



American Board of Psychiatry and Neurology, Inc.

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

CERTIFICATION EXAMINATION IN CHILD AND ADOLESCENT PSYCHIATRY

Beginning in 2023, the American Board of Psychiatry and Neurology, Inc. (ABPN) will be utilizing two-dimensional content specifications for the child and adolescent psychiatry certification examination. 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. Questions for the child and adolescent psychiatry certification examination will conform to these content specifications. By design, the two dimensions are interrelated and not independent of each other. Each question 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.

Candidates should use the detailed content specifications as a guide to prepare for the certification examination. Please note that no single examination tests everything on the content specification blueprint. 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 continuing certification processes. For more information, please contact us at questions@abpn.com or visit our website at www.abpn.com.



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CERTIFICATION EXAMINATION IN CHILD AND ADOLESCENT PSYCHIATRY Content Blueprint

Number of questions: 280		
Dimension 1		
Psychiatric Disorders and Topics		
01.	Developmental processes and development through the life cycle	10-14%
02.	Neurodevelopmental disorders	6-8%
03.	Substance-related and addictive disorders	5-7%
04.	Schizophrenia spectrum and other psychotic disorders	3-5%
05.	Depressive disorders	7-9%
06.	Bipolar and related disorders	3-5%
07.	Anxiety disorders	7-9%
08.	Obsessive-compulsive and related disorders	1-2%
09.	Trauma- and stressor-related disorders	5-7%
10.	Dissociative disorders	1-2%
11.	Somatic symptom and related disorders	2-4%
12.	Eating disorders	2-4%
13.	Elimination disorders	1-3%
14.	Sleep-wake disorders	1-3%
15.	Sexual dysfunctions	1-2%
16.	Gender dysphoria	1-3%
17.	Disruptive, impulse-control, and conduct disorders	5-7%
18.	Personality disorders	4-6%
19.	Paraphilic disorders	1-2%
20.	Other conditions that may be a focus of clinical attention	6-8%
21.	Neurocognitive disorders	1-3%
22.	Neurologic disorders	3-5%
23.	Dimension 2 topics without a corresponding Dimension 1 topic	4-6%



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Number of questions: 280		
Dimension 2		
Physician Competencies and Mechanisms		
A.	Neuroscience and mechanisms of disease	8-10%
B.	Behavioral/social sciences and psychosocial mechanisms of diseases	8-12%
C.	Clinical aspects of psychiatric and neuropsychiatric disorders	17-23%
D.	Diagnostic procedures	8-12%
E.	Treatment	25-35%
F.	Interpersonal and communication skills	3-5%
G.	Professionalism, ethics, and the law	3-5%
H.	Practice-based learning and improvement	2-4%
I.	Systems-based practice	8-12%



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CERTIFICATION EXAMINATION IN CHILD AND ADOLESCENT PSYCHIATRY Content Outline

Dimension 1
Psychiatric Disorders and Topics
01. Developmental processes and development through the life cycle (psychiatry and neurology)
A. Infancy through adolescence
01. Personality and other developmental processes
a. Child development theory (e.g., cognitive theory, moral development, learning theory, psychodynamics)
02. Psychosocial influences
03. Other
02. 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
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. Cannabis-related disorders
C. Hallucinogen-related disorders
D. Inhalant-related disorders
E. Opioid-related disorders
F. Sedative-, hypnotic-, or anxiolytic-related disorders
G. Stimulant-related disorders
H. Tobacco-related disorders
I. Other (or unknown) substance-related disorders



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J. 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
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



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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. Trichotillomania (hair-pulling disorder)
D. Excoriation (skin-picking) disorder
E. Substance/medication-induced obsessive-compulsive and related disorder
F. Obsessive-compulsive and related disorder due to another medical condition
G. 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
F. Other specified trauma- and stressor-related disorder
G. Unspecified 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



