

MCQ One best answer Behavioral Sciences

1. Psychology is:
 - a. A branch of surgery
 - b. Can mend the ways you have illnesses
 - c. Contributes to the study of human mind T
 - d. Has no role in the emotions
 - e. Multiplies the cognitions
2. A young doctor went to Swat and studied people in a village to see the impact of trauma on them. He lived with them understood all possible relations of culture as well. He was a:
 - a. Psychologist
 - b. Physiologist
 - c. Pathologist
 - d. Anthropologist
 - e. Psychiatrist
3. Engel gave a definition to completely elaborate the definition of health and considering a person as a whole this was a model called
 - a. Social model
 - b. Biological model
 - c. Biopsychosocial model
 - d. Feedback loops
 - e. Anthropology
4. While teaching in a class a psychiatrist gave the example how to put a force on a specific word in a communication and it was called as:
 - a. Deflection
 - b. Inflection
 - c. Rhythm
 - d. Tone
 - e. Rate of speech
5. When a person is talking the to listen to the tone and the speech of the patient may have impact and this is called the:
 - a. Attending and listening
 - b. Exclusivity
 - c. Attention span
 - d. Concentration
 - e. Formal words

6. While listening to a politician's speech everybody was impressed by the way he was moving his body and this was carrying more impact. Later on the public realized the importance of
 - a. Movement
 - b. Body language in nonverbal communication
 - c. Dramatization
 - d. Impact
 - e. Memory
7. In an interview setting the most important component is the seating. The best angle of communication between the patient and the doctor to sit is the:
 - a. 45°
 - b. 135°
 - c. 90°
 - d. 180°
 - e. Opposite
8. If the question asked are type where there is only "yes" "No" or a single response to question then this is called:
 - a. Single question
 - b. Open ended question
 - c. Closed ended question
 - d. Blank question
 - e. Double question
9. The significance to the open ended question is:
 - a. It elaborates and make patient effectively communicate his /her problems
 - b. It is waste of time
 - c. It is unremarkable
 - d. It is bad on patient part
 - e. It is good for doctors
10. During the interview after taking the demographics the doctor started asking question slowly regarding the illness of the patient. This technique is called
 - a. Leading questions
 - b. Closing
 - c. Funneling
 - d. Tunneling
 - e. Broadcasting
11. When the doctor during the interview starts repeating whatever the patient has expressed in past few minutes this may be the example of:
 - a. Phrasing

- b. Paraphrasing
 - c. Elaborating
 - d. Questioning
 - e. Interviewing
12. When a patient is counseled for stress management then the most important component that could be missed is
- a. Life history
 - b. Parents
 - c. Children
 - d. Barging
 - e. Empathy
13. When one of my friends mother died I went him for condolence and asked hime what has happened? This is an example of
- a. Apathy
 - b. Dyspathy
 - c. Empathy
 - d. Counseling
 - e. Communication
14. Important components of counseling are:
- a. Unconditional positive regard
 - b. Clarity
 - c. Here and now
 - d. Warmth and genuity
 - e. Sympathy
15. When a patient is suffering from cancer and detailed professional help is provided to him/her regarding the illness in a professional manner it is called
- a. CI
 - b. Disaster management
 - c. Informational care
 - d. Misconceptions
 - e. Care and affection
16. When the flood effected were seen in the southern Punjab of Pakistan and sindh three months after the flood was over they were in the phase of:
- a. Emergency
 - b. Rehabilitation
 - c. Recovery
 - d. Crises
 - e. Dependency

17. A young woman presented with physical abuse in the emergency department to you.

You sing principle of conflict resolution you will

- a. Meet conflicts head on
- b. Set goal that to a win-win situation for both the parties in conflict rather than a victory of one party at the expense of the other.
- c. Plan for resolving the conflict through free commutation
- d. Be honest about concerns and resolving and verbalise them as early as possible .
- e. Agree to disagree i.e health disagreements lead to better decisions

18. In breaking the bad news exclusivity is important for the following reason

- a. The environment with bad news is being broken
- b. patient trust may be shaken
- c. there may be serious outcome
- d. patient may get aggressive
- e. sexuality may be an issue

19. 18 years old girl's father died of heart attack you have to break this bad news to her.

These are the important components in it.

- a. Seating and setting
- b. Patient's perception
- c. Invitation
- d. Promise
- e. Knowledge

20. When breaking the bad news the patients emotional reactions crying and weeping should be addressed by

- a. Patient's perception
- b. Availability
- c. Attention
- d. Empathy
- e. Bio psychosocial model

21. Empathy is

- a. One needs to listen and identify the emotion that patient is experiencing and offer an acknowledgement for that.
- b. Denying emotions
- c. Contradicting
- d. Exploratory response
- e. Feelings

