions, and inappropriate emotions and actions. Which term describes this group?**
 - A. Schizophrenic spectrum disorders**
 - B. Mood disorders**
 - C. Anxiety disorders**
 - D. Personality disorders**

- 4. Which personality disorder is described as instability in interpersonal relationships, self-image, and emotions, with impulsivity and fear of abandonment?**
 - A. Borderline personality disorder**
 - B. Schizoid personality disorder**
 - C. Narcissistic personality disorder**
 - D. Antisocial personality disorder**

- 5. Which statement best defines specific phobia?**
 - A. A mood disorder characterized by persistent sadness**
 - B. An anxiety disorder marked by a persistent, irrational fear and avoidance of a specific object, activity, or situation**
 - C. A dining disorder**
 - D. An anxiety disorder characterized by fear of crowds**

- 6. Which statement best describes the ICD?**
- A. A classification of health conditions compiled by the World Health Organization.**
 - B. A manual for diagnosing personality disorders.**
 - C. A system for coding laboratory results.**
 - D. A set of guidelines for psychotherapy techniques.**
- 7. Which cluster would include avoidant, dependent, and obsessive-compulsive personality disorders?**
- A. Cluster A**
 - B. Cluster B**
 - C. Cluster C**
 - D. Cognitive perspective**
- 8. The term describing a jumble of incoherent speech heard in schizophrenia is called what?**
- A. Word salad**
 - B. Flight of ideas**
 - C. Neologism**
 - D. Clang association**
- 9. Dependent personality disorder is characterized by which pattern?**
- A. Pattern of clinging and obedience, fear of separation, and ongoing need to be taken care of.**
 - B. Chronic irritability and aggression.**
 - C. Excessive self confidence and risk taking.**
 - D. Recurrent panic attacks.**
- 10. Dissociative amnesia is characterized by:**
- A. Sudden and extensive inability to recall important personal information, usually of a traumatic or stressful nature.**
 - B. Chronic difficulty sleeping.**
 - C. Repeated intrusive memories.**
 - D. Selective attention difficulties.**

Answers

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

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Explanations

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1. Hypomanic episodes are described as less severe and shorter in duration than manic episodes.

A. True

B. False

C. Not specified

D. Always accompanied by psychosis

Hypomania is a milder form of mania, so the symptoms mirror mania (elevated or irritable mood, increased energy, rapid thoughts, decreased need for sleep) but without the same level of disruption. The key distinctions are duration and impairment: hypomanic episodes endure at least four consecutive days, while manic episodes last at least seven days (unless hospitalization occurs). Hypomania does not typically cause the marked impairment in functioning or the need for hospitalization that mania often does; psychotic features are more common in mania than in hypomania. Because of the lower severity and shorter duration, the statement correctly describes hypomanic episodes.

2. Deviation from norms in diagnosis refers to behaviors and emotions that differ significantly from what?

A. What is considered appropriate or typical for a social group.

B. Statistical averages.

C. Legal standards.

D. Biological norms.

Deviating from norms in diagnosis looks at how a person's behaviors and emotions compare to what is considered appropriate or typical within their social group. Norms are the shared expectations about conduct in a given culture or community, and they can vary across times and places. When someone's actions stand out as far outside those expectations, it signals potential clinical significance, especially if the deviation causes distress or interferes with daily functioning. It's not just about being rare or unusual (that would be a statistical view), nor about legal or biological standards. The emphasis is on whether the behavior diverges from what the social group sees as appropriate or typical, in a way that matters clinically.

3. Schizophrenic spectrum disorders are described as a group of severe disorders characterized by disorganized and delusional thinking, disturbed perceptions, and inappropriate emotions and actions. Which term describes this group?

A. Schizophrenic spectrum disorders

B. Mood disorders

C. Anxiety disorders

D. Personality disorders

Disorganized thinking, delusions, perceptual disturbances, and inappropriate affect point to a psychotic condition that sits in the schizophrenia spectrum. The term that describes this group is schizophrenic spectrum disorders, which encompasses schizophrenia and related psychotic disorders that share these core features. This grouping distinguishes them from mood disorders (where mood symptoms are primary), anxiety disorders (primarily fear or worry), or personality disorders (enduring patterns of behavior and experience).

4. Which personality disorder is described as instability in interpersonal relationships, self-image, and emotions, with impulsivity and fear of abandonment?

- A. Borderline personality disorder**
- B. Schizoid personality disorder
- C. Narcissistic personality disorder
- D. Antisocial personality disorder

The pattern described is Borderline Personality Disorder. It centers on instability in how a person feels about themselves and others, plus highly variable emotions and relationships. People with this pattern often swing between idealizing and devaluing people in their lives, leading to turbulent, unstable relationships. Impulsive acts—such as reckless spending, binge eating, or risky behaviors—are common ways they cope with distress. A core driver is a fear of abandonment, which can trigger frantic efforts to avoid real or imagined separation and contribute to the push-pull dynamics in relationships. This set of features fits Borderline Personality Disorder, whereas schizoid personality disorder involves emotional detachment and little desire for closeness, narcissistic personality disorder centers on grandiosity and a need for admiration, and antisocial personality disorder focuses on disregard for others' rights and rules without the hallmark fear of abandonment or emotional volatility.