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C. Avoidant/restrictive food intake disorder
D. Anorexia nervosa
E. Bulimia nervosa
F. Binge-eating disorder
G. Other specified feeding or eating disorder
H. Unspecified feeding or eating disorder
13. Elimination disorders
A. Enuresis
B. Encopresis
C. Other specified elimination disorder
14. 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
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
15. Sexual dysfunctions
A. Delayed ejaculation
B. Erectile disorder
C. Premature (early) ejaculation
D. Substance/medication-induced sexual dysfunction
16. Gender dysphoria
17. Disruptive, impulse-control, and conduct disorders
A. Oppositional defiant disorder
B. Intermittent explosive disorder



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C. Conduct disorder
D. Pyromania
E. Kleptomania
F. Other specified disruptive, impulse-control, and conduct disorder
G. Unspecified disruptive, impulse-control and conduct disorder
18. 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 change due to another medical condition
19. Paraphilic disorders
A. Voyeuristic disorder
B. Exhibitionistic disorder
C. Frotteuristic disorder
D. Pedophilic disorder
E. Fetishistic disorder
F. Transvestic disorder
G. Other specified paraphilic disorder
H. Unspecified paraphilic disorder
20. Other conditions that may be a focus of clinical attention
21. Neurocognitive disorders
A. Delirium
B. Other specified delirium
C. Unspecified delirium
D. Major or mild neurocognitive disorder due to traumatic brain injury
E. Substance/medication-induced major or mild neurocognitive disorder
F. Major or mild neurocognitive disorder due to HIV infection
G. Major or mild neurocognitive disorder due to prion disease
H. Major or mild neurocognitive disorder due to another medical condition
I. Major or mild neurocognitive disorder due to multiple etiologies
J. Unspecified neurocognitive disorder



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22. Neurologic disorders
A. Infections of the nervous system
B. Vascular diseases
C. Disorders of cerebrospinal and brain fluids
D. Neuro-oncology
E. Trauma
F. Birth injuries and developmental abnormalities
G. Genetic diseases of recognized biochemical abnormality
H. Cerebral degenerations of childhood
I. Ataxias
J. Headache
K. Movement disorders
L. Spinal cord diseases
M. Neuromuscular junction disorders
N. Myopathies
O. Demyelinating diseases
P. Epilepsy and episodic disorders
Q. Neurologic complications of systemic diseases
R. Neurotoxicology
S. Pain syndromes
T. Other
23. 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
01. Neuroanatomy
02. Cellular and molecular neurobiology
03. Neuropathology
04. Genetics
05. Neurochemistry
06. Neurophysiology
07. Chronobiology (e.g., biological rhythms, sleep)
08. Neuroendocrinology and neuroimmunology
09. Other
B. Behavioral/social sciences and psychosocial mechanisms of diseases
01. Psychology
a. Experimental and behavioral psychology
b. Neuropsychology, cognitive psychology
c. Social psychology
d. Psychoanalytic and psychodynamic psychology
e. Other
02. Sociology
03. Anthropology, culture, ethnicity, race, and spirituality
04. Biostatistics
05. Research design
06. Other
07. Normal development
C. Clinical aspects of psychiatric and neuropsychiatric disorders
01. Epidemiology
02. Factors affecting psychiatric and neuropsychiatric disorders (predisposing, protective, and perpetuating factors, precipitants)
03. Clinical presentation, symptoms, and signs
04. Comorbidity
05. Differential diagnosis
06. Prognosis and course of illness
D. Diagnostic procedures
01. General physical and neurological examination
02. Psychiatric interview and mental status examination
03. Psychological testing



