

## SAUDI BOARD RESIDENCY TRAINING PROGRAM

### PSYCHIATRY

#### Final Written Examination

##### Examination Format:

A Saudi board final specialty written examination shall consist of two papers each with 100-125 Single Best Answer MCQs. Up to 10% unscored items can be added for pretesting purposes.

##### Passing Score:

The passing score is 70%. However, if the percentage of candidates passing the examination before final approval is less than 70%, the passing score must be lowered by one mark at a time aiming at achieving 70% passing rate or 65% passing score whichever comes first. Under no circumstances can the passing score be reduced below 65%.

## Suggested References:

### **A) General:**

1. Sadock, B. J., Sadock, V. A., & Ruiz, P. (2014). Kaplan and Sadock's synopsis of psychiatry: Behavioral science/clinical psychiatry.
2. Cowen, P., Harrison, P. J., Burns, T., & Gelder, M. G. (2012). Shorter Oxford textbook of psychiatry.
3. Gelder, M., Andreasen, N. C., Lopez-Ibor, J. J., & Geddes, J. R. 2<sup>nd</sup> edition (2009). New Oxford textbook of psychiatry. Oxford: Oxford University Press.
4. American Psychiatric Association. 5<sup>th</sup> edition (2013). Diagnostic and statistical manual of mental disorders: DSM-5. Arlington, Va: American Psychiatric Association.

### **B) Psychotherapy:**

1. Gabbard, G. O., & American Psychiatric Publishing. 1<sup>st</sup> edition (2008). Textbook of psychotherapeutic treatments. Washington, D.C: APPI.
2. Bender, S., & Messner, E. (2003). Becoming a therapist: What do I say, and why?. New York: The Guilford Press.
3. Wright, J. H., Basco, M. R., & Thase, M. E. (2005). Learning cognitive-behavioral therapy: An illustrated guide. Washington, D.C: American Psychiatric.

### **C) Psychopharmacology:**

1. Procyshyn, R. M. (2017). Clinical handbook of psychotropic drugs. Boston, MA: Hogrefe.
2. Stahl, S. M., & Muntner, N. (2017). Stahl's essential psychopharmacology: Neuroscientific basis and practical applications. Cambridge: Cambridge University Press.

### **D) Subspecialties:**

1. Robinson, R. G., & Amos, J. J. (2010). Psychosomatic medicine: An introduction to consultation-liaison psychiatry. Cambridge [etc.: Cambridge University Press.
2. Dulcan, M. K., Lake, M. B., Ballard, R., Jha, P., Sadhu, J., & American Psychiatric Association Publishing,. (2018). Concise guide to child and adolescent psychiatry.
3. Galanter, M., & Kleber, H. D. (2008). The American Psychiatric Publishing textbook of substance abuse treatment. Washington, DC: American Psychiatric Pub.
1. Professionalism and Ethics, Handbook for Residents, Practical guide, Prof. James Ware, Dr. Abdulaziz Fahad Alkaabba, Dr. Ghaiath MA Hussein, Prof. Omar Hasan Kasule, SCFHS, Latest Edition.
2. Essentials of Patient Safety, SCHS, Latest Edition.

### **Note:**

This list is intended for use as a study aid only. SCFHS does not intend the list to imply endorsement of these specific references, nor are the exam questions necessarily taken solely from these sources.

**Blueprint Outlines:**

No.	Sections	Percentage
1	Basic Sciences <sup>1</sup> / Essential Topics in Psychiatry <sup>2</sup>	11%
2	Therapeutic Interventions <sup>3</sup>	17%
3	Schizophrenia Spectrum and Other Psychotic Disorders	5%
4	Depressive Disorders/Bipolar and related Disorders	5%
5	Anxiety Disorders/Obsessive Compulsive and related Disorders / Impulse-Control and Conduct Disorders	5%
6	Substance-related and Addictive Disorders	10%
7	Psychosomatic Medicine (Consultation-Liaison Psychiatry) <sup>4</sup> / Geriatric Psychiatry	12%
8	Child and Adolescent Psychiatry	10%
9	Emergency Psychiatry	5%
10	Patient Evaluation/ Descriptive Psychopathology	5%
11	Personality Disorders / Trauma and Stress related Disorders / Dissociative Disorders	5%
12	Normal Sleep & Sleep-Wake Disorders	5 %
13	Human Sexuality & Sexual Dysfunctions / Gender Dysphoria / Psychiatry & Reproductive Medicine	5%
<b>Total</b>		<b>100%</b>

**Note:**

- **<sup>1</sup>Basic Sciences:** includes Neurosciences, Basic Psychology, Psychosocial Sciences, Sociocultural Sciences, and Theories of Personality etc.
- **<sup>2</sup>Essential Topics in Psychiatry:** includes Genetics, Epidemiology, Classification in Psychiatry, Ethics in Mental Health, Forensic Psychiatry, Public Psychiatry, and Other Conditions that may be a focus of clinical attention etc.
- **<sup>3</sup>Therapeutic Interventions:** includes Basic Psychopharmacology, Physical Therapy (ECT and Others), Psychotherapies, Psychosocial Interventions, and Complementary & Alternative Medicine etc.
- **<sup>4</sup>Psychosomatic Medicine (Consultation-Liaison Psychiatry):** includes Neurocognitive Disorders, and Somatic Symptoms & Related Disorders etc.
- Blueprint distributions of the examination may differ up to +/- 5% in each category.
- Research, Ethics, Professionalism and Patient Safety are incorporated within the various domains.
- Percentages and content are subject to change at any time. See the SCFHS website for the most up-to-date information.



### Example Questions

#### EXAMPLE OF K2 QUESTIONS

##### Question 1

An 18-year-old man with periods of excessive sleepiness that last for 3 weeks then subside with normal sleep. His mother reported overeating, self-isolation, irritability, and frequent masturbation during these periods. Examination revealed that he is morbidly obese.

Which of the following is the most likely diagnosis?

- A. Narcolepsy
- B. Primary Hypersomnia
- C. Kleine-Levin syndrome
- D. Delayed Sleep Phase Disorder

#### EXAMPLE OF K1 QUESTIONS

##### Question 2

Which of the following best describes the lack of additional content of speech due to mental illness?

- A. Alogia
- B. Abulia
- C. Avolition
- D. Asociality