

Practice Quiz Pack 02

Bipolar & Depressive (Ch 3-4)

Printable practice set. Questions first, full answer key at the end of each chapter.

Chapter 3 — Bipolar & Related Disorders

Practice Questions

1. What is the minimum duration of a manic episode (in the absence of hospitalization)?
 - A. 1 week
 - B. 4 days
 - C. 2 weeks
 - D. 1 month
2. A hypomanic episode must last at least:
 - A. 2 days
 - B. 4 days
 - C. 1 week
 - D. 2 weeks
3. Assuming the required diagnostic exclusions are met, a single lifetime manic episode is sufficient for which diagnosis?
 - A. Bipolar II Disorder
 - B. Cyclothymic Disorder
 - C. Bipolar I Disorder
 - D. Major Depressive Disorder with mixed features
4. Which combination defines Bipolar II Disorder?
 - A. At least one manic episode
 - B. Two years of sub-threshold mood symptoms
 - C. A major depressive episode with three manic symptoms
 - D. At least one hypomanic episode and at least one major depressive episode, with no history of mania
5. If a patient develops psychotic features during a high, the episode can still be classified as hypomanic. True / False
6. Bipolar II Disorder is best described as a milder form of Bipolar I. True / False
7. When the manic mood is irritable rather than elevated, at least four of the DIG FAST symptoms are required. True / False
8. Having four or more mood episodes within a single year is captured by the specifier 'with _____.'
9. A manic or hypomanic episode with at least three qualifying depressive symptoms present during most days is coded with the specifier 'with _____.'
10. Which feature most reliably separates mania from hypomania?
 - A. Marked impairment, hospitalization, or psychotic features
 - B. Decreased need for sleep
 - C. Grandiosity
 - D. Racing thoughts
11. A 24-year-old has had, over the past three years, frequent short stretches of elevated energy and reduced sleep that never reached a full hypomanic episode, alternating with low periods that never met criteria for a major depressive episode; the symptoms have been present at least half the time, with no symptom-free stretch longer than two months, and cause clinically significant distress. Best fit?
 - A. Bipolar I Disorder
 - B. Cyclothymic Disorder
 - C. Bipolar II Disorder
 - D. Major Depressive Disorder
12. A patient on an antidepressant develops, after two days, a clear hypomanic syndrome that persists well beyond the drug's physiological effect. The best interpretation is:
 - A. This can never count toward a bipolar diagnosis
 - B. It is automatically Bipolar I
 - C. A hypomanic episode that persists beyond the physiological effect of treatment can count toward a bipolar diagnosis
 - D. It is Cyclothymic Disorder
13. Which presentation points to borderline personality disorder rather than bipolar disorder?
 - A. Mood shifts lasting one to two weeks
 - B. A week of decreased need for sleep with grandiosity
 - C. A hypomanic episode followed by a major depressive episode
 - D. Rapid, reactive mood swings within hours, triggered by interpersonal conflict, with chronic emptiness and fear of abandonment

14. Match each term (left) to its defining feature (right).

- | | |
|-------------------------|---|
| 1. Manic episode | A. ≥ 4 days, observable change, no marked impairment or psychosis |
| 2. Hypomanic episode | B. ≥ 4 mood episodes in 12 months |
| 3. Cyclothymic Disorder | C. ≥ 1 week (or hospitalization), marked impairment or psychosis |
| 4. Rapid cycling | D. ≥ 2 years of sub-threshold highs and lows, $\geq$ half the time |

15. A college student is brought in after three days of escalating symptoms: no sleep, rapid speech, grandiose plans to 'revolutionize physics,' a spending spree that maxed two credit cards, and now a voice praising his genius. He requires hospitalization because of the severity, and substance and medical causes are excluded. Most likely diagnosis?

