



## SAUDI FELLOWSHIP TRAINING PROGRAM

### PRIMARY MENTAL HEALTH CARE

#### Final Written Examination

##### Examination Format:

A Saudi subspecialty fellowship final written examination shall consist of one paper with 80-120 Single Best Answer MCQs. 10% unscored items can be added for pretesting purposes.

##### Passing Score:

The passing score is 70%. 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. 1st 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.
4. 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.
5. 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	Therapeutic Interventions <sup>1</sup>	17%
2	Schizophrenia Spectrum and Other Psychotic Disorders	5%
3	Depressive Disorders/Bipolar and related Disorders	10%
4	Anxiety Disorders/Obsessive Compulsive and related Disorders / Impulse-Control and Conduct Disorders	11%
5	Substance-related and Addictive Disorders	10%
6	Psychosomatic Medicine (Consultation-Liaison Psychiatry) <sup>2</sup> / Geriatric Psychiatry	12%
7	Child and Adolescent Psychiatry	10%
8	Emergency Psychiatry	5%
9	Patient Evaluation/ Descriptive Psychopathology	5%
10	Personality Disorders / Trauma and Stress related Disorders / Dissociative Disorders	5%
11	Normal Sleep & Sleep-Wake Disorders	5%
12	Human Sexuality & Sexual Dysfunctions / Gender Dysphoria / Psychiatry & Reproductive Medicine	5%
<b>Total</b>		<b>100%</b>

<sup>1</sup>**Therapeutic Interventions:** includes Basic Psychopharmacology, Physical Therapy (ECT and Others), Psychotherapies, Psychosocial Interventions, and Complementary & Alternative Medicine etc.

<sup>2</sup>**Psychosomatic Medicine (Consultation-Liaison Psychiatry):** includes Neurocognitive Disorders, and Somatic Symptoms & Related Disorders etc





**Note:**

- Blueprint distributions of the examination may differ up to +/-5% in each category.
- Percentages and content are subject to change at any time. See the SCFHS website for the most up-to-date information.
- Research, Ethics, Professionalism and Patient Safety are incorporated within various domains.
- Results will be published within 14 business days following the last date of your examination

