

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
(وَفَوْقَ كُلِّ ذِي عِلْمٍ عَلِيمٌ)



Psychology For Medical Students | Final

Past Papers



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Q1

What best describes psychosomatic illnesses?

- A. Physical symptoms caused or exacerbated by psychological factors
- B. Psychological symptoms caused only by infection
- C. Physical symptoms that always have an identifiable organic cause
- D. Symptoms that occur only during sleep
- E. Diseases caused exclusively by genetic factors

Ans: A

Q2

Give an example of psychosomatic illnesses.

- A. A. Influenza
- B. B. Irritable bowel syndrome (IBS)
- C. C. Appendicitis
- D. D. Bone fracture
- E. E. Bacterial meningitis

Ans: B

Q3

What are the characteristics of social anxiety?

- A. Panic disorder
- B. Social anxiety disorder
- C. Specific phobia
- D. OCD
- E. Delirium

Ans: B

Q4

What is the most common symptom of anxiety disorders?

- A. Sleep disturbances
- B. Persistent euphoria
- C. Hypercalcemia
- D. Jaundice
- E. Bradykinesia

Ans: A

Q5

What mechanism is responsible for stress responses in cases of stress?

- A. Renin-angiotensin system
- B. HPA axis
- C. Complement system
- D. Coagulation cascade
- E. Basal ganglia pathway

Ans: B

Q6

According to the biopsychosocial theory, pain result from:

- A. Biological factors only
- B. Psychological factors only
- C. Social factors only
- D. Interaction among biological, psychological, and social factors
- E. Tissue damage alone

Ans: D

Q7

The main aim of cognitive behavioral therapy (CBT) is to:

- A. Suppress all emotions
- B. Modify maladaptive thoughts and behaviors
- C. Increase avoidance
- D. Depend exclusively on medication
- E. Eliminate social interaction

Ans: B

Q8

What is used for a patient with avoidance behavior?

- A. Behavioral activation
- B. Sedation
- C. Sleep deprivation
- D. Punishment
- E. Thought suppression

Ans: A

Q9

CBT is best described as a therapy that focuses on:

- A. Changing maladaptive thoughts and behaviors
- B. Dream interpretation only
- C. Medication without psychotherapy
- D. Avoiding distressing situations permanently
- E. Unstructured social conversation

Ans: A

Q10

An important ethical concern when treating anxiety pharmacologically is:

- A. Using the highest possible dose
- B. Avoiding consideration of dependence
- C. Carefully considering dependence-producing drugs such as benzodiazepines
- D. Using medication without informed consent

Ans: C

Q11

Gate theory of pain:

- A. Pain is generated only in the brain
- B. A gating mechanism in the spinal cord can modulate pain signals
- C. All pain is psychological
- D. Pain signals cannot be modified
- E. Pain depends only on tissue injury

Ans: B

Q12

According to Beck's cognitive theory, psychological distress is strongly related to:

- A. Dysfunctional beliefs and thoughts
- B. Increased muscle mass
- C. Blood type
- D. Reflex activity only
- E. Vitamin deficiency

Ans: A

Q13

Responsible for forming and recalling memories related to pain:

- A. Medulla
- B. Hippocampus
- C. Cerebellum
- D. Pituitary gland
- E. Pons

Ans: B

Q14

What is the most common thinking way in patients with anxiety?

- A. Catastrophizing
- B. Realistic appraisal
- C. Problem solving
- D. Cognitive flexibility
- E. Acceptance

Ans: A

Q15

“I will never get better” represents:

- A. Helplessness
- B. Selective attention
- C. Positive reframing
- D. Mindfulness
- E. Assertiveness

Ans: A

Q16

Example of catastrophizing:

Ans: “I have HTN, my heart rate is elevated, I’m going to die.”

Q17

Mindfulness:

- A. Ignoring pain completely
- B. Developing non-judgmental and accepting awareness of pain
- C. Focusing only on negative outcomes
- D. Avoiding all painful activities
- E. Suppressing thoughts

Ans: B

Q18

About interpersonal skills:

- A. Direct, face-to-face interaction between people
- B. Written laboratory reports only
- C. Automated electronic alerts
- D. One-way public advertisements
- E. Internal self-talk only

Ans: A

Q19

A surgeon always criticizes younger doctors; he lacks:

- A. Clinical knowledge
- B. Professional respect
- C. Technical skill
- D. Time management
- E. Documentation

Ans: B

Q20

Which of the following is a listener-related barrier to effective communication?

