NEW CED – PSYCHOLOGICAL DISORDERS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. Which broad category of mental disorders is defined by distressing, persistent anxiety or maladaptive coping strategies?

A. Anxiety disorders

B. Autism spectrum disorder

C. ADHD

D. Anorexia nervosa

2. Factitious Disorder is defined by...

A. Deliberate feigning or induction of physical or psychological symptoms for primary gain from external incentives.

B. Deliberate feigning or induction of physical or psychological symptoms, for the primary motive of assuming the sick role; deception is central.

C. Unconscious production of symptoms due to a medical condition.

D. A genuine medical condition with no deception involved.

3. How do Narcissistic Personality Disorder and Histrionic Personality Disorder typically present?

A. Narcissistic PD shows grandiosity, lack of empathy; Histrionic PD shows excessive emotionality and attention-seeking behavior, often dramatic.

B. Narcissistic PD shows excessive empathy; Histrionic PD shows lack of interest.

C. Narcissistic PD and Histrionic PD are both defined by social withdrawal.

D. Only Histrionic includes grandiosity.

4. Which term describes a fixed belief of persecution?

A. Delusions of persecution.

B. Hallucinations.

C. Flat affect.

D. Anhedonia.

5. Which statement best distinguishes depersonalization from derealization?

A. Reality testing is impaired

B. Reality testing is intact

C. There is prominent mood-congruent psychosis

D. Visual hallucinations are common

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6. Histrionic personality disorder is described as

A. A personality disorder characterized by excessive emotionality and preoccupation with being the center of attention; emotional shallowness; overly dramatic behavior.

B. A mood disorder with alternating mood states.

C. A psychotic disorder characterized by delusions.

D. A disorder characterized by persistent worry about many domains.

7. The dopamine hypothesis suggests a biological link to schizophrenia due to imbalances in neurotransmitters. Which term is this hypothesis?

A. Dopamine hypothesis

B. Evolutionary perspective

C. Eclectic approach

D. Fugue

8. How do Somatic Symptom Disorder and Illness Anxiety Disorder differ?

A. Somatic Symptom Disorder requires preoccupation with illness, while Illness Anxiety Disorder centers on somatic symptoms.

B. Illness Anxiety Disorder requires prominent somatic symptoms.

C. Somatic Symptom Disorder involves one or more distressing somatic symptoms with excessive thoughts/feelings/behaviors about them; Illness Anxiety Disorder involves preoccupation with having or acquiring a serious illness with minimal symptoms and high health anxiety.

D. They are identical in presentation.

9. Which statement best characterizes Panic Disorder in relation to panic attacks?

A. Chronic worry about multiple domains.

B. Persistent fear of social situations.

C. Panic attacks triggered only by fearful situations.

D. Recurrent unexpected panic attacks with persistent concern about attacks.

10. Which psychotherapy approach uses techniques from various forms of therapy?

A. Eclectic approach

B. Dopamine hypothesis

C. Evolutionary perspective

D. Dissociative disorders

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Answers

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

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Explanations

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1. Which broad category of mental disorders is defined by distressing, persistent anxiety or maladaptive coping strategies?

A. Anxiety disorders

B. Autism spectrum disorder

C. ADHD

D. Anorexia nervosa

Distressing, persistent anxiety or the use of maladaptive coping strategies to manage that anxiety defines anxiety disorders, a broad family of mental health conditions. In these disorders, worry or fear is excessive and long-lasting and leads to avoidance, safety behaviors, rumination, or other behaviors that fail to reduce distress over time. This category encompasses conditions like generalized anxiety disorder, panic disorder, social anxiety, and specific phobias, all marked by how central anxiety is to the person's experience and functioning. Other options point to different domains. Autism spectrum disorder centers on social communication deficits and restricted, repetitive behaviors rather than anxiety as the defining feature. ADHD involves patterns of inattention and/or hyperactivity-impulsivity. Anorexia nervosa focuses on eating disturbances and body image concerns.