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04. Neuropsychological testing
05. Diagnostic assessments and rating scales (including bed-side testing)
06. Laboratory testing
07. Neuroimaging
08. EEG
09. Sleep Studies
10. Neurophysiologic testing
11. Other
E. Treatment
01. General treatment planning and decision making (including decision of level of care)
02. General principles of psychopharmacology and neuropharmacology
a. Pharmacokinetics/pharmacodynamics
b. Drug interactions
c. Age, gender, and ethnicity issues
d. Genomics
03. Specific pharmacologic agents
a. Tricyclics and heterocyclics
b. Monoamine oxidase inhibitors
c. Selective serotonin reuptake inhibitors (SSRI)
d. Selective norepinephrine reuptake inhibitors (NRI)
e. Selective serotonin-norepinephrine reuptake inhibitors (SNRI)
f. Other antidepressants
g. Lithium
h. Anticonvulsants
i. Benzodiazepines
j. Beta blockers
k. Alpha agonists
l. Typical antipsychotics
m. Atypical antipsychotics
n. Psychostimulants
o. Hypnotics and sedatives
p. Anticholinergics
q. Other agents used in the management of psychiatric disorders
r. Other agents used in the management of neurologic disorders
s. Other agents used in the management of other medical disorders
04. Treatment of substance-related and addictive disorders
a. Pharmacologic



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1. Management of use (disorder), intoxication, and withdrawal
2. Relapse prevention
3. Management of co-occurring conditions
b. Nonpharmacologic
1. Management of use (disorder), intoxication, and withdrawal
2. Relapse prevention
3. Management of co-occurring conditions
05. Treatment of aggression/self-injury
a. Pharmacologic
b. Nonpharmacologic
06. Treatment of sleep-wake disorders
a. Pharmacologic
b. Nonpharmacologic
07. Treatment of pain
a. Pharmacologic
b. Nonpharmacologic
08. Treatment of neuroleptic malignant syndrome, TDEPS, and serotonin syndrome
a. Pharmacologic
b. Nonpharmacologic
09. Treatment in special situations
a. Renal disease
b. Hepatic disease
c. Pregnancy
d. Breast-feeding
e. Tardive dyskinesia and extrapyramidal symptoms
10. Augmentation strategies
11. Nonpharmacologic somatic treatment
a. Biofeedback
b. Electroconvulsive therapy
c. Phototherapy
d. Chronotherapy
e. Vagal nerve stimulation
f. rTMS (repetitive transcranial magnetic stimulation)
g. Neurosurgical approaches
h. Other
12. Psychotherapy
a. Supportive
b. Cognitive and/or behavior (including DBT)



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c. Interpersonal
d. Psychodynamic and psychoanalytic
e. Couples and family
f. Group
g. Crisis intervention (e.g. critical incident debriefing, psychological debriefing/early intervention)
h. Motivational interviewing
i. Other (e.g., hypnotherapy, sex therapy, mindfulness, meditation)
13. Psychosocial interventions
a. Psychoeducation
b. Vocational and occupational rehabilitation
c. Self-help groups (e.g., AA, NA)
d. Community-based treatment programs (e.g., halfway houses, day hospitals, multimodal treatment programs, therapeutic communities, opioid agonist treatment programs)
e. Other
F. Interpersonal and communication skills (including management of conflict)
01. Communication with patients
02. Communication with other professionals
03. Communication with the public
04. Communication with patients' families
05. Communication with the healthcare team
G. Professionalism, ethics, and the law
01. Sensitivity to diversity
02. Adherence to ethical principles (e.g., informed consent, research issues, clinical care)
03. Fatigue management, work-life balance, and physician well-being
04. Professional behavior
05. Participation in the professional community
06. Legal issues in psychiatry
07. End of life issues
H. Practice-based learning and improvement
01. Development and execution of lifelong learning
a. Self-assessment and self-improvement
b. Use of evidence in the clinical workflow
02. Formal practice-based quality improvement
I. Systems-based practice
01. Patient safety and the healthcare team



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a. Medical errors, patient safety, quality improvement, and improvement activities
b. Regulatory and educational activities related to patient safety
02. Resource management (e.g., utilization management and review, integration and systems of care ² , managed care issues)
a. Parity
b. Access to care
c. Telepsychiatry
03. Community-based care
a. Community based-programs
1. Other (e.g. nursing homes, skilled nursing facilities, assisted living)
b. Prevention
c. Recovery and rehabilitation
d. Integrated care (collaborative care)
04. Consultation to nonpsychiatric medical providers and nonmedical systems (e.g., military, schools, businesses, forensic)
05. Public health and prevention, and public policy
06. Documentation of practice, management of records, insurance, and reimbursement