22. In breaking the bad news the best model to be used is

- a. Biopsychosocial model

- b. Individualized disclosure model
 - c. Full disclosure model
 - d. Paternalistic disclosure model
 - e. Maternalistic disclosure model
23. While delivering a lecture if u has to convince the audience why ethics is important in doctor's life? What important factors you will consider?
- a. Doctor is committed
 - b. Doctor is equitable
 - c. Doctor is dependable
 - d. Doctor is resilient
 - e. Doctor is break confidentiality
24. Among the four pillars of medical ethics the most important is.
- a. Beneficence
 - b. Judgment
 - c. Care
 - d. Confidentially
 - e. Breaking news
25. If you have to remove the nail of a patient what is the first thing that should be done?
- a. Anasthesia
 - b. Blood and other investigations
 - c. Talking to the surgeon
 - d. Written informed consent
 - e. Justice
26. The breaches of confidentiality can be made in the following circumstances
- a. When patient gives authority
 - b. When it has to be shared with health care team
 - c. In the best interest of patient
 - d. In enjoyment
 - e. In legislative requirements
27. One of the medical representative visiting you describes that if you can prescribe hundred prescriptions of his products he is going to renovate your ward
- a. You will prescribe
 - b. You will not accept and politely refuse him
 - c. You will refer him to a colleague
 - d. You will seek help from authority
 - e. You will do nothing
28. If one of colleagues is sitting with you in a clinical setting, he has the right to touch you
- a. He has the right

- b. He does not have the right
 - c. It is ethically wrong
 - d. The matter should be reported to the authority
 - e. Nothing should be done
29. When you are practicing in a clinic, you can fix the consultation charges by
- a. Patient's wealth
 - b. Patient's nature and relationship
 - c. Same for all
 - d. Varies situation to situation
 - e. No charges in the clinic
30. After the patient was completely recovered from the surgery she was so happy and thankful that she brought a watch for you. Your response was
- a. Ignore it
 - b. Try to tell her that this is not right
 - c. Try to accept the gift with reservation
 - d. Don't do anything
 - e. Kick her out of the room
31. The rights of the patient which are usually not conveyed includes
- a. Informed consent
 - b. Withdraw consent
 - c. Refuse experiment
 - d. Follow your advice at any cost
 - e. Contact friends
32. In doctor – patient relationship the following models can be used
- a. vertical
 - b. teacher-student
 - c. diagonal
 - d. mutual
 - e. horizontal
33. In doctor-patient's relationship the horizontal model is
- a. Behaves like partners
 - b. Augments and supports the others effort
 - c. Patient is an active partner
 - d. Doctor assumes the role of Masiha
 - e. Patient is an authority
34. The transference phenomena commonly seem in handling patients involves the following
- a. Positive transference

- b. Negative transference
 - c. Counter transference
 - d. Resistance
 - e. Regression
35. The transference is
- a. Feelings
 - b. Feelings emotions and wishes linked with an important in patients life
 - c. The father or mother are invested on to the doctor
 - d. It is a problematic area
 - e. As soon as the transference is evident doctor should stop seeing the patient
36. In a real life situation to address the transference and counter transference the following measures can be taken
- a. Understanding the phenomena
 - b. Never giving a statement to a patient like you remind me of my mother
 - c. If it is seen it should be rationally and logically discussed with the patient
 - d. Don't do anything
 - e. If complicated refer the patient to a senior colleague
37. Most of the professionalism and doctor-patient relation is dependent on knowledge skills and attitude. The knowledge includes
- a. Distinguish normality and abnormality
 - b. Relate biological factors with psychosocial factors
 - c. Use principles of behavioral sciences in clinical interviews
 - d. Apply evidence based
 - e. Use only drugs
38. In assessment of attitudes in doctors for professionalism the following factors are important
- a. Professional attire
 - b. To respect for time
 - c. Knowledge
 - d. Integrity
 - e. Availability
39. Regarding classical conditioning the following principles are important
- a. Learning is inherent
 - b. Instinctual
 - c. Given by Ivan Pavlov
 - d. Conditioned stimulus
 - e. Modeling
40. Classical conditioning can be used for the treatment of

- a. Fear and anxiety
 - b. Chemo therapy for cancer
 - c. Phobias
 - d. OCD
 - e. Schizophrenia
41. A young girl presented to the out-patient department with excessive fear of closed spaces. Using the principles of systemic desensitization you will
- a. Relax patient
 - b. Imagine the phobic stimulus
 - c. Instructing patient to relax when anxiety is there
 - d. Overcoming the fear by medicine
 - e. Finally making imagination to reality and relaxation
42. A young mother is fearful of her son's habit of biting the nails. What is the best technique to treat this bad habit
- a. Classical conditioning
 - b. Shaping and modeling
 - c. Punishment
 - d. Reinforcement
 - e. Extinction
43. If the children are bedwetting and you have to treat them you will use principles of operant conditioning and the effect is
- a. Positive reinforcement reduces the desired behavior
 - b. Positive reinforcement increases the desired behavior
 - c. Positive reinforcement has no effect on behavior
 - d. Positive reinforcement complicates the behavior
 - e. Positive reinforcement makes the behavior critical
44. Asif is a medical student who developed a habit of taking longer and longer breaks when studying. The following principles of operant conditioning will help
- a. Punishment
 - b. Reinforcement
 - c. Extinction
 - d. Aversion
 - e. Kindness
45. The human memory is a complicated system of
- a. Encoding
 - b. Storage
 - c. Long term memory
 - d. Retrieval