- A. Bipolar I Disorder
- B. Bipolar II Disorder
- C. Cyclothymic Disorder
- D. Hypomanic episode, unspecified

Cyclothymic disorder and course

16. Cyclothymic disorder requires sub-threshold highs and lows for at least:

- A. 2 weeks
- B. 2 years in adults (1 year in youth)
- C. 6 months
- D. 5 years

17. During the required period of cyclothymic disorder, the person is never symptom-free for more than:

- A. 2 weeks
- B. 6 months
- C. 2 months
- D. 1 year

18. If a full manic, hypomanic, or major depressive episode occurs during the first two years, the diagnosis is no longer cyclothymic disorder. True / False

19. Cyclothymic disorder carries a risk of progressing to:

- A. Schizophrenia
- B. A neurocognitive disorder
- C. An eating disorder
- D. Bipolar I or II disorder

20. Bipolar disorder carries a high risk of suicide, particularly during depressive and mixed states. True / False

21. The average age of onset of bipolar I disorder is approximately:

- A. The late teens to early twenties
- B. After age 60
- C. Before age 5
- D. In the seventies

22. Chronic sub-threshold highs and lows for 2+ years define _____ disorder.

Specifiers

23. A manic episode with at least three qualifying depressive symptoms present during most days is specified as:

- A. With rapid cycling
- B. With mixed features
- C. Melancholic
- D. Seasonal

24. Four or more mood episodes within twelve months is specified as:

- A. With mixed features
- B. With psychotic features
- C. With rapid cycling
- D. With peripartum onset

25. A manic episode with delusions of grandeur is specified as:

- A. With anxious distress
- B. Melancholic
- C. Atypical
- D. With psychotic features

26. A mood episode beginning during pregnancy or within four weeks after delivery is specified as:

- A. With peripartum onset
- B. Seasonal pattern
- C. With rapid cycling
- D. Melancholic

27. The anxious distress and mixed features specifiers can be applied to bipolar mood episodes. True / False

28. Rapid cycling is associated with:

- A. Spontaneous cure
- B. A more difficult course and treatment response
- C. No clinical significance
- D. A psychotic disorder

29. Four or more mood episodes in a year is the specifier 'with _____'.

Differentials and related

30. Which feature points to borderline personality disorder rather than bipolar disorder?

- A. A week of decreased need for sleep and grandiosity
- B. A sustained hypomanic episode
- C. Rapid, reactive mood shifts within hours, triggered by interpersonal events
- D. A discrete depressive episode

31. Which best separates bipolar disorder from ADHD in a child?

- A. They are identical
- B. ADHD has manic episodes
- C. Bipolar has no mood change
- D. Bipolar features distinct episodes with elevated mood and decreased need for sleep; ADHD is a chronic, non-episodic pattern of inattention and hyperactivity

32. A patient has an uninterrupted period of illness in which a full major mood episode occurs concurrently with schizophrenia Criterion A symptoms. Delusions or hallucinations also persist for at least 2 weeks without a major mood episode. Full major mood episodes occupy most of the active and residual course, and substance and medical causes have been excluded. Which diagnosis is most appropriate?

- A. Schizoaffective disorder
- B. Bipolar I disorder with psychotic features
- C. Cyclothymic disorder
- D. Major depressive disorder

33. A manic-like state caused directly by a stimulant that clears when the drug wears off is:

- A. Bipolar I disorder
- B. Substance/medication-induced bipolar and related disorder
- C. Cyclothymic disorder
- D. Schizoaffective disorder

34. A manic-like state caused directly by hyperthyroidism is:

- A. Bipolar I disorder
- B. Cyclothymic disorder
- C. Bipolar and related disorder due to another medical condition
- D. Schizoaffective disorder

35. A hypomanic episode emerging during antidepressant treatment and persisting well beyond the drug's physiological effect can count toward a bipolar diagnosis. True / False

36. Which diagnosis requires at least one hypomanic episode and at least one major depressive episode, with no history of mania?

- A. Bipolar I disorder
- B. Cyclothymic disorder
- C. Major depressive disorder
- D. Bipolar II disorder

37. A 22-year-old has had one manic episode requiring hospitalization and several depressive episodes. Diagnosis?

- A. Bipolar I disorder
- B. Bipolar II disorder
- C. Cyclothymic disorder
- D. Major depressive disorder

38. A 27-year-old has had several hypomanic episodes and major depressive episodes but never a full manic episode. Diagnosis?