2. Factitious Disorder is defined by...

A. Deliberate feigning or induction of physical or psychological symptoms for primary gain from external incentives.

B. Deliberate feigning or induction of physical or psychological symptoms, for the primary motive of assuming the sick role; deception is central.

C. Unconscious production of symptoms due to a medical condition.

D. A genuine medical condition with no deception involved.

Factitious Disorder centers on intentionally producing or feigning physical or psychological symptoms in order to assume the sick role and receive care. The key aspect is deception that the person controls, driven by a desire to be seen as ill rather than by external rewards. This sets it apart from malingering, where there's a clear external incentive (like money or avoiding work). It also differs from somatic symptom or conversion disorders, where symptoms are not purposely faked or induced. In factitious disorder, individuals may go to great lengths to create or worsen symptoms to keep getting attention and medical care.

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3. How do Narcissistic Personality Disorder and Histrionic Personality Disorder typically present?

A. Narcissistic PD shows grandiosity, lack of empathy; Histrionic PD shows excessive emotionality and attention-seeking behavior, often dramatic.

B. Narcissistic PD shows excessive empathy; Histrionic PD shows lack of interest.

C. Narcissistic PD and Histrionic PD are both defined by social withdrawal.

D. Only Histrionic includes grandiosity.

Understanding how these personality disorders present involves contrasting what drives the behavior. Narcissistic Personality Disorder centers on grandiosity, a need for admiration, and a lack of empathy. People with this pattern tend to overestimate their importance, expect special treatment, and show limited concern for others' feelings. Histrionic Personality Disorder is defined by excessive emotionality and a strong need to be the center of attention, with theatrical, dramatic, or flirtatious behavior and a tendency to view relationships as more intimate than they are. Grandiosity is a hallmark of Narcissistic PD, not something exclusive to Histrionic PD. So the best description is that Narcissistic PD features grandiosity and lack of empathy, while Histrionic PD features excessive emotionality and attention-seeking. The idea that only Histrionic includes grandiosity is not accurate.

4. Which term describes a fixed belief of persecution?

A. Delusions of persecution.

B. Hallucinations.

C. Flat affect.

D. Anhedonia.

A fixed belief of persecution is a delusion. Delusions are false, fixed beliefs that remain despite clear evidence to the contrary, and when the belief centers on being targeted, harmed, or conspired against, it is described as a persecutory delusion. This is distinct from hallucinations, which are false sensory experiences (like hearing voices), flat affect, which is a reduced facial expression of emotion, and anhedonia, which is a loss of pleasure. So the term that best describes a rigid, unfounded belief that one is being persecuted is delusions of persecution.

5. Which statement best distinguishes depersonalization from derealization?

A. Reality testing is impaired

B. Reality testing is intact

C. There is prominent mood-congruent psychosis

D. Visual hallucinations are common

In depersonalization and derealization, the person feels detached from either their own self or the surrounding world, but they still know that what they're experiencing isn't real in the sense of a true and fixed belief about reality. That is, reality testing remains intact. This intact reality testing is what helps clinicians distinguish these dissociative experiences from psychotic disorders, where individuals may have delusions, hallucinations, or an inability to distinguish what's real from what isn't. The other options point to psychotic features—impaired reality testing, mood-congruent psychosis, or visual hallucinations—none of which are typical of depersonalization/derealization themselves.

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6. Histrionic personality disorder is described as

A. A personality disorder characterized by excessive emotionality and preoccupation with being the center of attention; emotional shallowness; overly dramatic behavior.

B. A mood disorder with alternating mood states.

C. A psychotic disorder characterized by delusions.

D. A disorder characterized by persistent worry about many domains.

Histrionic personality disorder is marked by a pervasive pattern of excessive emotionality and a strong need for attention, along with dramatic, theatrical behavior. People with this pattern tend to seek being the center of attention, display emotions that are rapidly changing or shallow, and often use physical appearance or mannerisms to draw notice. This combination of attention-seeking and emotionally showy behavior is a hallmark of a personality disorder that begins by early adulthood and appears across many contexts. The description that highlights excessive emotionality, preoccupation with being the center of attention, emotional shallowness, and overly dramatic behavior best fits this condition. It's not describing a mood disorder with alternating states, a psychotic disorder with delusions, or generalized anxiety with persistent worry.

