

Dear student. Please read the question(s) carefully and then provide your answer on the answer sheet by choosing the best option. All the questions are based on a single-answer style. You are expected to respect the following exam rules:

1. Make sure you're in the correct examination room.
2. Turn off your cell phone.
3. Do not talk to your colleagues.
4. Questions regarding the exam are to be minimized, especially translation.
5. Use a pencil

**1. Which of the following scenarios is an example of counter transference?**

- a) A physician feels irritated when he is called in the middle of the night for a minor complaint.
- b) A physician is very sad when one of his patient is diagnosed with brain tumor.
- c) A physician is aware of his frustration when a diabetic patient who does not comply with dietary control is readmitted.
- d) A physician angrily scolds his elderly female patient for complaining of fatigue.

**2. All of the following are examples of transference except:**

- a) A patient who fears that her physician will become too intimate.
- b) A patient who sees another physician for a second opinion.
- c) A patient who fears loss of control.
- d) A patient who is excessively dependant on her physician.
- e) A patient who feels that he is not appreciated by his physician.

**3. For physicians who understand their task of diagnosing and treating physical illness, which of the following patients would be the most difficult?**

- a) A somatizing patient
- b) A patient with senile dementia
- c) A patient who requests a second opinion
- d) Another physician

**4. At the beginning of an appointment a patient wants to discuss her thought of why she is ill but the physician wants to know her symptoms. The physician should:**

- a) Allow her to complete her thoughts
- b) Politely interrupt the patient and continue with questions
- c) Inform her that time is very important
- d) Inform her that extra charge will be made if more time is spent
- e) Immediately discuss how compliance will be affected by her thoughts

5. A patient is admitted to the hospital with a sudden onset of altered mental state. In the hospital he was agitated in bed after a workup and the physician decides to restrain him to perform a lumbar puncture:

- a) This is an example of shared decision making style
- b) This scenario is an example of paternalistic style
- c) It show unethical relationship
- d) This is an example of empathy

6. All false regarding doctor-patient relationship except:

- a) Deep level of interaction is rarely ignored.
- b) Maintaining emotional distance from patients is a professional act.
- c) Most patients want to be treated only.
- d) Well-taught in most medical schools.
- e) Similar to other professional relationship but with higher intensity.

7. All is true regarding empathy except:

- a) Is equivalent to "listening well"
- b) Allows you to understand the other's subjective experience
- c) Has positive impact on treatment compliance
- d) Honesty of an empathic response is more important than the actual words.
- e) Can't be acquired through exposure and imitation

8. A critically ill patient in the emergency room will benefit the most from a physician who uses the following style:

- a) Consumer-based
- b) Paternalistic
- c) Shared-decision making
- d) Friendly approach
- e) None of the above

9. All the following about professional boundaries is true except:

- a) Doctor-patient relationship is not an equal one
- b) The physician is seen as an authority figure
- c) Patients are responsible for maintaining the boundaries of the relationship
- d) What you do with your feelings towards a patient is more important than the feelings themselves
- e) Physicians and patients alike may respond to each other based on their previous experiences.

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**10. The following about poor treatment compliance is true except:**

- a) Could be improved through the quality of the doctor-patient relationship
- b) Very common phenomenon in medicine
- c) May reflect external factors
- d) Once daily regimen better than twice daily
- e) It directly reflects the physician's scientific knowledge

**11. Behavior is shaped by the following basic processes except:**

- a) Arousal and attention
- b) Motivation
- c) Affect
- d) Culture
- e) Learning

**12. All true about reticular monoaminergic pathways except:**

- a) Influence the processing of sensory information
- b) Control levels of academic performance
- c) Contain noradrenergic, serotonergic and dopaminergic pathways.
- d) Involved in initiation of motivated behaviors, affect, organization of motor output and learning.
- e) Noradrenergic pathways play a key role in establishing and maintaining focused attention on significant stimuli.