- A. Bipolar I disorder
- B. Bipolar II disorder

- C. Cyclothymic disorder
 - D. Schizoaffective disorder
- 39.** Bipolar II disorder is simply a milder form of bipolar I. True / False
- 40.** Which symptom is part of a manic episode (DIG FAST) but not a depressive episode?
- A. Fatigue
 - B. Anhedonia
 - C. Decreased need for sleep with increased energy
 - D. Guilt
- 41.** In the DIG FAST mnemonic, the 'I' most commonly denotes:
- A. Insomnia
 - B. Irritability
 - C. Inattention
 - D. Indiscretion (risky, pleasurable activity)
- 42.** A manic episode requires a minimum duration of one week, UNLESS:
- A. Hospitalization is required (then any duration counts)
 - B. The person is young
 - C. There is no sleep change
 - D. It is the first episode
- 43.** A hypomanic episode requires a minimum duration of:
- A. 1 week
 - B. 4 days
 - C. 2 days
 - D. 2 weeks
- 44.** Psychotic features during a high are compatible with a hypomanic episode. True / False
- 45.** When the manic mood is irritable rather than elevated, how many DIG FAST symptoms are required?
- A. Three
 - B. Two
 - C. Four
 - D. One
- 46.** A college student has three days of no sleep, grandiosity, and a spending spree, now hears a voice praising him, and requires hospitalization because of the severity; substance and medical causes are excluded. Diagnosis?
- A. Bipolar II disorder
 - B. Cyclothymic disorder
 - C. Hypomanic episode
 - D. Bipolar I disorder
- 47.** Hypomania is often enjoyed by the patient and may require collateral history to detect. True / False
- 48.** Which change belongs to DSM-5 (2013) regarding manic/hypomanic episodes?
- A. Requiring increased activity or energy alongside mood in Criterion A
 - B. Adding prolonged grief disorder
 - C. Adding suicidal behavior codes
 - D. Refreshing text
- 49.** Which is the best single discriminator between a manic and a hypomanic episode?
- A. Decreased need for sleep
 - B. Marked impairment, hospitalization, or psychotic features (which define mania)
 - C. Grandiosity
 - D. Racing thoughts
- 50.** Match each diagnosis (left) to its defining feature (right).
- | | |
|-------------------------|--|
| 1. Bipolar I disorder | A. Hypomania plus major depression, no mania |
| 2. Bipolar II disorder | B. 4+ mood episodes in 12 months |
| 3. Cyclothymic disorder | C. At least one manic episode |
| 4. Rapid cycling | D. 2+ years of sub-threshold highs and lows |
- 51.** A patient referred for 'treatment-resistant depression' had a past episode of at least four days of elevated energy, reduced sleep, and pressured speech noticed by others, with a clear change in functioning but no marked impairment, hospitalization, or psychosis; a major depressive episode is confirmed and there is no history of mania. The frame should be:
- A. Major depressive disorder
 - B. Cyclothymic disorder
 - C. Bipolar II disorder (the past episode was hypomanic)
 - D. Schizoaffective disorder

- 52.** Antidepressant monotherapy can worsen the course in a patient whose depression is actually part of a bipolar disorder. True / False
- 53.** Which is NOT a DIG FAST manic symptom?
- Distractibility
 - Flight of ideas
 - Grandiosity
 - Anhedonia
- 54.** A 24-year-old has three years of frequent short stretches of elevated energy and reduced sleep that never reach a hypomanic episode, alternating with low periods that never reach major depression; symptoms are present at least half the time, never absent for more than two months, with clinically significant distress. Diagnosis?
- Cyclothymic disorder
 - Bipolar I disorder
 - Bipolar II disorder
 - Major depressive disorder
- 55.** A single hypomanic episode alone, with no major depressive episode, is sufficient to diagnose bipolar II disorder. True / False
- 56.** The depressive episodes of bipolar disorder are clinically important because:
- They are always mild
 - They account for much of the disability and suicide risk
 - They never require attention
 - They are the same as mania
- 57.** Which presentation is most consistent with a mixed-features manic episode?
- Pure euphoria only
 - Chronic low mood for years
 - A manic episode with concurrent depressed mood, guilt, and fatigue
 - Premenstrual symptoms
- 58.** A diagnosis of bipolar disorder requires that a substance or medical condition not fully account for the mood episodes. True / False
- 59.** When assessing a patient with depression, which question is most useful for identifying a possible history of mania or hypomania?
- What is their favorite food?
 - Where do they live?
 - How old are they?
 - Has there ever been a distinct episode of elevated or irritable mood with increased energy and a decreased need for sleep?
- 60.** A manic or hypomanic episode carrying at least three qualifying depressive symptoms during most days is specified 'with _____.'

