



American Board of Psychiatry and Neurology, Inc.

A Member Board of the American Board of Medical Specialties (ABMS)

MAINTENANCE OF CERTIFICATION EXAMINATION IN PSYCHIATRY

The American Board of Psychiatry and Neurology, Inc. (ABPN) has issued new, two-dimensional content specifications for the psychiatry, neurology and child neurology maintenance of certification examinations. Questions for the 2020 psychiatry, neurology and child neurology maintenance of certification examinations will conform to these new content specifications.

Within the two-dimensional format, one dimension is comprised of disorders and topics while the other is comprised of competencies and mechanisms that cut across the various disorders of the first dimension. By design, the two dimensions are interrelated and not independent of each other. All of the questions on the examination will fall into one of the disorders/topics and will be aligned with a competency/mechanism. For example, an item on substance use could focus on treatment, or it could focus on systems-based practice.

The psychiatry, neurology and child neurology maintenance of certification content specifications can be accessed from the [Specialty MOC Exams section](#) of our website.

Candidates should use the new detailed content specifications as a guide to prepare for a maintenance of certification examination. Scores for these examinations will be reported in a standardized format rather than the previous percent correct format.

In addition to these three maintenance of certification examinations, ABPN examinations will gradually conform to the new two-dimensional content specification starting in 2018.

The American Board of Psychiatry and Neurology, Inc. is a not-for-profit corporation dedicated to serving the public interest and the professions of psychiatry and neurology by promoting excellence in practice through certification and maintenance of certification processes.

For more information, please contact us at questions@abpn.com or visit our website at www.abpn.com.



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MAINTENANCE OF CERTIFICATION EXAMINATION IN PSYCHIATRY 2020 Content Blueprint

Number of questions: 220		
Dimension 1		
Psychiatric Disorders and Topics		
01.	Developmental processes and development through the life cycle	1-3%
02.	Disorders usually first diagnosed in infancy, childhood, or adolescence (Neurodevelopmental disorders)	1-3%
03.	Substance-related and addictive disorders	8-12%
04.	Schizophrenia spectrum and other psychotic disorders	8-12%
05.	Depressive disorders	8-12%
06.	Bipolar and related disorders	6-8%
07.	Anxiety disorders	7-9%
08.	Obsessive-compulsive and related disorders	2-4%
09.	Trauma- and stressor-related disorders	5-7%
10.	Dissociative disorders	1-2%
11.	Somatic symptom and related disorders	4-6%
12.	Eating disorders	2-4%
13.	Sleep-wake disorders	2-4%
14.	Sexual dysfunctions	1-3%
15.	Gender dysphoria	1-3%
16.	Disruptive, impulse-control, and conduct disorders	1-2%
17.	Personality disorders	6-8%
18.	Paraphilic disorders	1-2%
19.	Other conditions that may be a focus of clinical attention	1-2%
20.	Neurocognitive disorders	7-9%
21.	Neurologic disorders	4-6%
22.	Dimension 2 topics without a corresponding Dimension 1 topic	2-4%



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Number of questions: 220		
Dimension 2		
Physician Competencies and Mechanisms		
A.	Neuroscience and mechanisms of disease	4-6%
B.	Behavioral and social sciences	4-6%
C.	Clinical aspects of psychiatric and neuropsychiatric disorders	17-23%
D.	Diagnostic procedures	17-23%
E.	Treatment	25-35%
F.	Interpersonal and communication skills	4-6%
G.	Professionalism, ethics, and the law	4-6%
H.	Practice-based learning and improvement	4-6%
I.	Systems-based practice	4-6%



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MAINTENANCE OF CERTIFICATION EXAMINATION IN PSYCHIATRY 2020 Content Outline

Dimension 1
Psychiatric Disorders and Topics
01. Developmental processes and development through the life cycle (psychiatry and neurology)
a. Infancy through adolescence
i. Personality development
ii. Developmental processes
iii. Psychosocial influences
iv. Other
b. Adulthood
i. Personality adaptation
ii. Developmental processes
iii. Psychosocial influences
iv. Acquisition and loss of specific capacities
v. Other
c. Late life
i. Personality adaptation
ii. Developmental processes
iii. Psychosocial influences
iv. Acquisition and loss of specific capacities
v. Other
02. Disorders usually first diagnosed in infancy, childhood, or adolescence (neurodevelopmental disorders)
a. Intellectual disability
b. Language disorder
c. Speech sound disorder
d. Childhood-onset fluency disorder
e. Social communication disorder
f. Autistic spectrum disorder
g. Attention deficit/hyperactivity disorder
h. Specific learning disorder
i. Developmental coordination disorder
j. Stereotypic movement disorder