- e. Information processing
46. When the students are preparing for the examination and they want to remember how to dissect or trace the part of an artery they are using
- a. Encoding
 - b. Long term memory
 - c. Storage
 - d. Information processing
 - e. Implicit/procedural memory
47. A young man while driving a car had an accident and since then he is unable to drive. On repeated questioning despite the fact he is perfectly fine physically, he is not able to recall the event. He is using
- a. Retrieval problems
 - b. Damage to brain
 - c. Motivated forgetting that is repression
 - d. Semantic type
 - e. Episodic type
48. Mnemonics are used to
- a. Use mental pictures
 - b. Make things meaningful
 - c. Review
 - d. Make information familiar
 - e. Mental association
49. Methods to improve memory includes
- a. Knowledge of results
 - b. Attention
 - c. Rehearsal
 - d. Organize
 - e. Perception
50. The following components can have effect on the memory
- a. Sleep
 - b. Spaced practice
 - c. Serial position
 - d. Review
 - e. Implicit
51. An old man presented with forgetfulness in your clinic. You have to apply the mini mental state examination on this patient which includes questions like
- a. What is today's date?
 - b. What is this called?

- c. Repeat this phrase
 - d. Make a picture of a relative
 - e. Copy a design
52. Basic perceptual abilities include
- a. Patterns and constancies
 - b. Pattern perception
 - c. Shape constancy
 - d. Texture
 - e. Depth
53. A middle aged man presents to you with a problem and he discusses it secretly. He describes you while lying in his room, when he is watching a T.V without the lights on, he sees monsters on the wall, what is this phenomenon?
- a. Hallucination
 - b. Telepathy
 - c. Pre-cognition
 - d. Illusions
 - e. Depth perception
54. The thinking may be defined as
- a. Mental process involving the manipulation of information from environment and symbols stored in long term memory
 - b. It is a dreaming process with link from reality
 - c. It is information processing without involvement of memory
 - d. It is process not present in mentally retarded people
 - e. It is a process of formulation of mind set
55. While delivering a lecture to the students the teacher was planning to deliver regarding common barriers to creative thinking. What do you think he should include
- a. Cultural barriers
 - b. Emotion, cultural, perceptual barriers
 - c. Emotional barriers
 - d. Perceptual barriers
 - e. No barriers
56. Stages of creative thinking may not be
- a. Decision making
 - b. Rigidity
 - c. Heuristics
 - d. Incubation
 - e. Illumination
57. Emotions may be defined as

- a. Expression
 - b. Psycho biological state and range of propensities to act
 - c. Persistence at task
 - d. Degree of verbal fluency
 - e. Spontaneous imagination
58. EI (Emotional Intelligence) is
- a. Ability of the individual
 - b. Ability to recognize owns and others emotions and to put them under control
 - c. Motives
 - d. Expression of emotions
 - e. Mixed emotions
59. Every human being has certain biological motivational factors and those are not
- a. Hunger
 - b. Thirst
 - c. Desire of sex
 - d. Pain avoidance
 - e. Emotions
60. The Maslow's pyramid of hierarchical needs is having extreme form of motivation which is called
- a. Safety
 - b. Esteem and recognition
 - c. Love and belonging
 - d. Basic needs
 - e. Self actualization
61. A person who has the tendency to have the efficient perception of reality comfortable acceptance, spontaneity and autonomy can be labeled as
- a. Doctor
 - b. Nurse
 - c. Self actualizer
 - d. Makers of health policy
 - e. Ideal health system analyzer
62. You are seeing a young boy 12 years of age whose mother says that he cannot learn new things. What is the name of the test you will administer to assess his IQ
- a. BECK
 - b. HAMD
 - c. WAIS
 - d. WISC
 - e. Symptom check list

63. Intelligence is measured by intelligence quotient which is
- Mental age/Chronological age x 100
 - Mental age
 - Chronological age
 - Intelligence \
 - Mathematical learning
64. The components of Emotional Intelligence by Peter Salovey and John Mayers does not include
- Extremes of intelligence
 - Self awareness
 - Managing emotions
 - Motivating self
 - Handling relationships
65. You are asked to assess class 1 students who are following between the ages of 3 – 7 years. According to Piaget they fall in
- Oral stage
 - Anal stage
 - Phallic stage
 - Pre operational stage
 - Latency stage
66. The formal operational stage according to Piaget starts at 11 years onwards and it is when
- Autonomy is seen
 - Child begins to break away from concrete objects
 - Development is non verbal
 - Learning is non - specific
 - Out of sight
67. Freud proposed personality development through five stages which includes
- Oral stage
 - Initiative intimacy
 - Industry
 - Integrity
 - Formal operation
68. The anal stage of Freud's theory of development starts from 18 months till age 3. In this stage
- Pleasure seeking
 - fixation
 - dependency

