



## SAUDI BOARD RESIDENCY TRAINING PROGRAM

### PSYCHIATRY

#### Part One Examination

##### Examination Format:

1. Part I Examination of Saudi board certificate shall consist of one paper with 150 multiple-choice questions (single best answer out of four options). Up to 10% unscored items can be added for pretesting purposes.
2. If any other assessment format is used, the Central Assessment Committee must agree to its implementation.

##### Passing Score:

1. The passing score is 65%.
2. If the percentage of candidates passing the exam before final approval is less than 70%, the passing score can be lowered by one mark at a time aiming at achieving 70% passing rate or a score of 60% whichever comes first. Under no circumstances, may the score can be reduced below 60%.

##### 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.
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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>	15 %
2	Basic Psychopharmacology/Physical Therapy (ECT and Others)/ Psychotherapy	12 %
3	Schizophrenia Spectrum & other Psychotic Disorders	7 %
4	Anxiety Disorders/Obsessive Compulsive & related Disorders/ Trauma & Stress related Disorders	7 %
5	Depressive Disorders/ Bipolar & related Disorders	7 %
6	Substance-related & Addictive Disorders/ Personality Disorders	11 %
7	Psychosomatic Medicine (Consultation-Liaison Psychiatry) <sup>3</sup>	7 %
8	Emergency Psychiatry	6 %
9	Patient Evaluation/ Descriptive Psychopathology	14 %
10	Others <sup>4</sup>	6 %
Research, Ethics and Professionalism and Patient Safety		8 %
<b>Total</b>		<b>100%</b>

<sup>1</sup>**Basic Sciences:** includes Neurosciences, Basic Psychology, Psychosocial Sciences etc.

<sup>2</sup>**Essential Topics in Psychiatry:** includes Genetics, Epidemiology, Classification in Psychiatry, Ethics in Mental Health

<sup>3</sup>**Psychosomatic Medicine (Consultation-Liaison Psychiatry):** includes Neurocognitive Disorders, Somatic Symptoms & Related Disorders etc.

<sup>4</sup>**Others:** include Sexual Dysfunctions, Eating Disorders, Sleep-Wake Disorders, Geriatric Psychiatry, Dissociative Disorder, Cross Cultural Psychiatry, Disorders specific to Women etc.

#### Note:

- Blueprint distributions of the examination may differ up to +/-3% in each category.
- 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

A 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

#### 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

