

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



# Past Papers

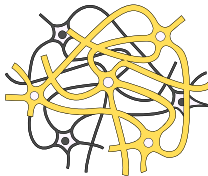
**FINAL | Lecture (1-7)**

﴿ إِنِّي تَوَكَّلْتُ عَلَى اللَّهِ رَبِّي وَرَبِّكُمْ مَا مِنْ دَابَّةٍ إِلَّا هُوَ آخِذٌ بِنَاصِيَتِهَا إِنَّ رَبِّي عَلَى صِرَاطٍ مُسْتَقِيمٍ ﴾

**Done by: Aya Altaki**



**Behavioral**



# **Lecture(1) :stress**

Q1. Which of the following is true of stress?

A) Stress is a term originally used in psychology

B) Glutamate is the neurotransmitter involved in stress physiology

C) The use of the term stress is restricted to the social factors that disrupt homeostasis

D) Stress contributes to the onset of both physical and psychological disorders

E) Neuro-hormones prevents Fight or flight stress response.

Q2: The following are recognized stress disorders, except?

- A) Acute stress disorder
- B) Post traumatic stress disorder
- C) Chronic stress disorder
- D) Psychosomatic disorders
- E) Adjustment disorder

Q3. All of the following statements regarding psychosocial relations are correct, EXCEPT?

A) Individuals with low social relation are more likely to die in younger age

B) Benefits of social relationships are equally distributed in the society

C) Social relationships are important in the prevention and treatment of diseases

D) Social relationships shape health throughout the individual's life

E) Social relationships affect health through physiological pathways.

Q4. Adaptive strategies to cope with "stress" include all of the following, EXCEPT?

- A) Regular physical exercising
- B) Joining a self-help group
- B) Using Relaxation techniques
- D) Having a time management schedule
- E) Sleeping after meals

Q5. The following are common symptoms of stress except?

- A) Insomnia
- B) Increased heart rate
- C) Thyroid dysfunction
- D) Increased appetite
- E) Sexual problems

Q7. one of the following statements concerning " approach avoidance conflict" is true :

A) the individual can choose between 2 positive goals

B) the conflict involve 2 desired goals

C) the conflict results because the individual can't choose between 2 negative goals

D) the individual can choose either the positive or the negative aspect in one goal

E) the individual can choose 2 goals simultaneously

Q8. All of the following are maladaptive coping strategies except?

A) Deliberate self-harm

B) Histrionic behaviour

C) Aggressive behaviour

D) Alcohol use

E) Repression

Q9. Adaptive coping strategy is which of the following

A) Substance abuse

B) Working through problems

C) Aggressive behaviour

D) Deliberate self-harm

E) avoidance

Ans: B&E

Q10. Psychological conflicts result from all the following mechanisms except :

A) Dependence versus independence

B) Intimacy versus isolation

C) Denial versus projection

D) Competition versus cooperation

E) Impulse expression versus moral standards

Ans: c

Q11. Adaptive coping strategy is which of the following ?

A) substance abuse

B) Working through problems

C) Aggressive behaviour

D) Deliberate self-harm

Ans: B

Q12. Phases of the " general Adaptation Syndrome" include all of the following except?

A) Alarm

B) Exhaustion

C) Resistance

D) Stressor

Ans: D

Q13. Which of the following is true of stress?

- A) Stress is a term originally used in psychology
- B) Glutamate is the neurotransmitter involved in stress physiology
- C) The use of the term stress is restricted to the social factors that disrupt homeostasis
- D) stress contributes to the onset of both physical and psychological disorders
- E) Neuro-hormones prevent fight or flight stress response

Ans: D

Q14. Regarding the “General Adaptation Syndrome (GAS)”, one of the following is false?

- A) Substance use is a maladaptive mean to cope with stress
- B) Prolonged resistance protects against alarm stage
- C) Exhaustion results from prolonged resistance
- D) Alarm involves fight or flight response
- E) Resistance helps reduce stress impact

Ans: B

# **Lecture(2) : Neurochemistry**

Q1. Dopamine is involved in the etiology of the following except?

A) Dwarfism

B) Vomiting

C) Gynecomastia

D) Schizophrenia

E) Dystonia

Ans: A

Q2. In which of the following D2 receptors are abundant?