- d. optimism
 - e. Child gains muscular control and fixation to this leads to obsessional symptoms
69. According to Freud's personality development theory sexual interest are reawakened. Most adolescents have difficulty developing true affection and caring. This stage is called
- a. Inferiority
 - b. Oral stage
 - c. Anal stage
 - d. Phallic stage
 - e. Latency and genital stages
70. The following are Ericson's stages of psychosocial development
- a. Integrity vs. despair
 - b. Generativity vs. stagnation
 - c. Intimacy vs. isolation
 - d. Latency vs. genital stage
 - e. Identity vs. role diffusion
71. Ericson's stages of psychosocial development includes
- a. School age intimacy vs. isolation
 - b. Late childhood generativity vs. stagnation
 - c. Adolescence identity vs. role diffusion T
 - d. Early childhood integrity vs. despair
 - e. Infancy identity vs. role diffusion
72. The association of cardiac problems with personality can be best explained by type of personality which is
- a. Adult personality
 - b. Type A personality T
 - c. Type B personality
 - d. Concrete personality
 - e. Fragile personality
73. The study of anthropology provides us the information regarding
- a. Knowledge based from the sub part of environment T
 - b. Holistic medicine
 - c. Understanding
 - d. Physician influences
 - e. Culture
74. When a person works and interacts with other people and environment and obeys laws ,he is maintaining
- a) Dynamism

- b) Optimization
- c) Social responsibility
- d) Homeostasis
- e) Personal contentment

75. Which of the following is not a defence mechanism

- a) Denial
- b) Fantasy
- c) Sleep
- d) Repression
- e) Suppression

76. Following are normal reactions of a person to illness and hospitalization ,EXCEPT

- a) Denial
- b) Anger
- c) Depression
- d) Dependence
- e) Humour

77. Which of the following is a risk factor for developing psychosocial complications during pregnancy

- a) Good socio economic status
- b) No family history of psychiatric illness
- c) Good marital relationships
- d) More children under the age of 14 years
- e) History of cough, nausea and heart burns during pregnancy

78. A young lady , 22yrs of age presented with H/O low mood , disturbed sleep and appetite, decreased self- care , and lack of interest in taking care of her new born child which she delivered 20 days back . also she has H/O eclampsia . No past history of any psychiatric illness or family history of any psychiatric morbidity. Most probable diagnosis

- a) Major depressive disorder
- b) Post ictal confusion
- c) Puerperal psychosis
- d) Puerperal depression
- e) Puerperal blues

79. Which of the following psychosocial intervention is taken in case of handicapped child

- a) Providing as little information as possible to the family , so that family does not lose hope
- b) Isolate the disabled child so that family is not stigmatized
- c) Provide detailed information and multidisciplinary approach involving doctor , nurse & social worker
- d) Shift the child to special care center distant from home in order to reduce the burden of the family
- e) Do not skill the handicapped child.

80. A 39 year old male is brought by his family with the complaints that he has been unable to follow his daily routine and does not take care of him-self . Sleep and appetite are also disturbed . He weeps a lot and wishes for death. Most likely diagnosis

- a) Depressive disorder
- b) Schizophrenia
- c) Manic episode
- d) Meningitis
- e) Phobic disorder

81. 22yrs old young male presented in emergency with chest pain , hyperventilation , dizziness , feelings of suffocation and fear of having a heart attack. This condition lasted for half an hour. Most likely diagnosis

- a) Mixed anxiety and depressive disorder
- b) Phobic disorder
- c) Asthma
- d) Panic disorder
- e) Psychotic episode

82. Informational care to be provided to the above mentioned patient considers all of the following except

- a) Anxiety produces physical symptoms that come and go , all he has to do is lie low
- b) Concentrating on physical symptoms will increase the fear
- c) Do not avoid or withdraw from situations where attack have occurred
- d) None of the symptoms are life threatening
- e) Cure is not possible ,the goal is to live the best possible even if symptoms continue

83. 50 year old male presented to emergency department with H/O fever and acute onset of confusion , agitation , loss of orientation , hearing of voices , disturbed sleep. Symptoms worsen at night. Most probable diagnosis is

- a) Acute psychotic episode
- b) Schizophrenia
- c) Delirium
- d) Meningitis
- e) Early onset dementia

84. A non fatal act in which an individual deliberately causes self injury or ingests substance in excess of any prescribed or generally therapeutic dose is called

- a) Suicide
- b) Deliberate self harm
- c) Para suicide
- d) Malingering
- e) Attention seeking behaviour

85. Which of the following is not a protective factor of suicide

- a) Being married
- b) Having children
- c) Economic security
- d) Drug abuse
- e) Restricted access to methods

86. following are part of coping with stress , except

- a) managing the stressor
- b) blaming others
- c) managing own behaviour
- d) relaxation
- e) social support

87. which of the following is common reaction to trauma

- a) Excessive sleeping
- b) Hanging out
- c) Laughing
- d) Feeling sad and socially withdrawn
- e) Hallucinations

88. All of the following are psychological interventions employed to deal with chronic pain, except

- a) Relaxation method

- b) Operant conditioning
- c) Cognitive strategies
- d) Flooding and desensitization
- e) Assertiveness training

89. Which of the following is not true regarding sleep

- a) Normal sleep cycle is divided into REM and NON REM sleep
- b) NON-REM sleep is divided into four stages
- c) Beta waves appear when person closes his eye and relaxes
- d) Alpha waves disappear when eyes are opened and during mental activity
- e) Each stage of sleep cycle is characterized by a specific wave form on EEG

