

- *Past paper for behavior*

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## 1- placebo

1) Which of the following statements regarding placebo is correct\*\*?

- a) Placebo treatment has no unfavorable effects.
- b) Placebo effect and placebo are the same.
- c) The average placebo effect in medical practice is 35%.
- d) Placebo effect has no role in surgery.
- e) Placebo is effective only on low IQ patients

Ans: c

2) Which of the following statements is not true about placebo:

- a) It is Latin for (I shall please).
- b) Any therapeutic procedure which is given without specific activity for the condition being treated with.
- c) Placebo and placebo effect are the same.
- d) Placebo have side-effects.
- e) Placebo effect accounts for about 30% of active treatments.

Ans: C

3) All the following statements are true about placebo except:

- a) Research indicates that placebo effect is about 30%.
- b) Placebo effect is not entirely psychological.
- c) placebo is commonly used by doctors in every day work.
- d) Expectation is important factor in the placebo effect.
- e) In tooth pain Morphine and placebo have the same efficacy.

Ans: E

4) Which of the following factors play a role in the placebo effect:

- a) The mode of symptoms initiation.
- b) The type of underlying pathology of symptoms.
- c) The age of the patient in the time of consultation.
- d) Neuro-chemical brain substances.
- e) Which body organ is involved

Ans: D

5) The following factors play the main role in the placebo effect except one:

- a) The severity of the symptoms.
- b) Expectation of the patient.
- c) The birth order of the patient.
- d) Physicians faith in the treatments they prescribe.
- e) The size and color of medications.

Ans: c

6) All affect the placebo effect except:  
color and size of the tablet OR patient age

7) True about placebo:  
mostly has 35% effectiveness

8) Wrong about placebo effect:  
related to patient education

## 2-The Sick Role and Illness Behavior

1-Sick role involves the following, except:

- a. Exemption from usual social and other responsibilities
- b. Other people are obliged to be kind to him
- c. A person in the sick role is not obliged to seek medical help
- d. Other people are obliged to take over duties of person in the sick role
- e. A person in the sick role is not expected to get well without being cared of

Answer: c

2-Which of the following is part of illness behavior:

- a. Depression
- b. Consulting a doctor
- c. Headache
- d. Fever
- e. Loss of appetite

Answer: B

3-True about sick role and illness behavior:

Answer: Some can be generated from fear of sickness

4-Phases of the " general Adaptation Syndrome" include all of the following except?

- a. Alarm
- b. Exhaustion
- c. Resistance
- d. Stressor

Ans:D

5-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 reducing stress impact

Ans: B

### 3-sleep

- 1-Which of the following statements regarding circadian rhythm is correct
- Optic tract lesions abolish circadian rhythm.
  - It is related to hibernation.
  - Rapid shift of light dark cycle affect circadian rhythm.
  - Suprachiasmatic nucleus lesions do not affect circadian rhythm.
  - Circadian rhythm does not contribute to homeostasis.

Answer: C

- 2-All of the following physiological changes occur during REM sleep, EXCEPT?
- Increased cerebral blood flow
  - Increased body temperature
  - Desynchronized cortical activity
  - Vivid dreams
  - Increased spinal reflexes

Answer: E

- 3-Which of the following statements regarding Non-REM sleep is correct?
- Increased spinal reflexes
  - Increased heart rate.
  - Increased growth hormone secretion
  - It has three phases of equal depth.
  - Increased cerebral blood flow.

Answer: C

- 4-True about sleep –

suprachiasmatic nucleus regulates sleep-wake cycle

- 5-Sleep is –

reversible unconsciousness

- 6-normal in REM sleep --

penile erection

- 7- parasomnia –

sleep walking

- 8- sleep stage 3\4 –

deep sleep

- 9-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

Answer: B

- 10-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

Answer: A

- 11-Causes episodes of irresistible sleep:  
narcolepsy

#### 4-Communication Skills

- 1} 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

- 2} 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

- 3} 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

4} 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

5} 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

6-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

7-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

8-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

9-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

## 5-eating

1-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

2-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

3-Which of the following statements regarding obesity is correct?

- a. Obese people have a common type of personality .
- b. Obese people react differently to food cues compared to non-obese people .
- c. Exercise does not play a significant role in weight control .
- 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:B

4-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

5-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

6-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

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

Ans:B

- 8-Which of the following statements is not true about the psychophysiology of eating?
- The dreams of starved individuals are not affected by their state .
  - The lateral hypothalamus is the eating centre .
  - Insulin injections increase food intake .
  - If food is injected directly to hungry stomach appetite is suppressed .
  - Distention of the stomach stimulate the ventromedial hypothalamus .

Ans: A

9-Wrong about eating:

- empty stomach activates VM hypothalamus

10-True about eating:

- cold weather activates Lateral Hypthalamus

11-True about eating regulation –  
distention of the stomach activates VM hypothalamus

12-Wrong about obesity –  
are least sensitive to taste



## 6-Neurochemistry

1-Antidepressants exert their effect by which of the following mechanisms?

