

MBBS / BDS SECOND PROFESSIONAL EXAMINATION 2007
Behavioural Sciences (MCQs)

Model Paper

Total No. of MCQs 45

Marks 45

Time 01 hour

MCQ.1 In Behavioural Sciences the Bio-Psycho-Social (BPS) model of health care is best described as:

- a) The management of psychological and social issues of patients.
- b) Biological aspects of disease being more important than psychosocial aspects.
- c) Use of social and psychological factors alongside the biological aspects of the illness.
- d) A method in which a patient should be seen by a psychologist and a social worker.
- e) A system practiced mostly in the developed world.

Key: c

TOS: C1

MCQ.2 12 years old Asad did not need to be told that he had failed his exams. On returning home he could guess by the looks on his father's face and his posture, what his result was. This is an example of :

- a) Involvement of visual modality
- b) Non-verbal communication
- c) Effective communication
- d) Extra sensory perception (ESP)
- e) Facial cues.

Key: b

TOS: C2

MCQ.3 With regard to counselling, the best statement is:

- a) It is done by trained counsellors.
- b) It is about giving the best possible advice.
- c) It is not an ordinary everyday conversation.
- d) It involves empathy and compassion
- e) It is a technique to help people help themselves by increasing self understanding

Key: e

TOS: C2

MCQ.4 A common misconception about counselling is that it:

- a) Involves giving direct advice to clients.
- b) Is done exclusively by psychologists.
- c) Is synonymous with psychotherapy.
- d) Is most effective in psychiatric patients.
- e) Requires regular daily sessions.

Key: a

TOS: C2

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MCQ.5

Conflict resolution involves :

- a) Dealing with difficult issues sooner rather than later.
- b) Taking regular physical exercise.
- c) Not expressing your expectations.
- d) Giving vent to feelings by debates and arguments.
- e) Giving people what they want.

Key: a

TOS: C2

MCQ.6

Which of the following ethical issues form the foremost part of Hippocratic oath :

- a) Confidentiality
- b) Sexual boundaries
- c) Advertising
- d) Bribery
- e) Doctor's rights

Key: a

TOS: C1

MCQ.7

A female patient comes to the doctor's clinic wearing revealing clothes. She comes up very close to the doctor and starts asking him personal questions in a seductive tone. What would be the appropriate response by the doctor?

- a) Refuse to examine her.
- b) Call in a nurse.
- c) Use open ended questioning technique.
- d) Ask about her personal life
- e) Refer her to another doctor.

Key: b

TOS: C3

MCQ.8

Patients are most likely to comply with the medical advice for which of the following reasons:

- a) The illness has serious symptoms.
- b) The doctor is elderly.
- c) The illness is chronic.
- d) The treatment schedule is complex
- e) The doctor has taken time to provide Informational Care to the patient.

Key: e

TOS: C2

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- MCQ.9** **A competent 30 years old lady who is 38 weeks pregnant refuses to have a cesarean delivery despite the fact that without surgery, the fetus could die. Both her surgeon and psychiatrist have failed to convince her to have the surgery. The most appropriate action for her surgeon to take at this time is to:**
- a) Get permission from her Husband to do the surgery.
 - b) Get a court order in favour of surgery.
 - c) Tell the patient that she can be criminally prosecuted if the child dies.
 - d) Deliver the child vaginally.
 - e) Refer the patient to another doctor.

Key: d

TOS: C3

- MCQ.10** **“Fight or flight response” is the responsibility of the following system:**
- a) Somatic nervous system
 - b) Central nervous system
 - c) Sympathetic division of autonomic nervous system
 - d) Parasympathetic division of autonomic nervous system
 - e) Hypothalamic pituitary axis

Key: c

TOS: C2

- MCQ.11** **Sohail is a final year medical student and while reading through the medical documents of a psychiatric patient feels puzzled by the term “alexithymia”. Which of the following best describes this state?**
- a) Tendency to explode in violent outbursts
 - b) Difficulty talking about and expressing emotions
 - c) Tendency to express only positive emotions
 - d) Tendency to get overwhelmed by a negative emotions at any moment
 - e) Persistently depressed mood

Key: b

TOS: C2

- MCQ.12** **Behavioural modification involves:**
- a) Solving problems through insight
 - b) Bringing behaviours under stimulus control
 - c) Demonstrating learning in the absence of reinforcement
 - d) Application of learning principles to change behaviour.
 - e) Applying reward and punishment technique.

