

SAUDI BOARD RESIDENCY TRAINING PROGRAM

PSYCHIATRY

Final Written Examination

Examination Format:

1. A Saudi board final specialty written examination shall consist of two papers each with 100-125 SBA MCQs. Ten unscored items can be added for pretesting purposes.
2. If any other assessment format is used, the CAC must agree to its implementation (for example Short Answer Question (SAQ) or Modified Essay Question (MEQ) formats).

Passing Score:

1. 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. 2nd edition (2009). New Oxford textbook of psychiatry. Oxford: Oxford University Press.
4. American Psychiatric Association. 5th 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.
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 ¹ / Essential Topics in Psychiatry ²	8%
2	Basic Psychopharmacology/Physical Therapy (ECT and Others)/ Psychotherapy/ Psychosocial Interventions	18%
3	Schizophrenia Spectrum and Other Psychotic Disorders	5%
4	Anxiety Disorders/Obsessive Compulsive and related Disorders/Trauma and Stress related Disorders	5%
5	Depressive Disorders/Bipolar and related Disorders	5%
6	Substance-related and Addictive Disorders/ Personality Disorders/ Forensic Psychiatry	13%
7	Psychosomatic Medicine (Consultation-Liaison Psychiatry) ³	10%
8	Child and Adolescent Psychiatry	9%
9	Emergency Psychiatry / Public Psychiatry/ Geriatric Psychiatry	7%
10	Patient Evaluation/ Descriptive Psychopathology	5%
11	Others ⁴	10%
Research, Ethics and Professionalism and Patient Safety		5%
Total		100%

¹**Basic Sciences:** includes Neurosciences, Basic Psychology, Psychosocial Sciences etc.

²**Essential Topics in Psychiatry:** includes Genetics, Epidemiology, Classification in Psychiatry, Ethics in Mental Health

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

⁴**Others:** includes Dissociative Disorder, Impulse-Control and Conduct Disorders, Additional Conditions that may be a focus of clinical attention, Relational Problems, Sexual Dysfunctions, Eating Disorders, Sleep-Wake Disorders, 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

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

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