Achievable

USMLE STEP 1 DUMP SHEET

Behavioral science

Defense mechanisms

- **Projection:** own feelings put on others
- **Displacement:** feeling moved to a safer target
- **Reaction formation:** acting the opposite
- **Splitting:** all good or all bad (borderline)
- **Repression** is unconscious; **suppression** conscious
- **Mature:** sublimation, humor, suppression, altruism

Personality disorders

- **Cluster A:** paranoid, schizoid, schizotypal
- **Cluster B:** antisocial (18+), borderline, histrionic, narcissistic
- **Cluster C:** avoidant, dependent, obsessive-compulsive

Psychosis

- **Brief psychotic:** under 1 month
- **Schizophreniform:** 1—6 months
- **Schizophrenia:** 6 months; auditory hallucinations
- **Negative symptoms:** flat affect, avolition
- **Schizoaffective:** psychosis plus mood episodes

Antidepressants

Drug	Adverse effects
SSRIs	Sexual dysfunction; weeks to work
TCAs	Anticholinergic; cardiotoxic
MAOIs	Tyramine: hypertensive crisis
Trazodone	Priapism, sedation (nefazodone: liver failure)
Bupropion	Seizures
Mirtazapine	Weight gain, sedation

- **Serotonin syndrome:** clonus, hyperthermia; cyproheptadine
- **Triggers:** MAOI plus SSRI, linezolid, triptans, tramadol

Antipsychotics

- **Typical** (haloperidol): D2 block; extrapyramidal, prolactin
- **Atypical:** D2 and 5-HT2A; metabolic syndrome
- **Clozapine:** agranulocytosis; monitor neutrophils

Effect	Onset	Treat
Dystonia	Hours—days	Benztropine
Akathisia	Days—weeks	Propranolol
Parkinsonism	Days—months	Benztropine
Tardive dyskinesia	Months—years	Valbenazine

- **NMS** (neuroleptic malignant syndrome): fever, rigidity, high CK
- **NMS treatment:** stop the drug; dantrolene, bromocriptine

Mood disorders

- **Major depression:** 2 weeks, 5 of 9 (SIGECAPS)
- **Persistent depressive:** milder, 2 years
- **Bipolar I:** mania 7 days. **II:** hypomania
- **Cyclothymia:** milder highs and lows, 2 years
- **Lithium:** tremor, hypothyroid, nephrogenic DI, Ebstein
- **Lithium toxicity:** thiazides, NSAIDs, ACE inhibitors raise levels

Anxiety and other disorders

- **GAD:** 6 months. **OCD:** ego-dystonic
- **Acute stress:** 3 days—1 month. **PTSD:** over 1 month
- **Adjustment:** within 3 months of a stressor
- **Treatment:** SSRIs, SNRIs first; benzodiazepines second
- **Conversion:** neurologic loss, not feigned
- **Factitious:** sick role. **Malingering:** external gain
- **ADHD:** 6 symptoms (5 from 17), 2 settings
- **ADHD drugs:** stimulants; atomoxetine (no abuse)
- **Bulimia:** normal BMI. **Anorexia:** lanugo

Substances

Drug	Intoxication	Withdrawal and treatment
Alcohol	Slurred speech, ataxia, nystagmus	Tremor in hours; delirium tremens at 2—3 days. Benzodiazepine, thiamine
Opioids	Miosis, respiratory depression; naloxone	Mydriasis, rhinorrhea, gooseflesh; not lethal. Methadone, buprenorphine
Benzodiazepines	Sedation, respiratory depression	Seizures, delirium: life-threatening. Taper
Cocaine	Mydriasis, hypertension, psychosis; benzodiazepines	Dysphoria, hypersomnia, hunger
PCP	Violence, nystagmus, analgesia; benzodiazepines	No defined withdrawal
Cannabis	Red eyes, appetite, dry mouth	Irritability, insomnia, poor appetite
Anticholinergic	Hot dry skin, mydriasis, delirium; physostigmine	No withdrawal