90. Sleep spindles and k complex are part of

- a) Stage 1
- b) Stage 2
- c) Stage 3
- d) Stage 4
- e) REM sleep

91. Which of the following is a parasomnia

- a) Narcolepsy
- b) Primary insomnia
- c) Breathing related sleep disorder
- d) Sleep terror
- e) Circadian rhythm sleep disorder

92. Dreaming is a part of

- a) Stage 1
- b) Stage 2
- c) Stage 3
- d) Stage 4
- e) REM sleep

93. What helps to improve sleep?

- a) Day time naps
- b) Heavy meals near bed time
- c) Comfortable sleeping conditions
- d) Caffeine drinks

e) Irregular sleep routine

94. Attribution of one's own unacceptable feeling and thoughts to other is

- a) Denial
- b) Displacement
- c) Projection
- d) Rationalization
- e) Suppression

95. All of the following are common stressors related to hospitalization, except

- a) Loss of privacy
- b) Loss of autonomy
- c) Threat of social dysfunction of family
- d) Unsatisfactory information
- e) Pleasure in taking medicine

96. In addition effects of illness, patient also experiences the stress of illness in following ways, except

- a) Change of role
- b) Financial loss
- c) Stigmatization
- d) High self esteem
- e) Uncertain prognosis

97. A student struggling through graduate school thinks about a prestigious high paying job she wants, is called

- a) Reaction formation
- b) Fantasy
- c) Idealization
- d) Rationalization
- e) Projection

98. Sara is jealous of her good friend Sana's success but is unaware of her feelings. This is called

- a) Reaction formation
- b) Denial
- c) Rationalization
- d) Repression

e) Intellectualization

99. A patient from suburban area of Lahore comes to you and says he does multiple visits to different clinics for uncontrolled blood pressure, Blood sugar and headache but doesn't find improvement in his problems. You have a strong suspicion that patient has not good compliance to medications. Which of the following element can improve patients compliance.

A ASK HIM HE IS DYING WITHOUT MEDICATION.

B MAKING A SPECIFIC PLAN TO IMPLEMENT THE REGIMEN

C SAY PATIENT YOU CANT TREAT HIM IF HE DOESN'T TAKE MEDICINE

D CHARGE PATIENT MORE CONSULTATION FEE TO REDUCE VISITS OF PATIENT

E ESTABLISHING SICK ROLE OF PATIENT

100. WHICH COGNITION HAS BEEN FOUND TO IMPACT BREAKING BAD NEWS SKILLS OF JUNIOR DOCTOR

A OPTIMISM

B SELF EFFICACY

C PERCEIVED BEHAVIORAL CONTROL

D SOCIAL NORMS

101. IF HEALTH PRACTITIONER AND PATIENT HAVE DIFFERING MODEL OF ILLNESS IT MAY IMPACT ON

A COMMUNICATION

B ADHERENCE TO MEDICATION

C APPOINTMENT WAITING TIME

D EARNINGS OF DOCTOR

E BAD REPUTE OF DOCTOR

102. A PATIENT COMES TO OPD WITH COMPLAINT OF B.P ON DETAILED HISTORY . SHE IS ON BETA BLOCKERS AND DIURETICS .HER VITALS ARE B,P170/110 ,PULSE 110 PER MIN SHE SAYS HER B.P ALWAYS REMAIN GREATER THAN 130/90. ON DETAILED INQUIRY IT REVEALS SHE IS NOT TAKING MEDICINES REGULARLY.HOW WIL YOU EXPLAIN SITUATION IN MEDICAL TERMS

A.COMPLIANCE TO MEDICINES

B. NON ADHERENCE TO MEDICINES

C. COMPLIANCE GOOD ,POOR B.P CONTROL DUE TO SENELITY

D.FRUSTRATION PHENOMENON

E WHITE COAT HYPERTENSION

103. AYOUNG FEMALE 21YRS COMES TO YOU IN A MENTAL HEALTH FACILITY SHE IS A KNOWN EPILEPTIC PATIENT.HER MOTHER SAYS THAT WE CANT MARRY HER.PEOPLE WIL DISGRACE HER IN HER INLAWS.WHAT IS THIS PHENOMENON CALLED

A. STIGMA OF DISEASE

B. SICK ROLE

C. CULTURAL UNAWARENESS

D PATIENT PHOBIA

E LACK OF SELF ESTEEM

104. WHICH OF THE FOLLOWING IS A PROTECTIVE FACTOR FOR GOOD HEALTH?

A EXERCISE

B LOW SOCIAL CLASS

C URBANIZATION

D ECONOMIC RECESSION

E EARLY PREGNANCY

105. YOU ARE DOING PRACTICE IN TERTIARY CARE SETTING IN LAHORE.A PATEINT COMES TO YOU WITH MULTIPLE PHYSICAL AND PSYCHOLOGICAL PROBLEMS AREA OF

CENTRAL PUNJAB.WHICH WOULD BE MOST IMPORTANT URGENTLY REQUIRED COMPONENT OF YOUR CARE PLAN FOR THIS PATIENT?