Answer Key

- **1: A.** One week (or any length if hospitalized).
- **2: B.** Four days.
- **3: C.** One manic episode = Bipolar I.
- **4: D.** Hypomania + MDE, never mania = Bipolar II.
- **5: False.** Psychosis means mania, not hypomania.
- **6: False.** Bipolar II is defined by the high's ceiling, not by mild depression.
- **7: True.** Irritable-only mood needs four symptoms.
- **8: rapid cycling.**
- **9: mixed features.**
- **10: A.** Severity (impairment, hospitalization, psychosis) divides mania from hypomania.
- **11: B.** Chronic sub-threshold course = Cyclothymic Disorder.
- **12: C.** Treatment-emergent hypomania that persists can count.
- **13: D.** Reactive, hourly, interpersonal swings = borderline, not bipolar.
- **14: 1-C, 2-A, 3-D, 4-B.**
- **15: A.** Psychosis makes it mania; one manic episode = Bipolar I.
- **16: B.** 2 years (1 in youth).
- **17: C.** No more than 2 months symptom-free.
- **18: True.** A full episode rules out cyclothymia.
- **19: D.** May progress to bipolar I or II.
- **20: True.** High suicide risk (depressive/mixed).
- **21: A.** Late teens to early twenties.

- **22: cyclothymic.**
- **23: B.** With mixed features.
- **24: C.** With rapid cycling.
- **25: D.** With psychotic features.
- **26: A.** With peripartum onset.
- **27: True.** Anxious distress and mixed features apply.
- **28: B.** More difficult course.
- **29: rapid cycling.**
- **30: C.** Reactive hourly swings = borderline.
- **31: D.** Episodic (bipolar) vs chronic (ADHD).
- **32: A.** Schizoaffective disorder.
- **33: B.** Substance/medication-induced.
- **34: C.** Due to another medical condition.
- **35: True.** Persistent treatment-emergent episode counts.
- **36: D.** Bipolar II.
- **37: A.** Bipolar I (one manic episode).
- **38: B.** Bipolar II.
- **39: False.** Defined by the ceiling, not mild depression.
- **40: C.** Decreased need for sleep with energy.
- **41: D.** Indiscretion.
- **42: A.** Hospitalization lowers the duration bar.
- **43: B.** 4 days.
- **44: False.** Psychosis means mania.
- **45: C.** Four symptoms (irritable-only mood).
- **46: D.** Bipolar I (psychosis = mania).
- **47: True.** Hypomania hides; use collateral.
- **48: A.** Activity/energy added to Criterion A (DSM-5).
- **49: B.** Impairment, hospitalization, or psychosis.
- **50: 1-C, 2-A, 3-D, 4-B.**
- **51: C.** Bipolar II (past hypomania).
- **52: True.** Antidepressant monotherapy can worsen it.
- **53: D.** Anhedonia is depressive.
- **54: A.** Cyclothymic disorder.
- **55: False.** Needs hypomania plus major depression.
- **56: B.** Depressive/mixed phases drive disability and risk.
- **57: C.** Mania with depressive symptoms = mixed features.
- **58: True.** Exclude substance/medical cause.
- **59: D.** Screen for a past manic or hypomanic episode.
- **60: mixed features.**

