



SAUDI FELLOWSHIP TRAINING PROGRAM

LIFESTYLE MEDICINE

Final 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:

- [Competencies & Weighting - American Board of Lifestyle Medicine \(abl.org\)](https://abl.org/competencies-weighting)
- [Core-Competencies-2022.pdf \(lifestylemedicine.org\)](https://lifestylemedicine.org/core-competencies-2022.pdf)
- [Lifestyle Medicine Core Competencies: 2022 Update - Liana S. Lianov, Karen Adamson, John H. Kelly, Simon Matthews, Mechelle Palma, Brenda L. Rea, 2022 \(sagepub.com\)](https://lifestylemedicine.org/lifestyle-medicine-core-competencies-2022-update)
- [ACLM-Article-Positive-Social-Connection.pdf \(lifestylemedicine.org\)](https://lifestylemedicine.org/aclm-article-positive-social-connection.pdf)

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	Introduction/ fundamental of lifestyle medicine	5%
2	Fundamental of health behavior change	10%
3	Clinical Process in lifestyle medicine / clinical applications	10%
4	Practitioner's personal health & Community Advocacy	5%
5	Nutrition science, assessment, prescription (dietetics)	20%
6	Physical activity Science and prescription	15%
7	Emotional well-being/ mental health assessment & interventions	10%
8	Sleep health science and intervention	10%
9	Tobacco cessation, substance use, and addiction	10%
10	Connectedness and positive psychology	5%
Total		100%

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.