- A ESTABLISH THE SICK ROLE OF THE PATIENT
- B CULTURAL ASSESSMENT OF THE PATIENT
- C ESTABLISH THE ROLE OF RELIGION
- D COMPLIANCE OF THE PATIENT TO MEDICINES
- E HOSPITALIZE THE PATIENT FIRST AS HE IS FROM FAR AREA AND THEN START TREATMENT.

106. WHILE BREAKING BAD NEWS OF A PATIENT IN A HOSPITAL AS A RESIDENT WHICH IS NOT SO COMMON TYPE OF REACTION?

- A DENIAL
- B DEPRESSION
- C ANGER
- D REPRESSION
- E AGITATION

107. A VERY DIFFICULT CHILD ie HE HAS NEGATIVE REACTIONS TO EVENTS AND OBJECTS LIKE MEAL, NEW TOYS ALSO HAVING IRREGULAR BIOLOGICAL FUNCTIONING LIKE SLEEPING AND EATING. FAMILY IS IN GREAT STRESS FOR THIS CHILD. HOW YOU WILL REDUCE THE ANXIETY AND STRESS OF FAMILY?

- A BY USING BREAKING BAD NEWS TECHNIQUE
- B BEHAVIORAL THERAPY
- C OPERANT CONDITIONING OF FAMILY
- D STRICT SUPERVISION OF CHILD
- E EXPLAIN FAMILY THEY WILL HAVE TO LIVE WITH THIS CHILD IN ANY SITUATION

108. CULTURAL ASSESSMENT OF THE PATIENT CAN BE BEST DONE BY USING

- A HEALTH BELIEF MODEL
- B CHECKING PERSONALITY DISORDER
- C BIOPSYCHOSOCIAL MODEL
- D CHECKING IQ LEVELS
- E DOING MINI MENTAL STATE EXAMINATION

109. WHICH COGNITION HAS BEEN FOUND TO IMPACT ON THE BREAKING BAD NEWS SKILLS OF A JUNIOR DOCTOR?

- A OPTIMISM
- B SELF EFFICACY
- C PERCEIVED BEHAVIORAL CONTROL
- D SOCIAL NORMS

110. IF THE HEALTH PRACTITIONER AND PATIENT HAVE DIFFERING MODELS OF ILLNESS IT MAY IMPACT ON

- A ADHERENCE TO MEDICATIONS
- B COMMUNICATION
- C APPOINTMENT WAITING TIME
- D EARNING OF A DOCTOR
- E BAD REPUTE OF A DOCTOR

111. ROLES ARE MADE UP OF A SET OF EXPECTATIONS ABOUT HOW PEOPLE SHOULD BEHAVE IN CERTAIN CIRCUMSTANCE. THE DOCTOR ROLE FOR EXAMPLE IS OFTEN TAKEN TO BE

- A NON SCIENTIFIC
- B IMPARTIAL
- C COMMITMENT TO WANTING TO GET WELL
- D EXCUSED FROM VARIOUS OBLIGATIONS
- E FOLLOW MEDICAL ADVICE

112. It is an essential therapeutic strategy of a practicing doctor to

- A To give patient money to buy medicines
- B activate social support around a patient
- C checking adherence to medicines on daily basis
- D to have frequent follow up visits
- E also to have regular religious practices

113. Reaction of the family of a Psychiatric patient is influenced by

- A Previous experiences with Physician
- B Family's view of Psychiatrist
- C patient's cultural background
- D Stigma about psychiatrist illness
- E Educational background of the patient

114. Which of the following factor is an important risk factor for Disease?

- A Autonomy
- B Pro social Behaviour
- C Racial discrimination
- D Social Responsibility and Tolerance
- E Marital Harmony

115. Which of the following model helps in understanding the strong influence of socio-cultural factor in the treatment of disease?

- A Social Support Model
- B Explanatory model of illness
- C Health belief model
- D Biopsychosocial model
- E None of the above

116. A 25 years old boy comes to you with signs of numbness, depression and agitation after 1 year of his mothers' death on anniversary of his mother. What can be the cause?

- A Reappearance of bereavement signs
- B Major depressive Disorder
- C Schizophrenia
- D Repression
- E Sublimation

117. A young female of 26 years age presents in Medical Emergency .You are postgraduate Medical ward trainee. Patient is in severe agitation, rolling up her eyes. Relatives says that she usually becomes unconscious and experiences such type of sickness frequently .After having battery of investigations, patient was found to have SICK ROLE .How will you further proceed with this dramatic scenario of this young female?

- A Use of Golden injection
- B Call the senior medical consultant
- C Give spirit Ammonia to Patient
- D Properly counsel the attendant that patient is alright.
- E Refer the patient to Mental Health consultant.

118. Some diseases are stigmatic in society like epilepsy, delay in onset of menses and congenital malformation. Stigma can affect the disease course. Which is true?

- A Delaying the detection of illness.
- B By Provoking crimes
- C Stigma doesn't affect the course of disease.
- D stigma reveals the detection of disease earlier
- E stigma enhances compliance of patients to medicines

119. Mr Tim is a final year MBBS student. He is Jealous of his very fast friend Danielle's Success but he is unaware of his feelings .Which type of defense mechanism it is?