Key: d

TOS: C2

- MCQ.13** **Negative reinforcement means:**
- a) To extinguish a behaviour.
 - b) To increase desired response rate.
 - c) To eliminate desirable response
 - d) To decrease the frequency of a behaviour
 - e) Learned helplessness.

Key: b

TOS: C2

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- MCQ.14** **Classical conditioning technique used to eliminate phobias is used in:**
- a) Generalization
 - b) Operant conditioning
 - c) Spontaneous recovery
 - d) Systematic desensitization
 - e) Flooding

Key: d

TOS: C2

- MCQ.15** **Little Mobeen has recurrent allergies and must receive injections to counteract them. He became fearful and cried whenever he got his injections but now just the sight of a nurse makes him fearful and tearful. What is the conditioned stimulus in this example?**
- a) Injections
 - b) Nurse
 - c) Doctors
 - d) Allergies
 - e) Crying

Key: a

TOS: C3

- MCQ.16** **To teach your dog to roll over on command, which of the following techniques would you use?**
- a) shaping
 - b) modelling
 - c) Lateral learning
 - d) imprinting
 - e) pairing

Key: a

TOS: C2

- MCQ.17** **In classical conditioning what happens to a neutral stimulus after it is associated with the unconditioned stimulus, it becomes:**
- a) a conditioned stimulus
 - b) a conditioned response
 - c) an unconditioned response
 - d) a phobia
 - e) extinct

Key: a

TOS: C2

- MCQ.18** **A father scolds his son when he hits his little sister. The son stops hitting the sister. This change in the child's behaviour is a result of:**
- a) punishment
 - b) negative reinforcement
 - c) positive reinforcement
 - d) shaping
 - e) classical conditioning

Key: a

TOS: C3

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MCQ.19 After a serious car accident, Aslam cannot remember any new information. This deficit is an example of:

- a) encoding specificity
- b) state dependent learning
- c) retrograde amnesia
- d) anterograde amnesia
- e) dementia

Key: d

TOS: C2

MCQ.20 Disease and hospitalisation are a source of major stress to the patient. One of the urgent concerns of the patient when he meets a doctor is:

- a) Who will look after me?
- b) Which medicines do I need?
- c) When will I get back to work?
- d) What is wrong with me?
- e) How much will the treatment cost?

Key: d

TOS: C2

MCQ.21 The basic skill of active listening which is the cornerstone of effective communication is:

- a) Comprehend the underlying meaning of patient's spoken words and giving due attention to their feelings and literal meanings as well.
- b) Making a diagnostic formulation of the patient as he speaks.
- c) Clarify what the patient relates without being paternalistic.
- d) Evaluate the effect that transference is having on the doctor-patient relationship.
- e) Understand both what the patient and the physician are saying and the undercurrents of unspoken feelings between the two.

Key: e

TOS: C2

MCQ.22 Reaction of the patient toward the psychiatrist may be affected by:

- a) Psychiatrist's attitude
- b) Previous experiences with physicians
- c) Patient's view of authority figures in childhood
- d) Patient's cultural background
- e) Stigma associated with a psychiatrist.

Key: e

TOS: C2

MCQ.23 The best method to facilitate the development of doctor-patient rapport is:

- a) Conducting a stress interview.
- b) Asking open-ended questions.
- c) Using patients own words.
- d) Uncovering feelings.
- e) Understanding the patient.

