

السؤال رقم 1 صحيح

:The Neuromatrix Theory suggests that

الخيارات المتاحة:

2 Pain is produced in brain networks based on sensory, cognitive, and emotional input

1 Pain must always come from an injury to tissue

4 Pain can assertively be measured only using imaging

3 Pain arises from compression in the spinal cord

أحسنتم!
إجابة صحيحة

إجابتك:
Pain is produced in brain networks based on sensory, cognitive, and emotional input

:One potential benefit of pain neuroscience education is

الخيارات المتاحة:

Replacing medication completely 2

Reducing fear and enhance levels of understanding around pain mechanisms 1

Increases need for psychological referral 4

Discourages functional recovery 3

أحسنتم!
إجابة صحيحة

إجابتك:
Reducing fear and enhance levels of understanding around pain mechanisms

السؤال رقم 3 صحيح

?Fear-avoidance behaviors may result in which of the following

الخيارات المتاحة:

Better treatment compliance 2

Activity limitations and chronic disability 1

Better flexibility and mobility 4

Less emotional discomfort 3

أحسن!
إجابة صحيحة

إجابتك:
Activity limitations and chronic disability

السؤال رقم 4 صحيح

:A psychologically informed approach to pain care highlights

الخيارات المتاحة:

1 Pharmacological solutions only

2 Surgery for chronic pain; potentially non-psychological

4 Dehumanizing patient involvement in the decision-making process

3 Patient-centered communication and empathetic relationship

أحسنتم!
إجابة صحيحة

إجابتك:
Patient-centered communication and empathetic relationship

السؤال رقم 5 صحيح

?Which cognitive theory explains how thoughts can generate or alter pain perceptions

الخيارات المتاحة:

Beck's Cognitive Theory 2

Systems Theory 1

Social Disengagement Theory 4

Behavioral Inhibition Theory 3

أحسننت!
إجابة صحيحة

إجابتك:
Beck's Cognitive Theory

السؤال رقم 6 صحيح

?Which of the following is a 'don't' in pain care

الخيارات المتاحة:

Suggest their pain isn't real because tests are normal 2

Promote education for the patient 1

Use sensitive and relevant language based on culture 4

Explore their goals and progress 3

أحسن!
إجابة صحيحة

إجابتك:
Suggest their pain isn't real because tests are normal

?Which of the following is NOT part of the biopsychosocial model

الخيارات المتاحة:

Social context 2

Emotional state 1

Cognition and beliefs 4

Genetics alone 3

أحسن!
إجابة صحيحة

إجابتك:
Genetics alone

السؤال رقم 8 صحيح

:The ACT value clarification activity is designed to

الخيارات المتاحة:

Align pain coping mechanisms with life goals and values 2

Suppress emotional responses 1

Foster avoidance of difficult conversations 4

Obliterate memories of pain 3

أحسنتم!
إجابة صحيحة

إجابتك:
Align pain coping mechanisms with life goals and values

?Which statement best describes the aim of this unit for medical students

الخيارات المتاحة:

Learning to appreciate psychological aspects of pain perception and caring for patients 2

Understanding how to interpret MRIs in patients with pain 1

.Understanding the surgical management of chronic pain 4

Learning solely on how to treat pain medically and pharmacologically 3

أحسن!
إجابة صحيحة

إجابتك:
Learning to appreciate psychological aspects of pain perception and caring for patients

السؤال رقم 10 صحيح

:A high PCS score represents

الخيارات المتاحة:

Strong coping strategies 1

High pain tolerance 3

Increased risk for poor pain outcomes and emotional distress 2

Not applicable to the above 4

إجابتك:

Increased risk for poor pain outcomes and emotional distress

أحسنتم!

إجابة صحيحة

:Self-awareness in managing patient pain helps clinicians

الخيارات المتاحة:

Avoid unnecessary referrals 2

Ensure every patient's treatment is standardized 1

Reduce document errors 4

Recognize personal biases and improve interactions with patients 3

أحسنتم!
إجابة صحيحة

إجابتك:
Recognize personal biases and improve interactions with patients

السؤال رقم 12 صحيح

:The Pain Catastrophizing Scale (PCS) measures

الخيارات المتاحة:

Rumination, magnification and helplessness about pain 2

Medication adherence 1

Levels of emotional intelligence 4

Range of motion 3

أحسن!
إجابة صحيحة

إجابتك:
Rumination, magnification and helplessness about pain

The reason CBT works best in pain management is because it

الخيارات المتاحة:

Changes maladaptive thoughts and behaviors 2

Stops inflammation 1

Increases all natural endorphins 4

Interrupts pain processes in the way of chemistry 3

أحسن!
إجابة صحيحة

إجابتك:
Changes maladaptive thoughts and behaviors

?Which statement is most appropriate to validate a patient's pain

الخيارات المتاحة:

2 I believe that you are in pain, and we will work together
.to help manage it

1 It is probably just in your head

4 There is no reason you should feel so much pain

3 The scan looks fine, so that means you are fine

أحسن!
إجابة صحيحة

إجابتك:
I believe that you are in pain, and we will work together to help
.manage it

?What is the term that refers to the tendency to overfocus on the pain and its ramifications

الخيارات المتاحة:

Pain tolerance 2

Hyperresponsiveness 1

Emotional blunting 4

Catastrophizing 3

أحسن!
إجابة صحيحة

إجابتك:
Catastrophizing

:While ACT, offers a different treatment approach instead of focusing on

الخيارات المتاحة:

Not feeling emotional triggers 2

Removing symptoms 1

Using medications to control experiences 4

Accepting the pain and values based living 3

أحسن!
إجابة صحيحة

إجابتك:
Accepting the pain and values based living

السؤال رقم 18 صحيح

?What is the goal of psychologically informed care

الخيارات المتاحة:

To improve function and quality of life, not just eliminate the pain 2

To replace all medications 1

Address emotional issues only 4

Reduce the appointment length 3

أحسنتم!
إجابة صحيحة

إجابتك:
To improve function and quality of life, not just eliminate the pain

:Interdisciplinary clinicians for pain intervention programs strictly include

الخيارات المتاحة:

One on one hypnosis offering 2

Physio therapists 1

Narcotic pain control teams 4

By a team of physicians, psychologists and physiotherapists 3

أحسنتم!
إجابة صحيحة

إجابتك:
By a team of physicians, psychologists and physiotherapists

?According to the Gate Control Theory of Pain, what controls pain signal transmission

الخيارات المتاحة:

Cortical damage 2

Volume of neurotransmitters 1

Hormone receptors 4

A neural "gate" in the spinal cord 3

أحسن!
إجابة صحيحة

إجابتك:
A neural "gate" in the spinal cord

السؤال رقم 20 صحيح

Hypervigilance with pain is best described as

الخيارات المتاحة:

A healthy and normal awareness of symptoms 2

Ignoring physical sensations in your body 1

Mindfulness through pain tolerance 4

The excessive attentiveness and sensitivity to bodily signals 3

أحسنتم!
إجابة صحيحة

إجابتك:
The excessive attentiveness and sensitivity to bodily signals

The model which takes into account biological, psychological, and social factors in the experience of pain is called

الخيارات المتاحة:

The biopsychosocial model 2

The biomedical model 1

The mechanistic model 4

The homeopathic model 3

أحسن!
إجابة صحيحة

إجابتك:
The biopsychosocial model

السؤال رقم 23 صحيح

Biofeedback works

الخيارات المتاحة:

By changing pain genetics 2

By teaching voluntary control over physiological processes 1

Dopamine responses to the influence 4

Neurotoxins to block nerves 3

أحسن!
إجابة صحيحة

إجابتك:
By teaching voluntary control over physiological processes

?Which area of the brain has been shown to have the greatest link to the emotional modulation of pain

الخيارات المتاحة:

Anterior Cingulate Cortex 2

Cerebellum 1

Corpus Callosum 4

Occipital lobe 3

أحسننت!
إجابة صحيحة

إجابتك:
Anterior Cingulate Cortex

?As for mindfulness, which effect has also been shown to be approved by neuroscience

الخيارات المتاحة:

Decreased activation in the associated brain areas on pain 2

Increased cerebellum activity 1

.Removal of all pain signal 4

Improved motor coordination 3

أحسنتم!
إجابة صحيحة

إجابتك:
Decreased activation in the associated brain areas on pain

السؤال رقم 25 صحيح

:The Fear of Pain Questionnaire (FPQ) assesses

الخيارات المتاحة:

Anticipatory anxiety to various pain types 2

Pain at rest 1

Number of hospital visits 4

Side effects of medications 3

أحسن!
إجابة صحيحة

إجابتك:
Anticipatory anxiety to various pain types