

Post Traumatic Stress Disorder Certification Practice Test Questions and Answers

1. According to DSM-5, how long must PTSD symptoms persist for a diagnosis to be made?

- A) At least 2 weeks
- B) More than 1 month
- C) At least 6 months
- D) More than 1 year

2. Which of the following is NOT a core symptom cluster of PTSD?

- A) Re-experiencing symptoms
- B) Avoidance symptoms
- C) Hallucinations and delusions
- D) Negative alterations in cognition and mood

3. What is the first-line treatment approach for PTSD according to clinical guidelines?

- A) Medication only
- B) Trauma-focused psychotherapy
- C) Group therapy
- D) Hospitalization

4. Which therapy technique is specifically designed for PTSD treatment?

- A) Cognitive Behavioral Therapy (CBT)
- B) Eye Movement Desensitization and Reprocessing (EMDR)
- C) Prolonged Exposure Therapy
- D) All of the above

Answers: 1-B 2-C 3-B 4-D

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