7. The dopamine hypothesis suggests a biological link to schizophrenia due to imbalances in neurotransmitters. Which term is this hypothesis?

A. Dopamine hypothesis

B. Evolutionary perspective

C. Eclectic approach

D. Fugue

The term is the dopamine hypothesis. It's a biological theory that links schizophrenia to imbalances in dopamine neurotransmission in the brain. The idea fits positive symptoms like delusions and hallucinations, which are thought to arise from excessive dopamine activity in mesolimbic pathways, while some negative and cognitive symptoms may relate to reduced dopamine activity in the prefrontal cortex. Supporting evidence includes antipsychotic medications that block dopamine D2 receptors and can lessen positive symptoms, as well as findings that drugs increasing dopamine (like amphetamines) can provoke or worsen psychotic features. In contrast, evolutionary perspective looks at traits through selective advantage, an eclectic approach blends multiple theories without a single focus, and fugue is a dissociative disorder involving memory loss and travel—none of which describe neurotransmitter imbalance in schizophrenia.

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8. How do Somatic Symptom Disorder and Illness Anxiety Disorder differ?

A. Somatic Symptom Disorder requires preoccupation with illness, while Illness Anxiety Disorder centers on somatic symptoms.

B. Illness Anxiety Disorder requires prominent somatic symptoms.

C. Somatic Symptom Disorder involves one or more distressing somatic symptoms with excessive thoughts/feelings/behaviors about them; Illness Anxiety Disorder involves preoccupation with having or acquiring a serious illness with minimal symptoms and high health anxiety.

D. They are identical in presentation.

The key difference lies in where the worry and distress are directed. Somatic Symptom Disorder centers on one or more distressing physical symptoms themselves and an excessive, persistent focus on their meaning, severity, or impact, often with disproportionate thoughts, feelings, and behaviors about those symptoms. Illness Anxiety Disorder, by contrast, is a preoccupation with having or acquiring a serious illness, with only minimal or no somatic symptoms and a high level of health-related anxiety and related behaviors. This aligns with the described option: Somatic Symptom Disorder involves one or more distressing somatic symptoms plus excessive thoughts/feelings/behaviors about them; Illness Anxiety Disorder involves preoccupation with having or acquiring a serious illness with minimal symptoms and high health anxiety. The difference is not that Illness Anxiety Disorder requires prominent somatic symptoms (it usually does not), nor that the two disorders are identical.

9. Which statement best characterizes Panic Disorder in relation to panic attacks?

A. Chronic worry about multiple domains.

B. Persistent fear of social situations.

C. Panic attacks triggered only by fearful situations.

D. Recurrent unexpected panic attacks with persistent concern about attacks.

Panic Disorder is defined by two main features: recurrent, unexpected panic attacks and ongoing worry about having more attacks, often leading to changes in behavior to avoid future episodes. The statement that best fits this is the one describing attacks that recur and come on without warning, along with persistent concern about future attacks. The other descriptions fit different patterns: chronic worry across many domains points to Generalized Anxiety Disorder; fear of social situations indicates Social Anxiety Disorder; and attacks that are triggered only by specific fearful situations describe expected panic in response to known triggers rather than panic disorder, where the attacks are typically unexpected.

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10. Which psychotherapy approach uses techniques from various forms of therapy?

A. Eclectic approach

B. Dopamine hypothesis

C. Evolutionary perspective

D. Dissociative disorders

This item tests the idea of combining methods from different therapies into a single, flexible approach. The eclectic approach intentionally draws techniques from multiple schools—cognitive-behavioral, psychodynamic, humanistic, and others—tailoring treatment to the client's specific needs rather than sticking to one rigid model. This flexibility is what makes it the best choice when the question asks for using techniques from various forms of therapy. The other options aren't about blending methods: the dopamine hypothesis relates to a biological explanation involving neurotransmitters; the evolutionary perspective is a broad theoretical lens for understanding behavior; and dissociative disorders describe a group of conditions, not a method of therapy.

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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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