- A. Frontal cortex
- B. Striatum
- C. Occipital lobe
- D. Temporal lobe
- E. Nucleus accumbens

Ans: B

Q3. Antidepressants exert their effect by which of the following mechanisms?

A) Depleting acetylcholine and GABA

B) Decreasing glutamate in raphe nuclei

C) Increasing biogenic amines in the brain

D) Decreasing dopamine in the brain

E) Depleting 5-HT in prefrontal cortex

Ans:c

Q4. Which of the following statements regarding neurotransmitters is correct?

- A) GABA is an excitatory neurotransmitter
- B) Dopamine is involved in the etiology of schizophrenia
- C) Tryptophan is the precursor of Ach
- D) Acetylcholine effect is limited to muscarinic receptors
- E) Histamine receptor H<sub>1</sub> is involved in vascular tone

Ans: B

Q5. All of the following statements are true about neurotransmitters except:

- A) Tyrosine is precursor of catecholamines
- B) The indolamines include serotonin and acetylcholine
- C) Dopamine deficiency is thought to cause psychosis
- D) MAO enzyme is involved in noradrenaline metabolism
- E) A peptide is a short protein made of <100 amino acids

Ans: c

Q6. Which of the following is the main excitatory neurotransmitter in the brain?

A) GABA

B) Dopamine

C) Norepinephrine

D) Glutamate

E) Serotonin

Ans: D

This is important question that has been asked multiple times

Q7. All of the following statements about acetylcholine are correct, EXCEPT:

- A) It's synthesized in the cholinergic axon terminal
- B) The cholinergic tract originates in the nucleus basalis of Meynert
- C) It can bind to both muscarinic and nicotine receptors
- D) Its nicotine receptors are antagonised by atropine
- E) Inhibition of its degradation is used in Alzheimer's treatment

Ans: D

Q8. The following are criteria of a neurotransmitter except one :

- A) The molecule is synthesised in the neuron
- B) The molecule is present in the pre synaptic neuron
- C) When given exogenously has the same effect as endogenous effect
- D) Is released by depolarization
- E) When released to the synaptic cleft remains there

Ans: E

Q9. one of the following is involved in synaptic neurotransmission in the brain:

A) Serotonin

B) Ach E

Ans: B

Q10. The following statements are true about neurotransmitters except one :

- A) Tyrosine is precursor of catecholamines
- B) The indolamines include serotonin and acetylcholine
- C) Dopamine deficiency is thought to cause psychosis
- D) MAO enzyme is involved in noradrenaline metabolism
- E) A peptide is a short protein made of <100 amino acids

Ans: c

Q11. The following are biogenic amines except:

A) Dopamine

B) Serotonin

C) Noradrenaline

D) Acetylcholine

E) Neurotensin

Ans: E

Q12. Which of the following statements about neurotransmitters is CORRECT ?

A) Histamine receptor type 1 (H1) is involved in vascular tone

B) Acetylcholine effect is limited to muscarinic receptors

C) GABA is an excitatory neurotransmitter

D) Serotonin is involved in the etiology of depression

E) Tryptophan is the precursor of acetylcholine

Ans: D

Q13. All of the following statements are true about neurotransmitters except:

- A) They modify the effect of neurotransmitters on receptors
- B) They fine tune the effect of neurotransmitters
- C) A neuromodulator is excreted in the extra-neuronal space
- D) Their effect is of short duration compared to neurotransmitters
- E) Some neuromodulators meet the criteria of being neurotransmitters

Ans: D

Q14. Dopamine is involved in the etiology of which of the following disorders ?

A) Schizophrenia

B) Disthymia

C) Bipolar mood disorder

D) Panic disorder

Ans: A

Q15. All of the followings statements about neuromodulators are correct, EXCEPT:

- A) They modify the effect of neurotransmitters on receptors.
- B) They fine tune the effect of neurotransmitters.
- C) A neuromodulator is excreted in the extra-neuronal space.
- D) Their effect is of short duration compared to neurotransmitters.
- E) Some neuromodulators meet the criteria of being neurotransmitters.

Ans: D

Q16. Which of the following statements about neurotransmitters is CORRECT?

