

Could You Diagnostically Differentiate? Advanced College Psych Quiz

Evaluate complex etiology and differential diagnostic criteria across the DSM-5-TR and ICD-11 through clinical vignettes and neurobiological synthesis.

1. A patient presents with symptoms of depersonalization and amnesia regarding personal identity, yet neuroimaging shows no organic brain trauma. Which theoretical framework best explains this as a 'division of consciousness' rather than an erasure of memory?

- A. Janet's Theory of Dissociation
- B. The Catecholamine Hypothesis
- C. Seligman's Learned Helplessness
- D. Beck's Cognitive Triad

2. In the context of Schizotypal Personality Disorder, 'ideas of reference' are functionally identical to the 'delusions of reference' found in Schizophrenia.

- A. True
- B. False

3. The _____ model of mental illness suggests that a biological vulnerability must be triggered by environmental stressors for a disorder to manifest.

- A. Biopsychosocial-Cultural
- B. Diathesis-Stress
- C. Neurodevelopmental
- D. Psychodynamic-Structural

4. Vignette: A 24-year-old exhibits a pattern of 'split' object relations, impulsive spending, and intense fear of abandonment. Which neurobiological finding is most frequently associated with this cluster of symptoms?

- A. Reduced volume in the prefrontal cortex and amygdala hyper-reactivity
- B. Excessive dopamine in the mesolimbic pathway
- C. Degeneration of the substantia nigra
- D. Enlarged lateral ventricles and cortical thinning

5. When treating Body Dysmorphic Disorder (BDD), the clinical intervention of _____ involves preventing the patient from performing repetitive behaviors like checking mirrors.

- A. Systematic Desensitization
- B. Aversive Conditioning
- C. Exposure and Response Prevention (ERP)
- D. Dialectical Behavior Training

Name: _____ Date: _____

6. According to the DSM-5-TR, the presence of a 'Mixed Features' specifier allows for the diagnosis of Bipolar I even if a full Major Depressive Episode has never occurred.

- A. True
- B. False

7. Which of the following describes the 'negative symptoms' of Schizophrenia which are often the most resistant to first-generation antipsychotic medications?

- A. Auditory hallucinations and thought insertion
- B. Avolition, alogia, and anhedonia
- C. Catatonic excitement and echolalia
- D. Disorganized speech and bizarre delusions

8. The _____ refers to the phenomenon where individuals with depression tend to attribute negative events to internal, stable, and global causes.

- A. Fundamental Attribution Error
- B. Self-Serving Bias
- C. Depressive Attributional Style
- D. Cognitive Dissonance

9. Conversion Disorder (Functional Neurological Symptom Disorder) requires evidence of an underlying psychological stressor for a formal diagnosis under current DSM-5-TR criteria.

- A. True
- B. False

10. A researcher is studying the efficacy of Mindfulness-Based Cognitive Therapy (MBCT) in preventing relapse for recurrent Depression. What is the primary 'mechanism of change' targeted in this specific intervention?

- A. Decentering from ruminative thought patterns
- B. Identifying and restructuring core schemas
- C. Increasing positive reinforcement in the environment
- D. Reprocessing traumatic memories through bilateral stimulation