- A. Impatience and tendency to interrupt
- B. Clear language
- C. Appropriate eye contact
- D. Active listening
- E. Summarizing

Ans: A

Q21

In the SOLER technique, the letter E stands for :

- A. Empathy
- B. Eye contact
- C. Evaluation
- D. Emotion
- E. Explanation

Ans: B

Q22

Which non-verbal behavior is consistent with the SOLER technique?

- A. Lean forward and maintain an open posture
- B. Cross the arms tightly
- C. Turn away from the patient
- D. Avoid eye contact
- E. Stand at the door

Ans: A

Q23

SBAR is especially useful for:

- A. Team-to-team handoffs and structured clinical communication
- B. Diagnosing depression
- C. Measuring burnout
- D. Pain scoring
- E. Breaking bad news only

Ans: A

When breaking bad news to a patient, the clinician should:

- A. Give false reassurance
- B. Avoid false reassurance and communicate honestly
- C. Provide information as rapidly as possible
- D. Avoid patient questions
- E. Use only medical jargon

Ans: B

Q25

Which of the following is a protective factor against anxiety?

- A. Social isolation
- B. Social support
- C. Sleep deprivation
- D. Excessive workload
- E. Avoidance

Ans: B

Q26

A major occupational cause of burnout is:

- A. Excessive workload and long working hours
- B. Regular breaks
- C. Supportive teamwork
- D. Adequate sleep
- E. Reasonable workload

Ans: A

Q27

A competent doctor feels that their work achieves nothing and that they are ineffective. This reflects:

- A. Emotional intelligence
- B. Reduced personal accomplishment
- C. Depersonalization only
- D. Resilience
- E. Compassion satisfaction

Ans: B

Q28

Which instrument is commonly used to assess burnout?

- A. Glasgow Coma Scale
- B. Maslach Burnout Inventory (MBI)
- C. APGAR score
- D. Mini-Mental State Examination
- E. Visual Analogue Scale

Ans: B

Q29

Which approach is most appropriate when assessing and addressing burnout?

- A. Use a validated tool such as the MBI and implement appropriate interventions
- B. Ignore symptoms until performance declines
- C. Assess workload only
- D. Use medication for everyone
- E. Avoid discussing workplace factors

Ans: A

Q30

A family physician is forced to shorten a child's visit because of insurance restrictions despite believing more time is clinically needed. This best represents:

- A. Ethical misalignment
- B. Clinical competence
- C. Positive coping
- D. Behavioral activation
- E. Social facilitation

Ans: A

Q31

Which is an example of physical self-care for healthcare professionals?

- A. Prioritizing 7-8 hours of sleep
- B. Skipping meals
- C. Working continuously without breaks
- D. Avoiding exercise
- E. Reducing sleep to increase productivity

Ans: A

Q32

Debriefing with peers after a difficult clinical experience primarily supports which aspect of self-care?

- A. Emotional self-care
- B. Financial self-care
- C. Technical training
- D. Physical examination
- E. Pharmacological treatment

Ans: A

A hesitant patient avoids eye contact because they feel embarrassed discussing a sensitive topic. The best response is to:

- A. Use a facilitative statement such as, "I know this topic can be difficult to talk about."
- B. Immediately change the topic
- C. Tell the patient not to be embarrassed
- D. Interrupt and ask only closed questions
- E. Avoid acknowledging the discomfort

Ans: A

Which is an example of good interpersonal skill in healthcare?

- A. Effective communication and collaboration with nurses and other team members
- B. Avoiding feedback
- C. Working independently at all times
- D. Using criticism to establish authority
- E. Ignoring non-verbal cues

Ans: A

Q35

Poor communication has been associated with approximately what proportion of medical errors in the course material?

- A. 10%
- B. 30%
- C. 50%
- D. 70%
- E. 100%

Ans: D

Why is summarizing useful after active listening?

- A. It demonstrates understanding and checks that the message was received accurately
- B. It ends the conversation quickly
- C. It prevents the patient from correcting the clinician
- D. It replaces empathy
- E. It allows the clinician to avoid listening

Ans: A

Q37

Which factor can help reduce the risk of burnout?

- A. Social support
- B. Chronic sleep deprivation
- C. Professional isolation
- D. Excessive workload
- E. Persistent self-criticism

Ans: A

رسالة من الفريق العلمي:

﴿رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي
أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَلَدِيَّ وَأَنْ أَعْمَلَ صَالِحًا
تَرْضَاهُ وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ
الصَّالِحِينَ﴾



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Corrections from previous versions:

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