Chapter 4 — Depressive Disorders

Practice Questions

The group, MDD core, and SIG-E-CAPS

1. What is the minimum number of the nine symptoms required for a major depressive episode during the same two-week period?
 - A. Five
 - B. Three
 - C. Four
 - D. Seven
2. At least one of the five symptoms must be:
 - A. Insomnia
 - B. Depressed mood or loss of interest/pleasure (anhedonia)
 - C. Weight loss
 - D. Fatigue
3. The minimum duration for a major depressive episode is:
 - A. 2 days
 - B. 1 month
 - C. 2 weeks
 - D. 6 months
4. In the SIG-E-CAPS mnemonic, the 'I' stands for:
 - A. Insomnia
 - B. Irritability
 - C. Indecision
 - D. Interest (anhedonia)
5. Which is NOT one of the nine major depressive symptoms?
 - A. Grandiosity
 - B. Fatigue
 - C. Worthlessness or guilt
 - D. Concentration difficulty
6. When a patient presents with depression, which screen is most useful for distinguishing unipolar from bipolar depression?
 - A. Blood pressure
 - B. A past manic or hypomanic episode (which would indicate bipolar disorder)
 - C. Family income
 - D. Age of onset
7. Anhedonia means a loss of interest or pleasure in activities previously enjoyed. True / False
8. Which disorders did DSM-5 newly create in this chapter?
 - A. Major depressive disorder and dysthymia
 - B. Bipolar I and II
 - C. Disruptive mood dysregulation disorder and premenstrual dysphoric disorder
 - D. Prolonged grief disorder
9. DSM-5 removed the bereavement exclusion, so major depression can be diagnosed during grief with clinical judgment. True / False
10. In a major depressive episode, what frequency and duration generally apply to the core symptoms of depressed mood or markedly diminished interest or pleasure?
 - A. A few minutes daily
 - B. Only in the evening
 - C. Once a week
 - D. Most of the day, nearly every day, for two weeks
11. In SIG-E-CAPS, the final 'S' stands for _____.
12. Which finding would move a depressive presentation to the bipolar chapter?
 - A. A confirmed past manic or hypomanic episode meeting the full episode criteria and the appropriate exclusions
 - B. Insomnia
 - C. Low energy
 - D. Poor concentration

MDD criteria, specifiers, and bereavement

- 13.** Which specifier describes a depressive episode with prominent worry and tension?
 - A. Melancholic
 - B. With anxious distress
 - C. Atypical
 - D. With psychotic features
- 14.** The melancholic specifier is characterized by:
 - A. Mood reactivity and increased appetite
 - B. Delusions
 - C. Loss of pleasure in nearly all activities, early-morning awakening, and worse mood in the morning
 - D. Seasonal timing
- 15.** The atypical specifier includes:
 - A. Early awakening and weight loss
 - B. Delusions
 - C. Catatonia
 - D. Mood reactivity, increased appetite or weight, hypersomnia, and leaden paralysis
- 16.** A depressive episode with onset during pregnancy or within four weeks after delivery is specified as:
 - A. With peripartum onset
 - B. Seasonal pattern
 - C. Melancholic
 - D. Atypical
- 17.** Recurrent major depressive episodes that reliably begin in the fall and remit in spring are specified as:
 - A. With peripartum onset
 - B. With seasonal pattern
 - C. Melancholic
 - D. With mixed features
- 18.** A depressive episode with at least three qualifying non-overlapping manic-side symptoms during most days (but not a full manic or hypomanic episode) is specified as:
 - A. Melancholic
 - B. Atypical
 - C. With mixed features
 - D. Seasonal
- 19.** A major depressive episode with delusions or hallucinations is specified 'with psychotic features.' True / False
- 20.** How does grief classically differ from a major depressive episode?
 - A. Grief always lasts longer than depression
 - B. Grief has no sadness
 - C. They cannot co-occur
 - D. In grief the painful feelings come in waves, often with preserved self-esteem, tied to the loss
- 21.** A 40-year-old has two weeks of depressed mood, anhedonia, insomnia, fatigue, guilt, and poor concentration, with no past high and no medical cause. Best diagnosis?
 - A. Major depressive disorder
 - B. Persistent depressive disorder
 - C. Bipolar disorder
 - D. Adjustment disorder
- 22.** A single major depressive episode can support major depressive disorder when there is no qualifying manic or hypomanic history and all other MDD criteria and exclusions are satisfied. True / False
- 23.** Which symptom count and core requirement is correct for a major depressive episode?
 - A. Any three of nine
 - B. At least five of nine, including depressed mood or anhedonia
 - C. At least seven, including insomnia
 - D. At least five, including fatigue
- 24.** The mixed-features and anxious-distress specifiers were added in DSM-5. True / False
- 25.** Which is a reason NOT to diagnose major depressive disorder despite depressive symptoms?
 - A. The person is sad
 - B. The symptoms lasted three weeks
 - C. The symptoms are fully attributable to a substance or another medical condition
 - D. There is anhedonia
- 26.** A depressive episode featuring profound anhedonia (the core feature), plus worse mood in the morning, early-morning awakening, and marked psychomotor retardation, fits which specifier?
 - A. Atypical

