

Psych CE

Overview of DSM-5-TR™ - Cultural Considerations and Clinical Applications

1. Which edition of the DSM introduced the Cultural Formulation Interview (CFI)?

- A. DSM-IV
 - B. DSM-IV-TR
 - C. DSM-5
 - D. DSM-5-TR
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2. What was a key innovation introduced in DSM-III?

- A. Inclusion of the Cultural Formulation Interview
 - B. Removal of the multi-axial system
 - C. Explicit diagnostic criteria for mental disorders
 - D. Glossary of Culture-Bound Syndromes
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3. What is the ICD-10-CM code for Prolonged Grief Disorder (PGD)?

- A. F41.1
 - B. F33.9
 - C. F43.3
 - D. F43.8
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4. What is the primary purpose of the Cultural Formulation Interview (CFI)?

- A. To identify behavioral addictions
 - B. To evaluate cultural factors influencing mental health
 - C. To determine the severity of substance use disorders
 - D. To screen for neurocognitive disorders
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5. What is a defining characteristic of Prolonged Grief Disorder (PGD)?

- A. Symptoms that last for six months
 - B. Persistent grief beyond 12 months that impairs functioning
 - C. Grief symptoms without functional impairment
 - D. Lack of emotional numbness or sadness
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6. Which DSM-5-TR diagnostic category includes specifiers for 'with anxious distress'?

- A. Major Depressive Disorder (MDD)
 - B. Schizophrenia Spectrum Disorders
 - C. Generalized Anxiety Disorder
 - D. Substance Use Disorders
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7. How does the DSM-5-TR distinguish between normal grief and Prolonged Grief Disorder (PGD)?

- A. Based on the presence of psychotic symptoms
 - B. By using the multi-axial system
 - C. By evaluating symptom duration and functional impairment
 - D. By focusing on vegetative symptoms
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8. What was removed in DSM-5 that had been present in DSM-IV?

- A. Criteria for substance-related disorders
 - B. The multi-axial diagnostic system
 - C. Glossary of Culture-Bound Syndromes
 - D. Diagnostic codes for mild neurocognitive disorders
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9. Which DSM-5-TR section provides a structured method for assessing cultural context?

- A. Glossary of Cultural Terms
 - B. Culture-Bound Syndromes Appendix
 - C. Cultural Formulation Interview
 - D. Cultural Adaptation Strategies
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10. Which of the following is a symptom of Prolonged Grief Disorder (PGD) according to DSM-5-TR?

- A. Loss of appetite
 - B. Intense yearning for the deceased
 - C. Overeating
 - D. Recurring manic episodes
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11. How did the DSM-IV Glossary of Culture-Bound Syndromes help clinicians?

- A. By categorizing cultural idioms of distress as psychosis
 - B. By eliminating cultural diagnoses
 - C. By replacing traditional diagnostic criteria
 - D. By providing descriptions of culturally specific expressions of distress
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12. Which mental health condition has been refined in DSM-5-TR to better distinguish between mild and major forms?

- A. Bipolar Disorder
 - B. Schizophrenia Spectrum Disorders
 - C. Neurocognitive Disorders
 - D. Substance Use Disorders
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13. What is the APA's ethical stance on cultural competence in clinical practice?

- A. Cultural competence is optional for mental health providers.
 - B. Clinicians should prioritize Western diagnostic models.
 - C. Clinicians must respect cultural diversity and avoid harm.
 - D. Diagnoses should exclude cultural context to ensure uniformity.
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14. Which strategy helps minimize diagnostic bias in culturally diverse populations?

- A. Using standardized Western assessment tools exclusively
 - B. Avoiding culturally specific idioms of distress
 - C. Collaborating with cultural brokers and interpreters
 - D. Ignoring cultural differences in symptom expression
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15. What is an ethical challenge associated with the DSM-5-TR coding updates?

- A. The removal of cultural considerations in diagnosis
 - B. Reduced granularity in diagnostic criteria
 - C. Increased emphasis on subjective interpretations
 - D. Ensuring clinicians stay informed about new diagnostic standards
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16. Which DSM revision introduced explicit diagnostic criteria for mental health disorders?

- A. DSM-II
 - B. DSM-IV
 - C. DSM-III
 - D. DSM-5
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17. What differentiates Major Depressive Disorder (MDD) from Prolonged Grief Disorder (PGD)?

- A. MDD symptoms are pervasive and not tied to a specific loss.
 - B. PGD symptoms lack functional impairment.
 - C. MDD involves emotional numbness specific to grief.
 - D. PGD includes vegetative symptoms as a core criterion.
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18. How does DSM-5-TR encourage clinicians to approach grief in a culturally sensitive way?

- A. By recommending grief be pathologized across all cultures
 - B. By emphasizing standardized diagnostic timelines
 - C. By requiring spiritual practices be excluded from diagnoses
 - D. By considering cultural norms in assessing mourning behaviors
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19. What is a key benefit of using specifiers in DSM-5-TR diagnoses?

- A. They reduce the need for detailed documentation.
 - B. They simplify treatment planning for all conditions.
 - C. They provide additional detail about severity and associated features.
 - D. They eliminate the need for cultural considerations.
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20. Why is it important to differentiate between cultural idioms of distress and mental health disorders?

- A. To avoid pathologizing culturally normative behaviors.
 - B. To ensure all clients meet DSM-5-TR criteria.
 - C. To promote uniformity in global diagnostic practices.
 - D. To emphasize the dominance of Western mental health models.
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