5. Which statement best defines specific phobia?

- A. A mood disorder characterized by persistent sadness
- B. An anxiety disorder marked by a persistent, irrational fear and avoidance of a specific object, activity, or situation**
- C. A dining disorder
- D. An anxiety disorder characterized by fear of crowds

Specific phobia is an anxiety disorder characterized by an intense, irrational fear of a particular object or situation, which leads to avoidance and can cause distress or impairment. The statement that describes a persistent, irrational fear and avoidance of a specific object, activity, or situation fits this definition exactly, and the fear is disproportionate to any real danger. Other options point to different issues: a mood disorder with persistent sadness describes depression; a dining disorder refers to an eating disorder; and a fear of crowds aligns more with agoraphobia or a form of social anxiety, not a single specific object or situation.

6. Which statement best describes the ICD?

- A. A classification of health conditions compiled by the World Health Organization.**
- B. A manual for diagnosing personality disorders.
- C. A system for coding laboratory results.
- D. A set of guidelines for psychotherapy techniques.

The ICD is a global framework for classifying diseases and other health conditions, maintained by the World Health Organization. It provides standardized codes that doctors and health systems use to record diagnoses, track health trends, and support billing and administrative processes across different countries. This makes it distinct from manuals that focus on diagnosing personality disorders, systems for coding laboratory results, or guidelines for psychotherapy techniques.

7. Which cluster would include avoidant, dependent, and obsessive-compulsive personality disorders?

- A. Cluster A**
- B. Cluster B**
- C. Cluster C**
- D. Cognitive perspective**

The three disorders share a pattern of anxiety and fearfulness that affects how someone relates to others and handles daily life, so they belong to the anxious/fearful cluster. Avoidant personality disorder involves social inhibition and hypersensitivity to rejection; dependent personality disorder shows a strong need to be cared for and fear of separation; obsessive-compulsive personality disorder emphasizes perfectionism, rigidity, and a need for control. This common anxious/fearful presentation is why they're grouped together in Cluster C. The other clusters capture different patterns—Cluster A includes odd or eccentric types, while Cluster B includes dramatic or erratic types—and the cognitive perspective is not a cluster of personality disorders at all.

8. The term describing a jumble of incoherent speech heard in schizophrenia is called what?

- A. Word salad**
- B. Flight of ideas**
- C. Neologism**
- D. Clang association**

In schizophrenia, disorganized speech reflects a disruption in thought organization. When speech becomes a jumble of incoherent, illogical fragments that are hard to understand, that pattern is described as word salad. It literally conveys speech that lacks a meaningful connection between words and ideas. This differs from other language disturbances: flight of ideas involves rapid, often connected shifts from one idea to another, though the flow may be pressured or tangential; neologisms are new, made-up words that may carry meaning for the speaker; clang associations are links based on sound or rhyme rather than meaning. Word salad best captures the truly nonsensical, incoherent string of words.

9. Dependent personality disorder is characterized by which pattern?

- A. Pattern of clinging and obedience, fear of separation, and ongoing need to be taken care of.**
- B. Chronic irritability and aggression.**
- C. Excessive self confidence and risk taking.**
- D. Recurrent panic attacks.**

Dependent personality disorder involves a pervasive pattern of excessive dependence on others for support and decision-making, marked by clingy and obedient behavior and a deep fear of separation. People with this pattern typically struggle to make everyday decisions without excessive reassurance, go to great lengths to obtain nurturance, and feel uncomfortable or helpless when they are alone. They may urgently seek new relationships to ensure that someone will take care of them, and they often defer to others due to a belief that they cannot care for themselves. The description matches these features exactly. Other patterns describe different disorders: chronic irritability and aggression point to mood or behavioral disorders, excessive self-confidence and risk-taking align with narcissistic or antisocial traits, and recurrent panic attacks are characteristic of panic disorder.

10. Dissociative amnesia is characterized by:

- A. Sudden and extensive inability to recall important personal information, usually of a traumatic or stressful nature.**
- B. Chronic difficulty sleeping.**
- C. Repeated intrusive memories.**
- D. Selective attention difficulties.**

Dissociative amnesia centers on a sudden, extensive inability to recall important personal information, usually of a traumatic or stressful nature. This memory loss goes beyond ordinary forgetfulness and cannot be explained by ordinary neurological problems or substance use. The gap is in autobiographical memory about the person's life, which can sometimes include wandering or travel in related forms (dissociative fugue). Other options point to different issues—chronic sleep trouble describes insomnia, intrusive memories are more characteristic of PTSD, and selective attention problems relate to other cognitive or developmental disorders. The defining feature here is the abrupt and substantial loss of personal memory tied to trauma or stress.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://newcedpsychdisorders.examzify.com>

We wish you the very best on your exam journey. You've got this!

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