- A) Tryptophan is the precursor of acetylcholine.
- B) Acetylcholine effect is limited to muscarinic receptors.
- C) GABA is an excitatory neurotransmitter.
- D) Histamine receptor type 1 (H1) is involved in vascular tone.
- E) Serotonin is involved in the etiology of depression.

Ans: E

Q17. All of the following are neurotransmitters except:

- A) Dopamine
- B) Epinephrine
- C) Norepinephrine
- D) Vasopressin
- E) Serotonin

Ans: D

Q18. Which of the following statements about peptide neurotransmitters is CORRECT?

- A) Peptide neurotransmitters are more expressed in men than in women.
- B) A peptide is a short protein made of more than 100 amino-acids.
- C) Endogenous opioids are peptide neurotransmitters.
- D) About 30 peptide neurotransmitters only are found in the body.
- E) Peptide neurotransmitter deficiency causes depression

Ans: c

Q19. Which of the following statements about dopamine is CORRECT?

- A) Nigro-striatal dopamine tract is involved in schizophrenia.
- B) Dopamine precursor is the amino acid tryptophan.
- C) Dopamine medullary tract is involved in milk production.
- D) Mesolimbic tract is involved in parkinsonism.
- E) There are four known dopamine tracts in the human brain.

Ans: E

Q20 . Not a neurotransmitter

Ans: angiotensin

Q21. Not a neurotransmitter:

Ans : thyroxine

Q22. Neuroreceptor

ANSWER: specific for neurotransmitter

Q23. Antipsychotic

ANSWER: Dopamine antagonist

Q24 .Dopamine overactivity

ANSWER: Schizophrenia

Q26. Not true:

- **ANSWER:** Neurotransmitter remain the same in the cleft with time

. Wrong about neurotransmitters

**ANSWER:** deficiency of dopamine leads to psychosis

• True about dopamine :

**ANSWER:** tyrosine is precursor

True about neuromodulators :

**ANSWER:** some satisfy the criteria of neurotransmitters

# **Lecture(3) : communication skills**

Q1. Regarding patient-doctor relationship which of the following is true?

- A) Doctors at large are interested in patients emotional clues.
- B) Doctors overestimate the amount of information they give to patients.
- C) Patient doctor relationship does not affect response to drugs.
- D) Patients are only interested in the doctor technical skill.
- E) Patients do not mind to be referred to as a cases.

Ans: B

Q2. Which of the following statements regarding nonverbal communication is correct?

- A) Nonverbal communication expresses inner feelings better than verbal communication.
- B) Image is not part of nonverbal communication.
- C) Nonverbal communication is less important than verbal communication.
- D) Interpretation of nonverbal communication is not culture-dependent
- E) Non-verbal communication is conscious.

Ans: A

Q3 Nonverbal communication involves all of the following, EXCEPT?

- A) Gestures
- B) Proxemics
- C) Writing a short speech
- D) Facial expressions
- E) Eye contact

Ans: c

Q4. Which of the following statements is true about non-verbal communication?

- A) It is mostly more truthful than verbal.
- B) It is mostly conscious.
- C) Paralanguage is not part of it.
- D) It communicates less than half of the message.
- E) It is not important during medical consultation.

Ans: A

Q5. Nonverbal communication involves all of the following, EXCEPT?

.A) Gestures

- B) Proxemics
- C) Writing a short speech
- D) Facial expressions
- E) Eye contact

Ans: c

Q<sub>6</sub>. The following are true about proxemics except?

- A) Intimate space is up to 50 cm.
- B) Personal space is between 30-75 cm.
- C) Social space is between 120-200 cm.
- D) Public space is from 300cm. or more.
- E) Meetings are usually held in personal space

Ans: E

Q7. Which of the following statements regarding nonverbal communication is correct?

- A) Nonverbal communication is less important than verbal communication.
- B) Nonverbal communication expresses inner feelings better than verbal communication.
- C) Non-verbal communication is conscious.
- D) Image is not part of nonverbal communication.
- E) Interpretation of nonverbal communication is not culture-dependent.

Ans: B

Q8. All the following improve patient compliance to treatment except?

- A) Mutual trust between patient and doctor
- B) The belief of the doctor in his/her treatment
- C) Anxiety in the patient during the consultation
- D) Giving the least possible number of medications
- E) Choosing medications with long half life

Ans: c

Q9. Which of the following statements is true about non verbal communication?