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k. Tourette disorder
l. Persistent motor or vocal tic disorder
m. Provisional tic disorder
03. Substance-related and addictive disorders
a. Alcohol-related disorders
b. Caffeine-related disorders
c. Cannabis-related disorders
d. Hallucinogen-related disorders
e. Inhalant-related disorders
f. Opioid-related disorders
g. Sedative-, hypnotic-, or anxiolytic-related disorders
h. Stimulant-related disorders
i. Tobacco-related disorders
j. Other (or unknown) substance-related disorders
k. Gambling disorder
04. Schizophrenia spectrum and other psychotic disorders
a. Delusional disorder
b. Brief psychotic disorder
c. Schizophreniform disorder
d. Schizophrenia
e. Schizoaffective disorder
f. Substance/medication-induced psychotic disorder
g. Psychotic disorder due to another medical condition
h. Catatonia
i. Catatonic disorder due to another medical condition
j. Unspecified catatonia
k. Other specified schizophrenia spectrum and other psychotic disorder
l. Unspecified schizophrenia spectrum and other psychotic disorder
05. Depressive disorders
a. Disruptive mood dysregulation disorder
b. Major depressive disorder
c. Persistent depressive disorder (dysthymia)
d. Premenstrual dysphoric disorder
e. Substance/medication-induced depressive disorder
f. Depressive disorder due to another medical condition
g. Other specified depressive disorder



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h. Unspecified depressive disorder
06. Bipolar and related disorders
a. Bipolar I disorder
b. Bipolar II disorder
c. Cyclothymic disorder
d. Substance/medication-induced bipolar and related disorders
e. Bipolar and related disorder due to another medical condition
f. Other specified bipolar and related disorder
g. Unspecified bipolar and related disorder
07. Anxiety disorders
a. Separation anxiety disorder
b. Selective mutism
c. Specific phobia
d. Social anxiety disorder (social phobia)
e. Panic disorder
f. Agoraphobia
g. Generalized anxiety disorder
h. Substance/medication-induced anxiety disorder
i. Anxiety disorder due to another medical condition
j. Other specified anxiety disorder
k. Unspecified anxiety disorder
08. Obsessive-compulsive and related disorders
a. Obsessive-compulsive disorder
b. Body dysmorphic disorder
c. Hoarding disorder
d. Trichotillomania (hair-pulling disorder)
e. Excoriation (skin-picking) disorder
f. Substance/medication-induced obsessive-compulsive and related disorder
g. Obsessive-compulsive and related disorder due to another medical condition
h. Other specified obsessive-compulsive and related disorder
09. Trauma- and stressor-related disorders
a. Reactive attachment disorder
b. Disinhibited social engagement disorder
c. Posttraumatic stress disorder
d. Acute stress disorder
e. Adjustment disorders



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f. Other specified trauma- and stressor-related disorder
10. Dissociative disorders
a. Dissociative identity disorder
b. Dissociative amnesia
c. Depersonalization/derealization disorder
d. Other specified dissociative disorder
e. Unspecified dissociative disorder
11. Somatic symptom and related disorders
a. Somatic symptom disorder
b. Illness anxiety disorder
c. Conversion disorder (functional neurological symptom disorder)
d. Psychological factors affecting other medical conditions
e. Factitious disorder
f. Other specified somatic symptom and related disorder
g. Unspecified somatic symptom and related disorder
12. Eating disorders
a. Pica
b. Rumination disorder
c. Avoidant/restrictive food intake disorder
d. Anorexia nervosa
e. Bulimia nervosa
f. Binge-eating disorder
g. Other specified feeding or eating disorder
13. Sleep-wake disorders
a. Insomnia disorder
b. Hypersomnolence disorder
c. Narcolepsy
d. Obstructive sleep apnea hypopnea
e. Central sleep apnea
f. Sleep-related hypoventilation
g. Circadian rhythm sleep-wake disorders
h. Non-REM sleep arousal disorders
i. Nightmare disorder
j. REM sleep behavior disorder
k. Restless legs syndrome
l. Substance/medication-induced sleep disorder