- A Dissociation
- B Denial
- C Repression
- D intellectualization
- E Projection

120. A 19 year Jade has amnesia for the events surrounding a fatal automobile accident in which she was the speeding driver. Which defence mechanism this behaviour shows?

- A Displacement
- B Dissociation
- C Identification
- D Suppression
- E Reaction Formation

121. Which of the following is considered to be a 'disease of Affluent'?

- A AIDS
- B Epilepsy
- C Myocardial infarction
- D Mental retardation
- E Tuberculosis

122. A patient 24 years primigravida after delivery comes to you with multiple Psychosocial Problems including Depression,insomnia,anxiety .Which of the following is a risk factor for a pregnant female to develop Psychosocial complication?

- A First Pregnancy
- B Multiple Pregnancies
- C Professional Education of a female
- D Second Pregnancy
- E Female of a rich family

123. What is theme of behavioural sciences as University of health sciences perceive in the future doctors

- a. Doctor's role for the Individuals, groups and society as a whole. True
 - b. Health care models
 - c. Communication and consultation skills
 - d. Principles of psychology
 - e. Ethical principals.
124. What is Communication?
- a. Utterance of words
 - b. Speaking to people
 - c. Exchange of thoughts, messages, or information, as by speech, signal, or writing
True
 - d. Conveying the message
 - e. Conveying the thoughts
125. What are the Parts of Communication?
- a. Listening
 - b. Directing
 - c. Presenting, Listening, responding True
 - d. Attention and coordination
 - e. Conveying messages and listening to the responses
126. Information processing in communication requires the following?
- a. Visual Elements, Vocal Elements and Verbal Elements True
 - b. Vocal elements
 - c. What you actually say
 - d. How you say
 - e. Action speaks louder than words
127. The visual element in communication includes?
- a. Loudness, affect, fluency and rate True
 - b. Fluency and rate
 - c. Loudness and affect
 - d. Affect and fluency
 - e. Rate and loudness
128. Do's of public speaking include?
- a. Knowledge
 - b. Attitude
 - c. Pronunciation
 - d. Care
 - e. Pause, Enunciate and appropriate use of silence True

129. In communicating with the superiors if you are nervous, how you should cope with it?
- a. Take a deep breath True
 - b. Think of worst case scenario
 - c. Prepare well and know the material
 - d. Mental encouragement
 - e. Discuss feeling with others
130. Listening is
- a. What we hear
 - b. What we understand
 - c. What we remember
 - d. What we hear and understand
 - e. What we hear, understand and remember. True
131. Affective responses in listening include
- a. Ask about feelings
 - b. Label feelings
 - c. Describe your feeling
 - d. Draws attention to feelings, fears, doubts.. True
 - e. Having emotional component
132. The best way to deal with verbal abuse is to
- a. Listening intently
 - b. Acknowledging their story
 - c. Letting the anger run its course True
 - d. Doing a perception check
 - e. Do not fuel the flames
133. Ehtics are
- a. RATIONALISATION of why something is good or bad True
 - b. It involves analysing WHY one action is RIGHT and another is WRONG.
 - c. ATTITUDES
 - d. BELIEFS
 - e. BEHAVIOUR
134. What is the best CODES OF ETHICS used in our medical practice
- a. Code of Hammurabi (Babylonia 1792-1750 BC): Law Code
 - b. Corpus Hippocratus: Medical Ethics – The Hippocratic Oath True
 - c. Codes of ethics of Universities
 - d. Codes of ethics of colleges
 - e. Codes of ethics of Pakistan Medical Council
135. What is a Code of Professional Ethics?
- a. Bibliography
 - b. A book

- c. Guidelines that tell members of a professional body HOW we OUGHT to behave in order to satisfy our ethical judgments. True
- d. Guidelines of practicing medicine
- e. Rules for operative surgery
- 136. Why do we have a Code of Ethics?
 - a. To justify our actions
 - b. To determine extent of practice
 - c. To evaluate our self
 - d. To be judgmental
 - e. It means we, as a professional body, are ACCOUNTABLE. True
- 137. What is the memory model used in practice these days
 - a. Short term and long term
 - b. Encoding and retrieval
 - c. Coding agent
 - d. Traditional three stage model True
 - e. STM, LTM and encoding
- 138. Stress may be defines as
 - a. Pressure
 - b. Anxiety
 - c. "wear and tear" our minds and bodies experience as we attempt to cope with our continually changing environment True
 - d. Uneasiness
 - e. Depression
- 139. Internal stressors may be
 - a. Lifestyle choices and Personality traits True
 - b. Behaviour
 - c. Problems
 - d. Stomach distention
 - e. Body aches and pains
- 140. How stress can be positive?
 - a. Talking to self
 - b. Taking time out
 - c. Makes spurring motivation and awareness, providing the stimulation to cope with challenging situations. True
 - d. Recreational activities
 - e. Examinations
- 141. How stress is associated with endocrinal system?
 - a. Testosterone
 - b. Adrenaline
 - c. Noradrenalin
 - d. Testosterone and adrenaline True
 - e. Thyroid hormone

