



STEP 1 | ORIGINAL SAMPLE

Psychiatry workflow sample

A safety-first assessment map, a differential workflow, and original review questions.

\$69

FULL PROGRAM PRICE

4

designed pages

3

original questions

17

topic modules

EDUCATIONAL SCOPE

This sample is independently written and designed to demonstrate the StepBridge MD format. It is for exam preparation only and is not clinical advice, official exam content, or a substitute for individualized professional judgment.



Organize the presentation before naming it

A useful study sequence starts with immediate safety, then considers substances and medical causes before comparing symptom pattern, duration, and impairment.

01

1. Immediate safety

Identify danger to self or others, severe agitation, inability to care for basic needs, or a medical emergency.

Urgent risk changes the next action before a final diagnostic label.

02

2. Substance and medical review

Check medications, substances, withdrawal, sleep, neurologic signs, and relevant medical conditions.

A physical or substance-related cause can change both diagnosis and management.

03

3. Pattern, time, and function

Clarify onset, course, triggers, associated symptoms, and effect on daily life.

Do not diagnose from one isolated symptom.

04

4. Individualized plan

Match evidence-based care to the person's condition, needs, preferences, and professional assessment.

Psychotherapy, medication, or combined care may be considered under qualified guidance.



A four-step differential workflow

Use the same sequence each time so a dense stem becomes a short set of decisions.

1

Describe the episode

Record onset, duration, physical symptoms, thoughts, behavior, and recovery without jumping to a label.

2

Look for context

Ask about substances, medications, sleep, trauma, medical symptoms, and environmental triggers.

3

Compare syndrome criteria

Use the full symptom cluster, time course, recurrence, distress, and functional impairment.

4

Separate study facts from care

Exam review can organize concepts; real assessment and treatment require qualified, individualized professional judgment.

FAST CHECK

Safety comes before taxonomy

When a presentation includes possible self-harm, violence, severe incapacity, or a medical emergency, immediate safety assessment takes priority over perfect diagnostic classification.



Quick check: Psychiatry

These independently authored questions pair each answer with a short explanation.

QUESTION 1

A learner sees sudden fear with palpitations and shortness of breath in a vignette. What should be checked before concluding it is a primary panic disorder?

Answer: Relevant medical, medication, and substance causes, plus the full course and recurrence pattern

Physical symptoms can have nonpsychiatric or substance-related causes. Panic disorder also requires more than one isolated symptom episode.

QUESTION 2

Which psychotherapy method uses planned, supported contact with feared situations so distress can decrease over time?

Answer: Exposure therapy, commonly used as part of cognitive behavioral therapy

NIMH describes exposure therapy as a CBT approach used for anxiety disorders within an individualized treatment plan.

QUESTION 3

In an exam vignette, new thoughts of self-harm are disclosed. What principle should guide the immediate next step?

Answer: Prioritize a direct safety assessment and urgent support rather than delaying for diagnostic refinement.

In the United States, 988 is available for crisis support; life-threatening emergencies require emergency services such as 911.