A) It is mostly more truthful than verbal.

B) It is mostly conscious.

C) paralanguage is not part of it.

D) It communicates less than half of the message.

E) It is not important during medical consultation.

Ans: A

# **Lecture(4): sleep**

Q1. Which of the following statements regarding circadian rhythm is correct?

- A) Optic tract lesions abolish circadian rhythm.
- B) It is related to hibernation.
- C) Rapid shift of light dark cycle affect circadian rhythm.
- D) Suprachiasmatic nucleus lesions do not affect circadian rhythm.
- E) Circadian rhythm does not contribute to homeostasis.

Ans: c

Q2. All of the following physiological changes occur during REM sleep, EXCEPT?

- A) Increased cerebral blood flow
- B) Increased body temperature
- C) Desynchronized cortical activity
- D) Vivid dreams
- E) Increased spinal reflexes

Ans: E

Q3. All the following are true about REM sleep except:

- A) REM sleep is characterized by a wake EEG
- B) Cerebral blood flow is less than awake state
- C) muscles are relaxed
- D) brain more active
- E) automatic functions are more active

Ans: B

Q4. All the following are true about sleep in general Except:

- A) Dreams occur usually with non -REM sleep
- B) 20-25 percent of sleep is spent in REM sleep
- C) REM sleep occurs every 90 minutes approximately
- D) Sleep spindles occur in stage tow of sleep
- E) People move around 35times in a night sleep

Ans: A

Q5. Which of the following statements regarding Non-REM sleep is correct?

- A) Increased spinal reflexes
- B) Increased heart rate.
- C) Increased growth hormone secretion
- D) It has three phases of equal depth.
- E) Increased cerebral blood flow.

Ans: c

. Causes episodes of irresistible sleep:

Ans : narcolepsy (Hypersomnia)

. sleep stage 3\4:

Ans : deep sleep

. True about sleep

Ans : suprachiasmatic nucleus regulates sleep-wake cycle

. Sleep is :

Ans : reversible unconsciousness

. Parasomnia:

Ans : sleep walking

. normal in REM sleep:

Ans : reversible unconsciousness

# **Lecture(5 ) : eating**

Q1. Which of the following statements is not true about the psychophysiology of eating?

- A) The dreams of starved individuals are not affected by their state.
- B) The lateral hypothalamus is the eating centre.
- C) Insulin injections increase food intake.
- D) If food is injected directly to hungry stomach appetite is suppressed.
- E) Distention of the stomach stimulate the ventromedial hypothalamus.

Ans: A

Q. Which of the following statements regarding the psychophysiology of food intake is correct

- A) Environmental temperature does not affect food intake.
- B) An insulin injection will decrease food intake immediately.
- C) Blood sugar level affects appetite and food intake.
- D) Food intake is regulated by one system in the human body.
- E) The lateral hypothalamus is the satiation center in the brain.

Ans: c

Q. Which of the following statements regarding weight control is correct?

- A) Exercise is more important for weight loss in overweight individuals.
- B) Behavior therapy is not used in weight control treatments.
- C) Metabolic rate is increased in food deprivation states.
- D) Basal metabolism normally constitute one third of energy expenditure.
- E) Psychological factors do not play significant role in weight control.

Ans: A

- Q. Which of the following statements regarding obesity is correct?
- A) Exercise does not play a significant role in weight control.
  - B) Obese people have a common type of personality.
  - C) Obese people react differently to food cues compared to non-obese people.
  - D) Obese people eat less when they are under stress.
  - E) Obese people are less responsive to the sight of food compared to non-obese people.

Ans: c

- Q. All of the following statements about eating are true except?
- A) Overweight individuals often report overeating when anxious.
  - B) Ventero-medial hypothalamus is the feeding centre.
  - C) Metabolic rate is decreased during food deprivation.
  - D) Overweight individuals has no specific personality type.
  - E) Exercise is critical in weight loss.

Ans: B, Ventrolateral = eating/feeding center while ventromedial is the satiety center

- Q. Which of the following statements regarding obesity is correct?
- A) Exercise does not play a significant role in weight control.
  - B) Obese people have a common type of personality.
  - C) Obese people react differently to food cues compared to non-obese people.
  - D) Obese people eat less when they are under stress.
  - E) Obese people are less responsive to the sight of food compared to non-obese people.