142. Symptoms of stress through endocrines may be?
- a. Increased pupil dilatation, Perspiration and Increased heart rate and blood pressure True
 - b. Decreased body fluids
 - c. Increased sexual problems
 - d. Arousal
 - e. Movement problems
143. Stress can have the following symptoms?
- a. Physical symptoms
 - b. Emotional symptoms
 - c. Behavioral symptoms
 - d. Mental symptoms
 - e. Physical symptoms, Mental symptoms, Behavioral symptoms and Emotional symptoms True
144. Behavioural symptoms of stress include
- a. Nail biting True
 - b. Abdominal cramps
 - c. Urination
 - d. Prostatitis
 - e. Indigestion
145. Mental symptoms of stress may include:
- a. Eating problems
 - b. Food problems
 - c. Gastritis
 - d. Memory lapses True
 - e. Failing coping skills
146. Stress management includes
- a. Acupuncture
 - b. Anaesthesia
 - c. Surgery
 - d. ABC technique of stress management True
 - e. Medication only
147. Stress management also includes
- a. Assertive skills
 - b. Organization True
 - c. Positive thinking
 - d. Mind traps
 - e. Motivational lecture
148. Healthy life styles are
- a. Reduce alcohol and smoking
 - b. Eat more carbohydrates
 - c. Exercise True
 - d. Organization

- e. Sleep more
- 149. Positive effects of relaxation are
 - a. Lowers blood pressure
 - b. Combats fatigue
 - c. Reduces pain
 - d. Eases muscle tension
 - e. Decreases mental worries True
- 150. Informed consent is
 - a. A temporary process
 - b. Continuous process True
 - c. Exaggerated phenomenon
 - d. Unnecessary waste of time
 - e. Required legally
- 151. Basic theme of informed consent is to
 - a. Informed, understood, and voluntary True
 - b. Information provision
 - c. Taking care and signatures
 - d. Making patients legally safe
 - e. Right of the doctors
- 152. Written informed consent is essential in
 - a. Operations
 - b. Research
 - c. Interventions
 - d. Any procedural method to be applied on the subjects and patients True
 - e. Only for electroconvulsive therapy.
- 153. Following is essential in informed consent
 - a. Willingness
 - b. Confidentiality True
 - c. Privacy
 - d. Legal rights
 - e. Adulthood
- 154. Important to informed consent is
 - a. Behaviour
 - b. Capacity to comprehend True
 - c. Any person above the age of 18
 - d. Operative procedures safety
 - e. Intervention
- 155. In documentation of informed consent the signatures and thumb impression of the following are essential in case of minor?
 - a. Father
 - b. Mother
 - c. Guardian True
 - d. Care giver
 - e. Patient him/herself

156. Important component of Hippocratic oath is?
a. Biopsychosocial model of health care True
b. In favour of doctors
c. In respect of humanity
d. In affectionate words
e. In brotherhood esteem
157. Neurobiological and psychological changes in aging can be controlled by?
a. Drugs
b. Social intervention
c. Continuous learning, enhancing and rehearsing the skills and tasks True
d. Psychotherapy
e. Family counseling
158. One of the primary sleep disorder is
a. Sleeping difficulty due to environmental factors
b. Sleep and its association with diet
c. Narcolepsy True
d. Sleeping hours reduction
e. Sleeping after the smoking
159. The psychological factors contributing in chronic pain may be
a. Anorexia
b. Bulimia
c. Depression True
d. Generalized anxiety disorder
e. Panic disorder
160. In treatment of anxiety and depressive disorders the counseling includes?
a. Assessing sleep
b. Details of appetite
c. Asking suicidal risk explicitly True
d. Family involvement
e. Physical symptoms
161. One of the following is not the defense mechanism?
a. Displacement
b. Projection
c. Rationalization
d. Reaction formation
e. Idealization True
162. Stigma is the problem associated with multiple illnesses in our society it is
a. Disgrace
b. Normal
c. Associated with chronic problems
d. Shameful difference True
e. Not of importance in the therapeutic relations

163. The griever passes through multiple stages after the death of a loved one that may be
- a. Irritability
 - b. Weeping
 - c. Denial true
 - d. Anxiety
 - e. Body symptoms
164. Erikson's stages of development follow the development through life span and it is not incorporating the following
- a. Initiative Vs guilt
 - b. Intimacy Vs isolation
 - c. Shame Vs despair True
 - d. Integrity Vs despair
 - e. Generativity Vs stagnation
165. Emotional Intelligence is
- a. Capacity to put emotions under control of reason True
 - b. Capacity to diffuse the emotions
 - c. Dissociate emotions
 - d. Manage anger
 - e. Measure of intelligence
166. Hallucinations are
- a. Perception in general
 - b. Visual inputs
 - c. Sensory inputs
 - d. Motor coordination
 - e. Sensory stimulus without a percept. True
167. The principles of learning can be applied to treat
- a. Schizophrenia
 - b. Diabetes having peripheral neuropathy
 - c. Phobias True
 - d. Depression with smoking
 - e. Alcohol consumption