- B. Seasonal
- C. With anxious distress
- D. Melancholic

27. A depressed patient who brightens temporarily with good news, sleeps excessively, and overeats fits which specifier?

- A. Atypical
- B. Melancholic
- C. With psychotic features
- D. Catatonia

28. DSM-5 removed the _____ exclusion, allowing major depression to be diagnosed during grief.

Persistent Depressive Disorder

29. Persistent depressive disorder requires a depressed mood more days than not for at least:

- A. 2 weeks
- B. 2 years (1 year in children and adolescents)
- C. 6 months
- D. 5 years

30. During the required period of persistent depressive disorder, the person is never symptom-free for more than:

- A. 2 weeks
- B. 6 months
- C. 2 months
- D. 1 year

31. Persistent depressive disorder was formed in DSM-5 by merging:

- A. DMDD and PMDD
- B. Bipolar I and II
- C. MDD and adjustment disorder
- D. Chronic major depressive disorder and dysthymia

32. Besides depressed mood, persistent depressive disorder requires at least how many additional symptoms?

- A. Two
- B. Four
- C. Five
- D. One

33. A 35-year-old describes feeling low 'most days' for the past four years, with poor appetite, low energy, and low self-esteem, never well for more than a few weeks. Best diagnosis?

- A. Major depressive disorder, single episode
- B. Persistent depressive disorder
- C. Bipolar disorder
- D. Adjustment disorder

34. A person can meet criteria for both persistent depressive disorder and a superimposed major depressive episode.

True / False

35. Which is an 'additional symptom' of persistent depressive disorder?

- A. Grandiosity
- B. Hallucinations
- C. Low self-esteem
- D. Flight of ideas

36. In children, persistent depressive disorder can be diagnosed after one year of symptoms and the mood may be irritable. True / False

37. Which chronicity requirement applies to adult persistent depressive disorder but is not required for a major depressive episode?

- A. The presence of sadness
- B. The age of onset
- C. Family history
- D. Depressed mood most of the day, more days than not, for at least two years

38. Which course is most typical of persistent depressive disorder?

- A. A chronic, low-grade course
- B. Brief, self-limited
- C. Episodic mania
- D. Acute psychosis

39. Persistent depressive disorder requires a symptom-free interval of at least six months each year. True / False

40. Persistent depressive disorder requires a depressed mood more days than not for at least _____ years in adults.

Disruptive Mood Dysregulation Disorder

41. Disruptive mood dysregulation disorder is characterized by:

- A. Distinct manic episodes
- B. Severe recurrent temper outbursts plus a persistently irritable or angry mood between them
- C. Chronic low mood for two years
- D. Premenstrual symptoms

42. The temper outbursts of DMDD must occur, on average, at least:

- A. Once a month
- B. Daily for a year
- C. Three times a week
- D. Once

43. DMDD requires onset before age:

- A. 6
- B. 18
- C. 12
- D. 10

44. Why was DMDD created in DSM-5?

- A. To reduce the overdiagnosis of bipolar disorder in children with chronic irritability
- B. To add a new bipolar type
- C. To replace major depression
- D. To classify grief

45. The minimum duration for DMDD symptoms is:

- A. 2 weeks
- B. 12 months
- C. 6 months
- D. 2 years

46. A 9-year-old has, for over a year, severe verbal and physical temper outbursts several times a week, grossly out of proportion, in at least two settings and severe in at least one, and is persistently irritable and angry between them, with no symptom-free interval of three months or longer. There are no distinct manic episodes. Best diagnosis?