Ans: c

Q. Which of the following can be act as a hunger signal?

- A) High blood glucose level
- B) Full stomach
- C) High environment temperature
- D) Heating the brain
- E) Emotional factors

Ans: E

**True about eating:**

Ans : cold weather activates Lateral Hypothalamus

**. Wrong about eating:**

Ans : empty stomach activates VM hypothalamus

Q. True about eating regulation:

Ans : distention of the stomach activates VM hypothalamus

. Wrong about obesity

Ans: are least sensitive to taste

Q. The following are true about obesity except?

A) Obese people eat more when they are anxious

B) Obese people are least responsive to the taste of food.

C) Obese people do not share specific personality type.

D) Obese people belong to the unrestrained eaters group.

E) Obese people have lower metabolic rate than normals.

Ans: B

# Lecture(6): memory

Note: I think there are several questions about this lecture that don't match with our slides but I put them just to be on the safe side

Q. which of the followings represents the stage of memory in which environmental events are transcribed and stored in our brains?

A) Encoding stage

B) Storage stage

C) Retrieval stage

D) Explicit memory

E) Implicit memory

Ans: B

Q. Executive functioning, planning, and working memories are functions of which of the following brain structures?

A) Amygdala

B) Hypothalamus

C) Hippocampus

D) Pre central gyrus

E) Prefrontal gyrus

Ans: E

Q. Which is true about amnesic disorders:

A) Memory impairment and disorientation

B) Memory impairment and visual hallucination

C) Memory impairment and confabulations

Ans: c

Q. Which of the following unlikely to be a diagnostic feature of dementia?

A) Impaired memory

B) Fluctuating level of consciousness

C) Impaired digit span

D) Difficulty dressing

E) Difficulty in finding home

Ans: B

Q. the consolidation of memory begins at the age of 3 when the hippocampus gets mature (shh like) this represents which of the following perspectives:

Ans: the biological perspective

Q. which of the following suggested that childhood amnesia is developmental issue due to major increase in our language ability after 3 years :

Ans: the cognitive perspective

Q. Explaining childhood amnesia with immature hippocampus is?

Ans: biological amnesia

Q. Long term memory:

Ans: hippocampus

Q. Short term memory:

Ans: frontal lobe

Q. Not involved in memory:

Ans : basal ganglia or reticular formation

Q. which of the following is involved in working memory:

Ans: frontal cortex

Q. True about memory mechanism:

Ans: encode, store, retrieve

Q. All of the following are considered explanations for forgetfulness, except?

A. Priming

B. Decay

C. Replacement

D. Interference

E. Cue-dependent Forgetting

Ans: A

# **Lecture(7): learning**

Q. The dog salivation in response to the sight of food is referred to as?

A) Extinction

B) Unconditioned stimulus

C) Unconditioned response

D) Conditioned response

E) Conditioned stimulus

Ans: c

Q. Laith's mother buys him a sailor's cap before they go to a family fishing trip. On the boat Laith gets nauseated and vomits. The next day he gets nauseated just from looking at the sailor's cap. The sailor's cap has become?

- A) Unconditioned stimulus
- B) Reconditioned stimulus
- C) Unconditioned response
- D) Conditioned response
- E) Conditioned stimulus

Ans: E

Q. After conditioning an animal to salivate to a tone, what would happen if you continue to sound the tone but no longer paired it with food?

A) Initiation

B) Discrimination

C) Extinction

D) Generalization

E) Acquisition

Ans: c

Q. understanding crossing the road as the plan to reach a goal is a?

Ans: the cognitive perspective

# External Resources

# رسالة من الفريق العلمي

اللهم إن عمر عطية في ذمتك وحبل جوارك، فقه من فتنة القبر وعذاب النار،  
أنت أهل الوفاء والحق، فاغفر له وارحمه إنك أنت الغفور الرحيم.

For any feedback, scan the code or click on it



Corrections from previous versions:

| Versions | Slide # and Place of Error | Before Correction | After Correction |
|----------|----------------------------|-------------------|------------------|
| V0 → V1  |                            |                   |                  |
| V1 → V2  |                            |                   |                  |