**13. According to Paul McLean, the limbic system include all the following except:**

- a) Amygdala
- b) Motor cortex
- c) Nucleus Accumbens
- d) Portions of the hypothalamus
- e) Orbitofrontal cortex

**14. Lesions of the parietal-temporal-occipital association cortex lead to the following except:**

- a) Aphasia
- b) Agnosia
- c) Distortion of body image
- d) Difficulties understanding the meaning of words/syntax
- e) Amnesia

15. Dysregulation of monoaminergic function is thought to be associated with aggressive behavior based mostly on studies of the following except:

- a) Platelet serotonin content
- b) Platelet serotonin reuptake
- c) Cerebrospinal fluid level of serotonin metabolite, 5-HIAA.
- d) GABA levels in the brain
- e) Cerebrospinal fluid level of norepinephrine metabolite, 3-4 MHPG.

16. All the following criteria of a neurotransmitter are false except:

- a) Bodily organs should contain the substance
- b) Different brain regions synthesize the substance
- c) Neurons release the substance upon depolarization
- d) Substance is physiologically active on the whole body
- e) The postsynaptic physiological response to the substance is not identical to that of the neurotransmitter released by neurons

17. Classical stress response is associated with significant increased release of the following except:

- a) Adrenal glucocorticoids
- b) Acetylcholine
- c) Pituitary ACTH
- d) Beta-endorphins
- e) Catecholamines

18. The phenomenon of human aggression is associated with all the following except:

- a) Increases at puberty.
- b) Directly related to testosterone level.
- c) Castration of adults does not necessarily diminish aggressive behavior
- d) Limited evidence on causative effect of localized brain tumors
- e) May respond to antipsychotic medications

19. The following is ~~true~~ regarding human behavior except:

- a) Usually, behavior is the product of integrated activity of many interacting brain regions.
- b) Activation of the brain's motivational system is accompanied by arousal of endocrine and autonomic responses
- c) The mesocortical system is involved in regulating memory storage
- d) Repeated exposure to aversive conditions that cannot be controlled produces a state of learned helplessness
- e) Exposure to stressors early in development profoundly affects behavior and stress response in adulthood.

**20. All false about the Biopsychosocial model except:**

- a) Can not be applied in our culture
- b) Integrates different therapeutic modalities together
- c) Is applicable only in patients with psychiatric disorders
- d) Includes social but not marital problems
- e) Does not support the multiaxial diagnostic system

**21. Regarding the Biopsychosocial model, the following are true except:**

- a) Is a biomedical model
- b) Has been proposed by Engel
- c) Is implicated in the outcome of illness
- d) Implies comprehensive care
- e) Affects patients' satisfaction

**22. "Fight or Flight" response is mediated by the following except:**

- a) Hypothalamus
- b) The sympathetic nervous system
- c) The adrenal medulla
- d) The adrenal cortex
- e) Catecholamines

**23. Which one of the following correlates most with becoming ill?**

- a) Having a single stressful event.
- b) Perceiving the stressful event as positive.
- c) Maladaptive ways of coping with stress which may alter susceptibility to illness.
- d) Having a social support network.
- e) Old age.

**24. Which of the following concepts about stress is correct?**

- a) The central nervous, endocrine, and immune systems appear to have little interconnection.
- b) An individual's response to physical and psychological illness is depends on genetic but not acquired factors.
- c) A strong network of social support seems to buffer patients against the effects of stress.
- d) Some stressors can be perceived positively and others negatively, and this perception is mediated by cognitive "adaptive behaviors".
- e) Struggling and contending behavior are the most precipitating factor to stress.

**25. The earliest theory that explains stress relationship is:**

- a) Sigmund Freud "psychiatric overlays" on physical conditions.
- b) Franz Alexander "specificity theory" of psychosomatic disorders.
- c) Hippocrates belief that many diseases and mental states are caused by emotions, or passions.
- d) Selye's work on stress and cortisol.
- e) Holme & Rahe stressful life events list.

**26. The most stressful life event according to Holmes & Rahe research was:**

- a) Having a new baby.
- b) Death of a spouse.
- c) Death of a son.
- d) Change in health of a family member.
- e) Divorce.

**27. Coping with stress according to Arnold Lazarus sets on:**

- a) Presence of stressful life events.
- b) Adaptive of maladaptive behaviors resulting from stress.
- c) Cognitive perception of stress.
- d) Availability of a supportive social network.
- e) Freedom and willpower.

