

Psychiatric-Mental Health Nurse Practitioner (Across the Lifespan) (PMHNP-BC™) Board Certification Examination Test Content Outline

Effective Date: April 28, 2023

This test content outline lists the knowledge and skills identified as being important for the role, as determined by the most recent role delineation study. The number of questions in each of the major categories of the scored portion of the examination are shown below.

Note: The examples in parentheses are not all-inclusive and do not indicate importance but are simply to provide clarification and guidance for studying.

There are **175 questions** on the examination. Of these, **150 are scored questions** and **25 are pretest questions** that are not scored. Performance of pretest questions is evaluated and used to determine if they will be used in the scored portion of the examination. The pretest questions cannot be distinguished from those that will be scored, so it is important for a candidate to answer all questions. A candidate's score, however, is based solely on the 150 scored questions. Performance on pretest questions does not affect a candidate's score.

CONTENT DOMAIN	NUMBER OF QUESTIONS	PERCENTAGE
I. Scientific Foundation	33	22%
II. Advanced Practice Skills	41	27%
III. Diagnosis and Treatment	33	22%
IV. Psychotherapy and Related Theories	17	11%
V. Ethics, Legal Principles, and Cultural Care	26	17%
TOTAL	150	100%*

**Total does not come to 100 because of rounding*

In accordance with the APRN Consensus Model, this examination will be developed in consideration of the below secondary classifications, whenever applicable.

BODY SYSTEMS	DRUG AGENTS	AGE GROUP
1. Cardiovascular	1. Analgesic	1. Infant
2. Endocrine	2. Anti-Infective	2. Preschool
3. Gastrointestinal	3. Cardiovascular	3. School-Age
4. Genitourinary and Renal	4. Endocrine	4. Adolescent
5. Head, Eyes, Ears, Nose, and Throat	5. Eye, Ear, Nose, and Skin	5. Young Adult (including late adolescent and emancipated minors)
6. Hematopoietic	6. Gastrointestinal	6. Adult
7. Immune	7. Genitourologic	7. Older Adult
8. Integumentary	8. Musculoskeletal	8. Frail Elderly
9. Musculoskeletal	9. Neurological	
10. Neurological	10. Psychiatric	
11. Psychiatric	11. Reproductive	
12. Reproductive	12. Respiratory	
13. Respiratory		

33 questions; 22%

I. Scientific Foundation

A. Knowledge

1. Advanced pathophysiology
2. Advanced pharmacology (e.g., contraindications, interactions, adverse effects)
3. Advanced psychopharmacology (e.g., pharmacokinetics, pharmacodynamics, extrapyramidal symptoms [EPS], neuroleptic malignant syndrome [NMS])
4. Neurodevelopment
5. Neuroanatomy
6. Neurophysiology
7. Psychopharmacogenomics (e.g., gene-drug interactions, heritability)

B. Skill

1. Advanced physical assessment

41 questions; 27%

II. Advanced Practice Skills

A. Skill

1. Clinical interviewing (e.g., open-ended questions, nonverbal communication, motivational interviewing)
2. Health promotion and disease prevention (e.g., models, strategies)
3. Mental health screening tool selection and interpretation (e.g., PHQ-9, GAD-7, Vanderbilt ADHD)
4. Mental status exam
5. Psychiatric emergency management (e.g., suicidal ideation, homicidal ideation)
6. Psychoeducation (e.g., presentation method, topic selection)
7. Recovery and resilience promotion
8. Risk assessment
9. Substance use screening tool selection and interpretation (e.g., Alcohol Use Disorders Identification Test [AUDIT], Drug Abuse Screening Test [DAST], Clinical Institute Withdrawal Assessment Alcohol Scale [CIWA], Clinical Opiate Withdrawal Scale [COWS])

33 questions; 22%

III. Diagnosis and Treatment

A. Knowledge

1. DSM-5-TR diagnostic criteria
2. Complementary and alternative treatments

B. Skill

1. Diagnostic and laboratory test selection and interpretation
2. Diagnosis (including differentials)
3. Evidence-based practice (e.g., medication dosing, off-label use, psychotherapy selection)
4. Psychopharmacotherapeutic management (e.g., selection, monitoring)
5. Pharmacotherapeutic management (e.g., selection, monitoring)

17 questions; 11%

IV. Psychotherapy and Related Theories

A. Knowledge

1. Psychotherapy principles (e.g., cognitive behavioral therapy, humanistic, interpersonal, behavioral)
2. Change theories (e.g., Transtheoretical Model, Lewin's Change Theory)
3. Developmental theories
4. Family theories (e.g., structural, narrative)

B. Skill

1. Therapeutic alliance development and management (e.g., empathy, boundaries, psychotherapy facilitation, trauma-informed approach)

26 questions; 17%

V. Ethics, Legal Principles, and Cultural Care

A. Knowledge

1. Patient's Bill of Rights (e.g., informed consent, treatment options)
2. Scope of confidentiality (e.g., release of information, duty to warn)
3. ANA Scope and Standards of Practice: Psychiatric-Mental Health Nursing

B. Skill

1. Cultural and spiritual competence (e.g., differences in belief systems, existentialism, social determinants of mental health, risk factors, barriers)
2. Equity, diversity, and inclusion (e.g., specific populations, sexual orientation, gender identity)
3. Ethics in clinical decision making (e.g., involuntary treatment, least restrictive care, decision making capacity, bioethical principles)
4. Patient advocacy (e.g., educational accommodations, disabilities accommodations, FMLA)

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