- A. Bipolar disorder
- B. Major depressive disorder
- C. Disruptive mood dysregulation disorder
- D. Oppositional defiant disorder

47. DMDD is distinguished from bipolar disorder by the absence of distinct manic or hypomanic episodes. True / False

48. DMDD is placed in the depressive disorders chapter because:

- A. It is a form of mania
- B. It is a psychotic disorder
- C. It resolves in weeks
- D. Children with chronic irritability tend to develop depressive and anxiety disorders, not bipolar disorder, over time

49. DMDD can be diagnosed for the first time at age 25. True / False

50. The mood between outbursts in DMDD is:

- A. Persistently irritable or angry
- B. Euphoric
- C. Normal
- D. Grandiose

51. Which best separates DMDD from oppositional defiant disorder?

- A. ODD requires mania
- B. DMDD requires severe, frequent outbursts plus persistent irritability and has mood at its core
- C. They are identical
- D. DMDD requires theft

52. DMDD was created largely to curb the overdiagnosis of pediatric _____ disorder.

PMDD, substance/medical, and differentials

53. Premenstrual dysphoric disorder symptoms:

- A. Occur only after menopause
- B. Are present all month
- C. Appear in the final week before menses and improve within a few days after onset

D. Occur only during pregnancy

54. Which is a core affective symptom of PMDD?

- A. Grandiosity
- B. Hallucinations
- C. Mania
- D. Affective lability, irritability, depressed mood, or anxiety

55. PMDD was promoted to a full disorder in DSM-5. True / False

56. A depressive syndrome that begins clearly after starting a medication and resolves when it is stopped is:

- A. Substance/medication-induced depressive disorder
- B. Major depressive disorder
- C. Persistent depressive disorder
- D. PMDD

57. Depressive symptoms caused directly by hypothyroidism are classified as:

- A. Major depressive disorder
- B. Depressive disorder due to another medical condition
- C. PMDD
- D. DMDD

58. Which lifetime history must be assessed before diagnosing major depressive disorder or persistent depressive disorder?

- A. A specific phobia
- B. A tic disorder
- C. A qualifying manic or hypomanic episode not fully attributable to substances or another medical condition
- D. An eating disorder

59. A patient has a prominent, persistent depressive syndrome that predominates in the clinical picture, causes significant distress, and is judged to be due to cocaine withdrawal, with no better independent explanation. Best diagnosis?

- A. Major depressive disorder
- B. Persistent depressive disorder
- C. PMDD
- D. Substance/medication-induced depressive disorder

60. Match each disorder (left) to its defining feature (right).

- | | |
|-----------------------------------|---|
| 1. Major depressive disorder | A. Chronic depressed mood for 2+ years |
| 2. Persistent depressive disorder | B. Premenstrual mood symptoms that remit after menses |
| 3. DMDD | C. 5+ symptoms for 2 weeks, including a core symptom |
| 4. PMDD | D. Childhood chronic irritability with severe outbursts |

61. Prolonged grief disorder is the same as a major depressive episode. True / False

62. A 29-year-old meets full criteria for a major depressive episode in the weeks after the death of her mother, with worthlessness and suicidal thoughts beyond the loss itself. The correct approach is:

- A. Major depressive disorder can be diagnosed; the bereavement exclusion was removed
- B. No diagnosis is possible during grief
- C. Diagnose bipolar disorder
- D. Diagnose PMDD

63. Which duration requirement is specific to adult persistent depressive disorder compared with the minimum requirement for a major depressive episode?

- A. The presence of sadness
- B. At least two years of the required persistent mood pattern, versus a two-week minimum for a major depressive episode
- C. Age
- D. Family history

64. Suicidal ideation is one of the nine major depressive symptoms and warrants direct assessment. True / False

65. Which change belongs to DSM-5 (2013) rather than the 2022 Text Revision?

- A. Adding prolonged grief disorder
- B. Adding suicidal behavior codes
- C. Removing the bereavement exclusion and creating DMDD and PMDD
- D. Refreshing text

66. A depressive disorder that does not meet full criteria for a specific disorder but causes significant distress is coded as:

- A. Major depressive disorder
- B. DMDD

C. PMDD

D. Other specified (or unspecified) depressive disorder

67. A diagnosis of major depressive disorder requires that symptoms cause clinically significant distress or impairment.

True / False

68. Which presentation most strongly suggests persistent depressive disorder and warrants assessment of its full criteria, rather than a brief adjustment reaction?