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A Member Board of the American Board of Medical Specialties (ABMS)

m. Other specified insomnia disorder
n. Unspecified insomnia disorder
o. Other specified hypersomnolence disorder
p. Unspecified hypersomnolence disorder
q. Other specified sleep-wake disorder
r. Unspecified sleep-wake disorder
14. Sexual dysfunctions
a. Delayed ejaculation
b. Erectile disorder
c. Female orgasmic disorder
d. Female sexual interest/arousal disorder
e. Genito-pelvic pain/penetration disorder
f. Male hypoactive sexual desire disorder
g. Premature (early) ejaculation
h. Substance/medication-induced sexual dysfunction
15. Gender dysphoria
16. Disruptive, impulse-control, and conduct disorders
a. Oppositional defiant disorder
b. Intermittent explosive disorder
c. Conduct disorder
d. Pyromania
e. Kleptomania
f. Other specified disruptive, impulse-control, and conduct disorder
g. Unspecified disruptive, impulse-control and conduct disorder
17. Personality disorders
a. Paranoid personality disorder
b. Schizoid personality disorder
c. Schizotypal personality disorder
d. Antisocial personality disorder
e. Borderline personality disorder
f. Histrionic personality disorder
g. Narcissistic personality disorder
h. Avoidant personality disorder
i. Dependent personality disorder
j. Obsessive-compulsive personality disorder
k. Personality changed due to another medical condition



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l. Other specified personality disorder
m. Unspecified personality disorder
n. General personality disorder
18. Paraphilic disorders
a. Voyeuristic disorder
b. Exhibitionistic disorder
c. Frotteuristic disorder
d. Sexual masochism disorder
e. Sexual sadism disorder
f. Pedophilic disorder
g. Fetishistic disorder
h. Transvestic disorder
i. Other specified paraphilic disorder
j. Unspecified paraphilic disorder
19. Other conditions that may be a focus of clinical attention
20. Neurocognitive disorders
a. Delirium
b. Other specified delirium
c. Unspecified delirium
d. Major or mild neurocognitive disorder due to Alzheimer disease
e. Major or mild frontotemporal neurocognitive disorder
f. Major or mild neurocognitive disorder with Lewy bodies
g. Major or mild vascular neurocognitive disorder
h. Major or mild neurocognitive disorder due to traumatic brain injury
i. Substance/medication-induced major or mild neurocognitive disorder
j. Major or mild neurocognitive disorder due to HIV infection
k. Major or mild neurocognitive disorder due to prion disease
l. Major or mild neurocognitive disorder due to Parkinson disease
m. Major or mild neurocognitive disorder due to Huntington disease
n. Major or mild neurocognitive disorder due to another medical condition
o. Major or mild neurocognitive disorder due to multiple etiologies
p. Unspecified neurocognitive disorder
21. Neurologic disorders
a. Infections of the nervous system
b. Vascular diseases
c. Disorders of cerebrospinal and brain fluids



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d. Neuro-oncology
e. Trauma
f. Birth injuries and developmental abnormalities
g. Genetic diseases of recognized biochemical abnormality
h. Cerebral degenerations of childhood
i. Cranial nerve disorders
j. Peripheral neuropathies
k. Ataxias
l. Headache
m. Movement disorders
n. Spinal cord diseases
o. Neuromuscular junction disorders
p. Myopathies
q. Demyelinating diseases
r. Epilepsy and episodic disorders
s. Neurologic complications of systemic diseases
t. Neurotoxicology
u. Pain syndromes
v. Other
22. Dimension 2 topics without a corresponding Dimension 1 topic



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Dimension 2
Physician Competencies and Mechanisms
A. Neuroscience and mechanisms of disease
I. Neuroanatomy
II. Cellular and molecular neurobiology
III. Neuropathology
IV. Genetics
V. Neurochemistry
VI. Neurophysiology
VII. Chronobiology (e.g., biological rhythms, sleep)
VIII. Neuroendocrinology and neuroimmunology
IX. Other
B. Behavioral and social sciences
I. Psychology
i. Experimental and behavioral psychology
ii. Neuropsychology, cognitive psychology
iii. Social psychology
II. Sociology
III. Anthropology, culture, ethnicity, and race
IV. Psychoanalytic theory
V. Spirituality
VI. Biostatistics
VII. Research design
VIII. Other
C. Clinical aspects of psychiatric and neuropsychiatric disorders
I. Epidemiology
II. Risk factors (predisposing factors)
III. Precipitants
IV. Protective factors
V. Perpetuating factors
VI. Presentation
VII. Symptomatology
VIII. Comorbidity
IX. Differential diagnoses
X. Course of illness