- a. Depleting acetylcholine and GABA
- b. Decreasing glutamate in the raphe nuclei
- c. Increasing biogenic amines in the brain
- d. Decreasing dopamine in the brain
- e. Depleting 5-HT in prefrontal cortex.

Answer: C

2-31-Which of the following is the main excitatory neurotransmitter in the brain?

- a. GABA
- b. Dopamine
- c. Norepinephrine
- d. Glutamate e. Serotonin

Answer: D

3-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 Acetylcholine
- d. Acetylcholine effect is limited to muscarinic receptors e. Histamine receptor H1 is involved in vascular tone.

Answer: B

4- 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 aminoacids

Answer: c

5-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 antagonized by atropine.
- e. Inhibition of its degradation is used in Alzheimer's treatment.

Answer: d

6-Dopamine overactivity =  
Schizophrenia

7-- Antipsychotic =  
Dopamine antagonist

8-neuroreceptor =  
specific for neurotransmitter

9- Not a neurotransmitter:  
thyroxine

10- Tryptophan -  
serotonin

11- Dopamine not related to social phobia

12- Not true:  
Neurotransmitter remain the same in the cleft with time

13-True about Neurotransmission receptors –  
receive signals that elicit an electrical response

14-True about dopamine –  
tyrosine is precursor

15-Wrong about neurotransmitters –  
deficiency of dopamine leads to psychosis

16-Not a neurotransmitter criterion –  
once the transmitter is released into the cleft it stays there

17-True about neuromodulators –  
some satisfy the criteria of neurotransmitters

18-Not a neurotransmitter –  
angiotensin

19-one of the following is involved in synaptic neurotransmission in the brain:  
a. serotonin  
b. AchE

Ans:B

20-The following are criteria of a neurotransmitter except one :

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

Answer: E

21-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 aminoacids

Answer: C

22-The following are biogenic amines except.

- A.Dopamine
- B.serotonin
- C.Noradrenaline
- D.Acetylcholine
- E.Neurotensin

Answer: E

23-Dopamine is involved in the etiology of following except .

- A.Schizophrenia
- B.Dwarfism.
- C.vomiting
- D.Gynocomastia
- E.Dystonia

Answer: B

24-Dopamine is involved in the etiology of which of the following disorders ?

- A .Schizophrenia
- B .Disthymia .
- C .Bipolar mood disorder
- D .Panic disorder
- E .Social phobia

Answer: A

26-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.

Answer: d

27-All of the following are neurotransmitters except:

- a) Dopamine
- b) Epinephrine
- c) norepinephrine
- d) Vasopressin
- e) Serotonin

Answer: d

28-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

Answer: c

29-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.

Answer: e

30-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.

Answer: d

31- 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

Answer: e

## 7-Human-Development

1-Which of the following is not part of midlife development?

- a. Separating psychologically from parents
- b. NOT accepting the aging process in the body
- c. Experience intimacy within a committed relationship
- d. Finding a job
- e. Becoming a parent

Ans: B

2-The following factor play the least important role in food intake?

- a. Blood-sugar level .
- b. Body temperature .
- c. Stomach fullness .
- d. Time of the day .
- e. Sight of food .

Ans: D

3-Regarding Pica, all of these statements are correct except?

- a. It is an eating of non nutritive substance
- b. It is typically present in autism
- c. Pregnant women may have this disorder
- d. It is associated with parasitic infection

Ans: D

4-All of the following are included in Erik Erikson's stages of development, EXCEPT?

- a. Popularity versus self- absorption
- b. Industry versus inferiority
- c. Ego integrity versus despair
- d. Intimacy versus isolation
- e. Trust versus mistrust

Ans: A

5-wrong about development:  
enuresis more in girls

6-true about enuresis:

- a) more common in females
- b) behavioural therapy is the mainstay of treatment

Ans:B

7-the following are included in Erik Erikson's stages of development EXCEPT:

- a) Industry versus inferiority
- b) Ego integrity versus despair
- c) Trust versus mistrust
- d) Popularity versus self-absorption
- e) Intimacy versus isolation

Ans: D

8-All of the following are stages of normal grief reaction except:

- a) Anger
- b) Denial
- c) Regression.
- d) Bargaining.
- e) Acceptance.

Ans: c

9-All of the following are signs of acceptance of the loss except:

- a) Talking about the deceased realistically.
- b) Hearing the voice of the deceased.
- c) Establishing new social relationships.
- d) Resuming normal life activities.
- e) Adjusting to a new lifestyle after the loss

Ans: b

10-Which of the following is not a characteristic of ADHD:

- a) Impulsivity
- b) Increased concentration
- c) Inability to pay attention
- d) Inability to complete task

Ans: b

11-Approved drug for ADHD:

methylphenidate

12-Which is true about autism/ADHD:  
more common in boys

## 8- Memory

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

- a. Amygdala
- b. Hypothalamus
- c. Hippocampus
- d. Precentral gyrus
- e. Prefrontal cortex

Answer: E (Not sure whether included or not)

ما لقيت اسئلة عن المحاضرة