Key: a

TOS: C2

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- MCQ.24** **A TV Compeer becomes terrified of speaking in public. He cancels his speaking engagements for fear of forgetting embarrassment. He seeks treatment and is taught first to relax completely, and then, while relaxed, imagine going to a lunch, then sitting on the platform, then rising to introduce the guests, and so forth. Best statement that can be made about this situation is:**
- The patient stopping his speaking activities acts as a negative reinforcement.
 - Purpose of relaxation part of the therapy is to divert the patient so that he will accept the instructions.
 - This overall approach is called Systematic Desensitization.
 - This approach combines aversive conditioning and positive reinforcement.
 - The approach is called shaping.

Key: c

TOS: C3

- MCQ.25** **The best example of verbal communication skill is:**
- Good vocabulary.
 - Competence in presentations.
 - Fluent speech.
 - Organise educational training and research activities.
 - Participate in training and research.

Key: b

TOS: C2

- MCQ.26** **Regarding roles, In one role one is a student, in another; a father, a teacher, a scientist, a bread earner and a sportsman. This is explained by:**
- Optimization.
 - Personal contentment.
 - Dynamism.
 - Economically emancipated.
 - Socially responsible.

Key: c

TOS: C2

- MCQ.27** **A 25 year old doctor brings his 52 year old father who has suddenly met a traffic accident and suffered serious injuries, to the casualty department of the hospital. Incidentally the surgeon arrives late to examine the patient. By the time he examined the patient, he had already passed into a state of unconsciousness with failing breathing. All resuscitative measures failed and the patient died. At that time the son felt the shock (shock and numbness) but immediately adopted a posture that surprised everybody. He insisted that his father should be taken to the intensive care and put on a ventilator, and that he was in fact "not really dead". The phenomenon which best describes the clinical scenario is:**
- Escape.
 - Avoidance.
 - Rationalization.
 - Acting out.
 - Denial.

Key: e

TOS: C2

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- MCQ.28 The Defense mechanisms:**
- a) Emerge randomly.
 - b) Help individuals cope with their internal and external states of anxiety and distress.
 - c) Cannot be brought under conscious control to ward off anxiety.
 - d) Operate to maintain a sense of serenity.
 - e) Do not contribute towards formation of personality traits.

Key: b

TOS: C2

- MCQ.29 Patient experiences stress of hospitalization due to:**
- a) Leaving friends and work
 - b) Stigmatization
 - c) Structure and functioning of hospitals
 - d) Loss of self esteem
 - e) Fear of being handicapped

Key: c

TOS: C2

- MCQ.30 Which one of the following is best example of psychosocial stress:**
- a) Noise
 - b) Economic viability
 - c) Hunger
 - d) Disease
 - e) Temperature

Key: b

TOS: C2

- MCQ.31 People with Type A personality are more vulnerable to:**
- a) Psychiatric disorders.
 - b) Have the same incidence of heart disease as general population.
 - c) Increased incidence of eye disease.
 - d) Increased incidence of heart disease.
 - e) Have an increased incidence of ear disease.

Key: d

TOS: C2

- MCQ.32 Common characteristics of Type B person are:**
- a) Hard driving
 - b) Easy going
 - c) Non- competitive
 - d) Jittery and irritable under stress
 - e) Become disorganised under stress

Key: b

TOS: C1

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- MCQ.33** **Culture:**
a) Is the outcome of the architectural part of our environment
b) Is the outcome of the man-made part of our environment.
c) Is an isolated view of the world
d) Comprises of beliefs which produce an unacceptable view of the society.
e) Is a static process.
- Key: b**
- TOS: C2**
- MCQ.34** **Social structures are:**
a) tenets with a shared meaning in a culture that are held to be true
b) those aspects of a culture that are held in high regard, are desirable and therefore worthy of emulation
c) principles of right and wrong actions and the rules and laws that govern the acceptable and unacceptable behaviour
d) methods of placing people in social strata
e) made up of a set of expectations about how people should behave in certain circumstances.
- Key: d**
- TOS: C2**
- MCQ.35** **Mutual prayer such as “Only Allah granteth health” (Allah hi sehat deta hai) is an example of:**
a) Belief
b) Value
c) Norms
d) Social structure
e) Role
- Key: a**
- TOS: C2**
- MCQ.36** **The sick role (patient role) involves:**
a) Being excused from various obligations
b) Being blamed for being ill
c) Commitment to get un well
d) Commitment to not follow medical advice
e) Commitment to not take treatment
- Key: a**
- TOS: C2**