**28. The social readjustment rating scale is associated with:**

- a) Thomas holmes and rahe.
- b) Hans selye,
- c) Richard lazarus.
- d) John mason.
- e) Harold wolff.

**29. True statements about research in psychocardiology include:**

- a) The most consistent psychological correlates of hypertension are inhibited anger expression and excessive anger expression
- b) Stress leads to excess secretion of epinephrine which raises cardiac contractility and conduction velocity.
- c) Cardiac surgery patients at greatest risk for complications are depressed and in denial about their anxiety
- d) Mental stress leads to diminished cardiac perfusion
- e) All of the above

**30. True statement(s) about type A behavior include:**

- a) Once coronary artery disease is present, global type A behavior appears to increase the risk of subsequent cardiac morbidity.
- b) Of all the element of the syndrome, hostility has been found to be the most toxic element.
- c) Life style modification has little effect on revascularization.
- d) Expressive hostility appear to be least strongly related to the risk of coronary artery disease in women .
- e) All of the above.

**31. Exposure of rats to stress reliably:**

- a) Decrease plasma concentration of ACTH.
- b) Decrease plasma concentration of corticosterone.
- c) increase secretion of growth hormone.
- d) Activates the sympathetic nervous system.
- e) none of the above.

**32. In the psychotherapeutic treatment of patients with psychosomatic disorders the most difficult problem is patients:**

- a) Resistance to entering psychotherapy.
- b) Erotic transference to the psychotherapist.
- c) Positive response to the interpretation of their symptoms.
- d) Recognition of the psychological meaning of their symptoms.
- e) None of the above.

**33. Unawareness of a perception is:**

- a) Intellectualization.
- b) Denial
- c) Rationalization
- d) Isolation of affect
- e) Splitting

**34. All of the following statement regarding depression and medical illness are correct except:**

- a) Depression aggravate chronic pain in rheumatoid arthritis.
- b) Depression is common after stroke but has little impact on outcome.
- c) Depression can affect the immune system function.
- d) Depression can affect the recovery from medical illness.



35. Psychological factors are best understood to affect diabetes mellitus through each of the following mechanisms except:

- a) Noncompliance with diet.
- b) Noncompliance with insulin regimen.
- c) Adolescent dislike to restrictions and authority figures.
- d) Mental stress induced insulin resistance.
- e) Diabetes mellitus is a risk factor for depression.

36. Each of the following statements about the various types of stressors is true except:

- a) Divorce is greater stress than marriage
- b) Marital separation is a greater stress than pregnancy
- c) Retirement from work is a greater stress than major illness.
- d) Inlaw (relatives by marriage) troubles are a greater stress than trouble with the boss
- e) Changing to a new school is a greater stress than going on vacation.

37. Each of the following statement about psychoneuroimmunology is true except:

- a) Immunological reactivity is affected by behavioral strategies.
- b) The immune system is suppressed by glucocorticoid in acute stress.
- c) Growth hormone is not affected in response to stress
- d) Both humoral and cell mediated immunity seem to be modulated by stress.
- e) Studies have shown that stressors can alter T cells regulatory pattern and response to mitogens.

38. A 27 year-old male seen at primary care clinic because of abdominal pain. He believes that his illness is due to black magic . The following steps are true except :

- a) Ask him" what does that mean to you".
- b) Review his social stresses.
- c) Explore his emotions.
- d) Convince him that the pain is not due to black magic .
- e) Explain to him the relationship between body & mind.

39. A 45 year- old lady has marital conflict . She neglected her home duties because she feels fatigue all the time. The following is true :

- i) Illness is the recognized pathophysiological problem.
- ) Sick role is the patient's behavior of being ill.
- ) Illness behavior is the expected behavior of the ill person.
- ) Disease is the individual perception of being ill.
- ) Exemptions from some responsibilities is considered a sick role.

40. The following are true about "the cultural views about diseases in Saudi Arabia" except:

- a) Black magic has been over diagnosed.
- b) Zar as a cultural ceremony for mental/spiritual healing is rarely practiced.
- c) Using The Holy Quran in treatment has been abused even by some religious people.
- d) Evil eye induced diseases should be treated exclusively by "Ruqyah".
- e) Our attitude toward diseases is affected by cultural values