

QR-1: Duration Cheat Sheet

Key time criteria for all 6 OSCE diagnostic categories — OSCE Preparation

● Schizophrenia Spectrum		Duration is the primary organiser
DISORDER	DURATION	KEY RULE
Brief Psychotic Disorder	< 1 month	Full return to premorbid functioning
Schizophreniform Disorder	1–6 months	May or may not have functional decline
Schizophrenia	≥ 6 months	Includes prodromal/residual; 1 month active symptoms (Criterion A) Anchor disorder
Schizoaffective Disorder	Duration of mood episode	Psychosis must occur ≥2 weeks WITHOUT concurrent mood episode
Delusional Disorder	≥ 1 month	Delusions only — no other Criterion A symptoms required

● Bipolar & Depressive		Episode duration is the organiser
EPISODE / DISORDER	DURATION	KEY RULE
Major Depressive Episode	≥ 2 weeks	5/9 symptoms; anchor = depressed mood OR anhedonia
Manic Episode	≥ 1 week	Any duration if hospitalisation required; 3+ symptoms (4 if only irritable)
Hypomanic Episode	≥ 4 consecutive days	No marked impairment; no hospitalisation; no psychosis
Cyclothymic Disorder	≥ 2 years	Sub-threshold; symptoms ≥50% of time; no >2 month symptom-free gap
Persistent Depressive Disorder	≥ 2 years	Depressed mood most days; ≥2 of 6 symptoms; no >2 month gap

● Anxiety Disorders		6 months is the main threshold
DISORDER	DURATION	KEY RULE
Generalised Anxiety Disorder	≥ 6 months	More days than not; ≥3 of 6 associated symptoms (adults)
Social Anxiety Disorder	≥ 6 months	Fear of social scrutiny; typically persistent across situations
Specific Phobia	≥ 6 months	Marked fear of specific object/situation; typically persistent
Agoraphobia	≥ 6 months	Fear in ≥2 of 5 situation types

Panic Disorder	≥ 1 month of concern	Recurrent unexpected attacks + ≥1 month worry/avoidance
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● OCD & Related		No strict duration threshold — impairment is the gauge
DISORDER	DURATION	KEY RULE
OCD	Time-consuming (>1 hr/day typical)	Obsessions and/or compulsions; ego-dystonic; marked distress or impairment
BDD	Persistent, usually chronic	Preoccupation with perceived defect; repetitive behaviours; poor/absent insight common
Hoarding Disorder	Persistent, usually chronic	Difficulty discarding; cluttered living areas; distress or impairment
Trichotillomania	Persistent	Recurrent hair pulling; attempts to stop; hair loss present
Excoriation Disorder	Persistent	Recurrent skin picking; attempts to stop; skin lesions present

● Trauma & Stressor-Related		Timing relative to stressor is the organiser
DISORDER	DURATION	KEY RULE
Acute Stress Disorder	3 days – 1 month	Onset within 3 days of trauma; ≥9/14 symptoms across 5 categories
PTSD	> 1 month	All 4 clusters required (B, C, D, E); Criterion A stressor required
Adjustment Disorder	Onset <3 months; resolves <6 months after stressor ends	Any stressor (not necessarily traumatic); residual category — exclude other Dx first
Prolonged Grief Disorder	≥ 12 months (adults)	Bereavement; yearning for deceased + ≥3 of 8 symptoms; added DSM-5-TR

● Feeding & Eating		Frequency thresholds apply to BN and BED
DISORDER	DURATION / FREQUENCY	KEY RULE
Anorexia Nervosa	Persistent (no min. duration)	Significantly low weight required; two subtypes: restricting and binge-purge
Bulimia Nervosa	≥ 1×/week × 3 months	Binge + compensate; weight typically normal; body image distortion
Binge Eating Disorder	≥ 1×/week × 3 months	Binge only — NO compensation; ≥3 of 5 features; marked distress
ARFID	Persistent (no min.)	No body image disturbance; sensory/fear/low interest only