A. A chronic low mood lasting years, not limited to a response to a single stressor

B. A brief reaction resolving within weeks of a stressor

C. A premenstrual pattern

D. A manic episode

69. Match each specifier (left) to its feature (right).

1. Melancholic

2. Atypical

3. With psychotic features

4. With peripartum onset

A. Mood reactivity, increased appetite, hypersomnia

B. Delusions or hallucinations

C. Onset during pregnancy or within four weeks after delivery

D. Early awakening, worse mood in the morning, profound anhedonia

70. A major depressive episode requires at least one of two core symptoms: depressed mood or _____.

Answer Key

- **1: A.** At least five symptoms.
- **2: B.** Depressed mood or anhedonia.
- **3: C.** Two weeks.
- **4: D.** Interest (anhedonia).
- **5: A.** Grandiosity is not a depressive symptom.
- **6: B.** A past manic/hypomanic episode.
- **7: True.** Loss of interest or pleasure.
- **8: C.** DMDD and PMDD.
- **9: True.** Bereavement exclusion removed.
- **10: D.** Most of the day, nearly daily, two weeks.
- **11: suicidality.**
- **12: A.** A past high.
- **13: B.** With anxious distress.
- **14: C.** Melancholic features.
- **15: D.** Atypical features.
- **16: A.** With peripartum onset.
- **17: B.** With seasonal pattern.
- **18: C.** With mixed features.
- **19: True.** With psychotic features.
- **20: D.** Wave-like, self-esteem preserved.
- **21: A.** Major depressive disorder.
- **22: True.** One episode suffices.
- **23: B.** Five of nine, including a core symptom.
- **24: True.** Both added in DSM-5.
- **25: C.** Fully attributable to a substance/medical cause.
- **26: D.** Melancholic.
- **27: A.** Atypical.
- **28: bereavement.**
- **29: B.** Two years (one in youth).
- **30: C.** No more than two months symptom-free.
- **31: D.** Chronic MDD and dysthymia.
- **32: A.** Two additional symptoms.
- **33: B.** Persistent depressive disorder.
- **34: True.** Double depression.
- **35: C.** Low self-esteem.
- **36: True.** One year, irritable mood, in youth.
- **37: D.** Chronicity.
- **38: A.** Chronic, low-grade.
- **39: False.** Never symptom-free beyond two months.
- **40: two.**
- **41: B.** Outbursts plus persistent irritability.

- **42: C.** Three times a week.
- **43: D.** Before age 10.
- **44: A.** To reduce pediatric bipolar overdiagnosis.
- **45: B.** 12 months.
- **46: C.** Disruptive mood dysregulation disorder.
- **47: True.** No distinct manic episodes.
- **48: D.** Links to later depression/anxiety.
- **49: False.** Diagnosed ages 6 to 18.
- **50: A.** Persistently irritable or angry.
- **51: B.** DMDD centers on severe mood dysregulation.
- **52: bipolar.**
- **53: C.** Premenstrual week, remits after menses.
- **54: D.** Affective lability, irritability, depressed mood, anxiety.
- **55: True.** Full disorder in DSM-5.
- **56: A.** Substance/medication-induced depressive disorder.
- **57: B.** Due to another medical condition.
- **58: C.** A past high.
- **59: D.** Substance/medication-induced.
- **60: 1-C, 2-A, 3-D, 4-B.**
- **61: False.** Prolonged grief disorder is distinct.
- **62: A.** Diagnosable; bereavement exclusion removed.
- **63: B.** Duration and chronicity.
- **64: True.** A symptom warranting assessment.
- **65: C.** Bereavement exclusion, DMDD, PMDD.
- **66: D.** Other specified/unspecified depressive disorder.
- **67: True.** Distress or impairment required.
- **68: A.** Chronic years-long low mood.
- **69: 1-D, 2-A, 3-B, 4-C.**
- **70: anhedonia.**