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XI. Prognosis
D. Diagnostic procedures
I. Psychiatric interview and mental status examination
II. Psychological testing
III. Neuropsychological testing
IV. Diagnostic assessments and rating scales
V. Laboratory monitoring
VI. Neuroimaging
VII. EEG
VIII. Sleep Studies
IX. Clinical neurologic examination
X. Biomedical laboratory testing
XI. Neurophysiologic testing
XII. Other
E. Treatment
I. General principles of psychopharmacology and neuropharmacology
i. Pharmacokinetics/pharmacodynamics
ii. Drug interactions
iii. Age, gender, and ethnicity issues
iv. Genomics
II. Specific pharmacologic agents
i. Tricyclics and heterocyclics
ii. Monoamine oxidase inhibitors
iii. Selective serotonin reuptake inhibitors (SSRI)
iv. Selective norepinephrine reuptake inhibitors (NRI)
v. Selective serotonin-norepinephrine reuptake inhibitors (SNRI)
vi. Combined noradrenergic-dopaminergic agents (NDRI)
vii. Noradrenergic and specific serotonergic agents (NaSSA)
viii. Lithium
ix. Atomoxetine
x. Anticonvulsants
xi. Benzodiazepines
xii. Beta blockers
xiii. Alpha agonists
xiv. Typical antipsychotics
xv. Atypical antipsychotics



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xvi. Psychostimulants
xvii. Hypnotics and sedatives
xviii. Cognitive enhancers
xix. Calcium channel blockers
xx. Dopamine agonists
xxi. Anticholinergics
xxii. Other agents used in the management of psychiatric patients
xxiii. Other agents used in the management of neurologic patients
III. Treatment of chemical dependence/abuse
i. Pharmacologic
ii. Nonpharmacologic
IV. Treatment of aggression
i. Pharmacologic
ii. Nonpharmacologic
V. Treatment of sleep disorders
i. Pharmacologic
ii. Nonpharmacologic
VI. Treatment of pain
i. Pharmacologic
ii. Nonpharmacologic
VII. Treatment of neuroleptic malignant syndrome
i. Pharmacologic
ii. Nonpharmacologic
VIII. Pharmacotherapy in special situations
i. Renal disease
ii. Hepatic disease
iii. Pregnancy
iv. Breast-feeding
v. Tardive dyskinesia and extrapyramidal symptoms
IX. Augmentation strategies
X. Nonpharmacologic somatic treatment
i. Biofeedback
ii. Electroconvulsive therapy
iii. Phototherapy
iv. Chronotherapy
v. Vagal nerve stimulation



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vi. rTMS (repetitive transcranial magnetic stimulation)
vii. Neurosurgical approaches
XI. Psychotherapy
i. Supportive
ii. Cognitive
iii. Behavioral
iv. Interpersonal
v. Psychodynamic
vi. Psychoanalytic
vii. Couples
viii. Family
ix. Group
x. Crisis intervention
xi. Sex therapy
xii. Motivational interviewing
xiii. Other (e.g., hypnotherapy, critical incident debriefing)
XII. Psychosocial interventions
i. Psychoeducation
ii. Vocational and occupational rehabilitation
iii. Self-help groups (e.g., AA, NA)
iv. Community-based treatment programs (e.g., halfway houses, day hospitals)
v. Other
F. Interpersonal and communication skills
I. Communication with patients
II. Communication with other professionals
III. Communication with the public
IV. Communication with patients' families
V. Communication with the healthcare team
VI. Management of conflict
VII. Common errors in communication
G. Professionalism, ethics, and the law
I. Sensitivity to diverse patient populations
II. Adherence to ethical principles (e.g., informed consent, research issues, clinical care)
III. Fatigue management and work balance
IV. Professional behavior
V. Participation in the professional community



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VI. Legal issues in psychiatry
VII. End of life issues
H. Practice-based learning and improvement
I. Development and execution of lifelong learning
i. Self-assessment and self-improvement
ii. Use of evidence in the clinical workflow
II. Formal practice-based quality improvement
I. Systems-based practice
I. Patient safety and the healthcare team
i. Medical errors and improvement activities
ii. Communication and patient safety
iii. Regulatory and educational activities related to patient safety
II. Resource management
i. Parity
ii. Access to care
III. Community-based care
i. Community based-programs
ii. Prevention
iii. Recovery and rehabilitation
IV. Consultation to nonpsychiatric medical providers and nonmedical systems (e.g., military, schools, businesses, forensic)