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MCQ.37 Bilal is an 8 years old boy still wets his bed almost every night. He is ashamed of this and is ridiculed by his cousins. His parents are worried and take him to a doctor who refers him to a psychiatrist. He was given a buzzer which would sound the moment Bilal passed urine in bed at night, thus waking him up. The idea was to associate the stimuli from a full bladder and the urge to urinate with waking up. If Bilal woke up in time, he could go to the bathroom before he could wet his bed. This treatment is based on the principles of:

- a) Memory
- b) Punishment
- c) Semantics
- d) Classical conditioning
- e) Pragmatics

Key: d

TOS: C2

MCQ.38 **Modelling:**

- a) Is a form of learning that occurs when two stimuli that are "paired" – presented together – become associated with each other.
- b) Is observational form of learning.
- c) Occurs when a behaviour is determined by the consequences for the individual.
- d) Refers to knowledge people have about their own thought processes.
- e) Refers to sensory memory.

Key: b

TOS: C2

MCQ.39 **Clairvoyance is:**

- a) The ability to perceive events or gain information in ways that appear unaffected by distance or normal physical barriers.
- b) Extrasensory perception of another person's thoughts or in other words the ability to read someone's mind.
- c) The ability to perceive or accurately predict future events.
- d) The ability to exert influence over inanimate objects.
- e) Mental process involving the manipulation of both information from the environment and the symbols stored in long term memory.

Key: a

TOS: C2

MCQ.40 **Emotionally intelligent person can:**

- a) Accurately perceive emotions.
- b) Thinks with out emotions.
- c) Disregards emotional meaning.
- d) Has difficulty in managing own emotions
- e) Has difficulty in managing others emotions.

Key: a

TOS: C2

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- MCQ.41 The concept of justice in ethics is:**
- An obligation of the patient to the society.
 - That the health resources must be distributed according to principles of equity.
 - Taken as patient's right to choose or refuse treatment.
 - For all medical professionals to do good for all patients under circumstances.
 - The obligation to do no harm to the patient.
- Key: b**
- TOS: C2**
- MCQ.42 Confidentiality can be breached:**
- When the patient does not listen to the doctor.
 - When financial resources are scarce and patient is not compliant.
 - When a patient authorises to do so
 - For a patient who requires invasive treatment.
 - In the case foreign nationals in a country.
- Key: c**
- TOS: C2**
- MCQ.43 With regard to relationship with the pharmaceutical industry:**
- There should be mutual pooling of resources to promote welfare of the health institutions.
 - Doctors should regularly seek assistance for holidays abroad.
 - Should pay more attention to the pharmaceutical literature.
 - Must strive to attend all academic activities such as panel discussion and lectures at holiday resorts.
 - Meeting with pharmaceutical representatives is as good as looking at peer reviewed evidence base.
- Key: a**
- TOS: C2**
- MCQ.44 An adult patient in a medical ward may start to insist to be examined by one particular doctor, feels that the same doctor comes to his bed first and wants to spend longer time in the company of the same doctor. The doctor, on account of his physical appearance, mannerism, or personality qualities, reminds the patient of his or her father. This is can be explained by the phenomenon of:**
- Resistance
 - Transference
 - Confidentiality
 - Informed consent
 - Counter transference
- Key: b**
- TOS: C3**
- MCQ.45 Medical Ethics :**
- Is the study of moral aspects of a doctor's professional life.
 - Is the study of legal aspects of a doctor's professional life.
 - Is the code of conduct of doctor's professional life.
 - Is covered by Hippocratic Oath.
 - Is regulated by Pakistan Medical and Dental Council.
- Key: a**
- TOS: C2**