



NIHS RESIDENCY TRAINING PROGRAM

Psychiatry

Part One Examination

Examination Format:

National Institute for Health Specialties NIHS (Emirate Board) Part I Examination certificate shall consist of one paper with 150 Single Best Answer MCQs. Up to 10% unscored items can be added for pretesting purposes.

Passing Score:

The pass mark in the Part One Examination will be determined according to the scientific standards and based on reliable practices in assessment.





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. NIHS 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	18%
2	Therapeutic Interventions ³	14%
3	Schizophrenia Spectrum & other Psychotic Disorders	7%
4	Depressive Disorders / Bipolar & related Disorders	7%
5	Anxiety Disorders / Obsessive Compulsive and related Disorders / Impulse-Control and Conduct Disorders	7%
6	Personality Disorders / Trauma and Stress related Disorders / Dissociative Disorders	5%
7	Substance-related and Addictive Disorders	10%
8	Psychosomatic Medicine (Consultation-Liaison Psychiatry) ⁴ / Geriatric Psychiatry	8%
9	Emergency Psychiatry	5%
10	Feeding & Eating Disorders	5%
11	Patient Evaluation/ Descriptive Psychopathology	14%
Total		100%





Note:

- **¹Basic Sciences:** includes Neurosciences, Basic Psychology, Psychosocial Sciences, Sociocultural Sciences, and Theories of Personality etc.
- **²Essential Topics in Psychiatry:** includes Genetics, Epidemiology, Classification in Psychiatry, Ethics in Mental Health, Forensic Psychiatry, Public Psychiatry, and Other Conditions that may be a focus of clinical attention etc.
- **³Therapeutic Interventions:** includes Basic Psychopharmacology, Physical Therapy (ECT and Others), Psychotherapies, Psychosocial Interventions, and Complementary & Alternative Medicine etc.
- **⁴Psychosomatic Medicine (Consultation-Liaison Psychiatry):** includes Neurocognitive Disorders, and Somatic Symptoms & Related Disorders etc.
- Blueprint distributions of the examination may differ up to +/- 5% in each category.
- Research, Ethics, Professionalism and Patient Safety are incorporated within the various domains.
- Percentages and content are subject to change at any time. See the 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

