



# MCQS<sup>Q&As</sup>

Multiple-choice questions for general practitioner (GP) Doctor

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### QUESTION 1

The strongest type of epidemiological studies is:

- A. Time line
- B. Prospective cohort studies C. Retrospective control case studies
- D. Cross sectional

Correct Answer: B

Prospective cohort study is a cohort study that follows over time a group of similar individuals (cohorts) who differ with respect to certain factors under study, to determine how these factors affect rates of a certain outcome. For example, one might follow a cohort of middle-aged truck drivers who vary in terms of smoking habits, to test the hypothesis that the 20-year incidence rate of lung cancer will be highest among heavy smokers, followed by moderate smokers, and then nonsmokers. The prospective study is important for research on the etiology of diseases and disorders. The distinguishing feature of a prospective cohort study is that at the time that the investigators begin enrolling subjects and collecting baseline exposure information, none of the subjects have developed any of the outcomes of interest. After baseline information is collected, subjects in a prospective cohort study are then followed "longitudinally," i.e. over a period of time, usually for years, to determine if and when they become diseased and whether their exposure status changes outcomes. In this way, investigators can eventually use the data to answer many questions about the associations between "risk factors" and disease outcomes. For example, one could identify smokers and non-smokers at baseline and compare their subsequent incidence of developing heart disease. Alternatively, one could group subjects based on their body mass index (BMI) and compare their risk of developing heart disease or cancer. Prospective cohort studies are typically ranked higher in the hierarchy of evidence than retrospective cohort studies and can be more expensive than a case-control study. One of the advantages of prospective cohort studies is they can help determine risk factors for being infected with a new disease because they are a longitudinal observation over time, and the collection of results is at regular time intervals, so recall error is minimized.

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### QUESTION 2

A 26-year-old political refugee has sought asylum in the UK and complains of poor concentration. He keeps his family whom he saw killed in a political coup. He is unable to sleep and feels hopeless about his survival. But he is afraid to go out.

What is the most likely diagnosis?

- A. PTSD
- B. Acute stress disorder
- C. OCD
- D. Social phobia
- E. GAD

Correct Answer: A

PTSD. Keep getting thoughts of his family disaster, insomnia, to avoid similar circumstances he is out these are suggestive of PTSD.

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### QUESTION 3

A male presented with headache, tinnitus and nausea thinking that he has a brain tumor. He had just secured a job in a prestigious company and he thinks that he might not meet its standards. CNS exam, CT, all within normal.

What is the diagnosis?

- A. Conversion reaction
- B. Generalized Anxiety disorder
- C. Panic attack
- D. Hypochondriasis

Correct Answer: D

Diagnostic criteria for hypochondriasis include the following: The patient has a preoccupying fear of having a serious disease. The preoccupation persists despite appropriate medical evaluation and reassurance. The belief is not of delusional intensity (as in delusional disorder, somatic type) and is not Restricted to a concern about appearance (as in persons with BDD). The preoccupation causes clinically significant distress or impairment.

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### QUESTION 4

Which of the following is an absolute contraindication to the use of beta blockers?

- A. Emphysema
- B. Diabetes
- C. Asthma
- D. Symptomatic bradycardia

Correct Answer: D

Symptomatic bradycardia is an absolute contraindication for the use of beta blockers. The overwhelming with peripheral artery disease can still use beta blockers. In a patient with a myocardial infarction, the more metoprolol far exceeds the risk of its use when asthma, emphysema, or peripheral artery disease is present patients can tolerate beta blockers.

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### QUESTION 5

Highest source/cause of increased ACTH in Cushing syndrome:

- A. Increase ACTH from adrenal
- B. Ectopic source
- C. Increase ACTH from pituitary adenoma
- D. Unknown



Correct Answer: C

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