

EXAM-DAY · 90-MIN REVISION CARD

Psychological Disorders

Print this · Fold it · Carry to the exam-hall gate · Revise once · Then walk in.

FORMULAS & KEY RESULTS

FOUR Ds OF ABNORMALITY:
DEVIANCE · DISTRESS ·
DYSFUNCTION · DANGER (need
several, not just one)

HISTORICAL VIEWS:
SUPERNATURAL (possession,
witchcraft) → BIOLOGICAL
(Hippocrates' four humours) →
PSYCHOLOGICAL (Freud,
behaviourism, cognitive)

CLASSIFICATION: ICD-11 (WHO,
international) · DSM-5 (APA,
US). NCERT uses DSM
categories

DIATHESIS-STRESS: biological/
psychological VULNERABILITY
(diathesis) + STRESS trigger →
disorder

ANXIETY DISORDERS: GAD
(chronic free-floating worry) ·
PANIC (sudden attacks) ·
PHOBIA (specific, social,
agoraphobia) · OCD (obsessions
+ compulsions)

OBSSESSIONS = intrusive
thoughts · COMPULSIONS =
repetitive acts to reduce anxiety

SOMATIC-SYMPTOM disorders:
somatic symptom · ILLNESS
ANXIETY (hypochondriasis) ·
CONVERSION (loss of function
with no medical cause) · pain ·
body dysmorphic

DISSOCIATIVE disorders:
AMNESIA · FUGUE (amnesia +
flight + new identity) · DID
(Dissociative Identity Disorder
— multiple personalities) ·
DEPERSONALISATION-
derealisation

MOOD/DEPRESSIVE: MDD (≥2
weeks sad/anhedonia + 5 sx) ·
BIPOLAR = mania ⇌ depression
cycling. SCHIZOPHRENIA ≠ DID

SCHIZOPHRENIA — POSITIVE
(additions): delusions ·
hallucinations (mostly auditory) ·
disorganised speech. NEGATIVE

TOP 5 PYQ PATTERNS

1 Symptoms of schizophrenia (positive vs negative)

5 marks · 85% of years

Positive = additions (delusions, hallucinations,
disorganised speech); negative = subtractions
(alogia, avolition, anhedonia, flat affect).

2 Types of anxiety disorders (GAD, panic, phobia, OCD)

5 marks · 80% of years

Name all 4; name 3 phobia sub-types; obsessions vs
compulsions for OCD.

3 Criteria of abnormality (4 Ds)

3 marks · 70% of years

Deviance, Distress, Dysfunction, Danger — need
several together.

4 Substance-use disorders (alcohol, opioid, cannabis)

3 marks · 50% of years

Abuse vs dependence; cover all 3 substances; name
withdrawal + tolerance.

5 Mood / bipolar disorder

3 marks · 45% of years

MDD ≥2 wks; mania = opposite pole; bipolar =
cycling.

90-MIN REVISION FLOW

0-15 min

Memorise the 4 Ds + the diathesis-
stress model + ICD-11 vs DSM-5.
Make a one-line chit.

15-30 min

Write 'Symptoms of schizophrenia'
from memory in <12 min: positive +
negative + disorganised.

30-45 min

Write 'Types of anxiety disorders' —
GAD + panic + 3 phobias + OCD
with obsessions vs compulsions.

45-60 min

Memorise mood (MDD vs mania vs
bipolar) + dissociative (DID ≠
schizophrenia) + somatoform
(conversion has no medical cause).

60-75 min

Take the 15-MCQ Quick Drill.

75-90 min

Review wrong answers + memorise
childhood (ADHD onset <12, ASD
social+repetitive) and substance
(abuse vs dependence).

(subtractions): alogia · avolition · anhedonia · flat affect.

Disorganised behaviour + catatonia

CHILDHOOD: ADHD (inattention + hyperactivity-impulsivity, onset <12, 2 settings) · ASD (social-communication deficits + restricted/repetitive behaviour) · ODD (defiant, hostile) · CONDUCT (rule-violation, aggression)

SUBSTANCE-USE: ABUSE (recurrent problems) vs DEPENDENCE (tolerance + withdrawal). NCERT covers ALCOHOL · OPIOIDS (heroin) · CANNABIS

Confidence, not anxiety. You've practised this all year. Trust your steps. Don't change strategy on exam morning.
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