

**UNIVERSITY OF HEALTH SCIENCES LAHORE**

**TABLE OF SPECIFICATIONS (TOS) – INTERMEDIATE MODULE (IMM) EXAMINATION**

**Program:** MD Psychiatry (04-Year Program)

**Exam Stage:** End of Year 2

**Format:** Integrated Basic Sciences and Clinical Psychiatry

**Preamble & Rationale for Curriculum Refinement:**

The following Table of Specifications (TOS) for the Intermediate Module (IMM) in MD Psychiatry has been carefully refined to align with premier international postgraduate psychiatric standards (e.g., MRCPsych UK, ABPN USA, and RANZCP). The exam is designed in an integrated format, evaluating the trainee’s foundational grasp of basic sciences and bridging it directly with clinical practice.

To achieve this standard, the following critical adjustments have been made:

1. **Emphasis on Behavioral Sciences (Psychology):** Essential theoretical foundations (Learning Theory, Personality, Development) have been integrated, as no psychiatry postgraduate exam is complete without testing the psychology driving behavioral interventions.
2. **Refocusing "Internal Medicine":** The original draft allocated excessive weight to general medicine. This has been shifted to the **Medical-Psychiatric Interface (Consultation-Liaison)** to ensure candidates are tested on systemic medicine directly relevant to mental health (e.g., managing depression in hypothyroidism, or prescribing in renal failure).
3. **Active Clinical Competence:** The clinical assessment (TOACS/OSCE) replaces passive evaluations (such as logbook reviews) with active, demonstrable clinical, diagnostic, and communication skills.

**PART I: WRITTEN EXAMINATION (THEORY)**

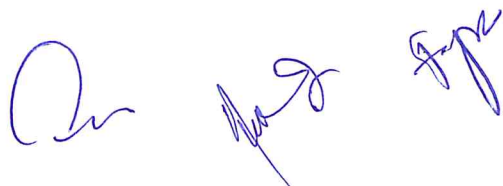
**Total MCQs:** 100 (Single Best Answer) | **Pass Criteria:** As per University Regulations

**SECTION A: BASIC SCIENCES (30 MCQs)**

*Emphasis on the theoretical, psychological, and neurobiological foundations of psychiatric practice.*

Sr .#	Subject Domain	Topic	Subtopics (High Yield)	MCQs
1	<b>BEHAVIORAL SCIENCES &amp; PSYCHOLOGY</b>	Psychology	• Learning Theory: Classical/Operant Conditioning (Basis of CBT)	4

Sr . #	Subject Domain	Topic	Subtopics (High Yield)	MCQs
			<ul style="list-style-type: none"> <li>• Cognition: Memory models, Attention, Perception, Emotion</li>   <li>• Social Psychology: Stigma, Sick role, Attribution theory</li> </ul>	
		Human Development	<ul style="list-style-type: none"> <li>• Developmental Stages: Piaget, Erikson, Freud</li>   <li>• Attachment Theory: Bowlby (Secure vs. Insecure attachment)</li>   <li>• Personality: Trait Theory (Big 5), Defense Mechanisms</li> </ul>	2
2	<b>DESCRIPTIVE PSYCHOPATHOLOGY</b>	Phenomenology	<ul style="list-style-type: none"> <li>• Definitions: Distinguishing Delusions vs. Overvalued Ideas</li>   <li>• Perception: Hallucinations vs. Pseudohallucinations vs. Illusions</li>   <li>• Self: Depersonalization, Derealization, Passivity Phenomena</li> </ul>	3



Sr . #	Subject Domain	Topic	Subtopics (High Yield)	MCQs
3	NEUROSCIENCES	Neuroanatomy & Physiology	<ul style="list-style-type: none"> <li>• Limbic System: Amygdala, Hippocampus, HPA Axis</li> <li>• Basal Ganglia: Circuitry (Movement disorders)</li> <li>• Neurotransmitters: Dopamine, Serotonin, GABA, Glutamate pathways</li> </ul>	6
4	PSYCHOPHARMACOLOGY	Mechanisms & Kinetics	<ul style="list-style-type: none"> <li>• Pharmacokinetics: Half-life, Steady State, CYP450 Inducers/Inhibitors</li> <li>• Pharmacodynamics: Receptor profiles (Agonists/Antagonists )</li> <li>• Mechanism of Action: Antipsychotics, Antidepressants, Mood Stabilizers</li> </ul>	9
5	RESEARCH & STATISTICS	Evidence-Based Medicine	<ul style="list-style-type: none"> <li>• Study Designs: RCT, Cohort, Case-Control (Hierarchy)</li> </ul>	4

*Dr. [Signature]*

Sr. #	Subject Domain	Topic	Subtopics (High Yield)	MCQs
			<ul style="list-style-type: none"> <li>• Stats: P-value, Confidence Intervals, Odds Ratio, NNT</li> <li>• Screening: Sensitivity, Specificity, PPV, NPV</li> </ul>	
6	<b>GENETICS</b>	Psychiatric Genetics	<ul style="list-style-type: none"> <li>• Heritability of Schizophrenia &amp; Bipolar Disorder</li> <li>• Basic principles of Epigenetics</li> </ul>	2
	<b>BASIC SCIENCES SUBTOTAL</b>			<b>30</b>

**SECTION B: CLINICAL PSYCHIATRY & MEDICINE (70 MCQs)**

*Emphasis on diagnosis, clinical guidelines, and the medical-psychiatric interface.*

Sr. #	Subject Domain	Topic	Subtopics (High Yield)	MCQs
7	<b>GENERAL ADULT PSYCHIATRY</b>	Psychosis & Mood	<ul style="list-style-type: none"> <li>• Schizophrenia: Guidelines (NICE/Maudsley), Clozapine management</li> <li>• Bipolar: Manic/Mixed management, Maintenance (Lithium)</li> </ul>	12

Sr. #	Subject Domain	Topic	Subtopics (High Yield)	MCQs
			<ul style="list-style-type: none"> <li>• Depression: Treatment Resistance, Peripartum onset</li> </ul>	
		Anxiety & Stress	<ul style="list-style-type: none"> <li>• Panic Disorder, GAD, OCD, Phobias</li> <li>• PTSD, Acute Stress, Dissociative (Conversion) Disorders</li> </ul>	8
8	NEUROLOGY	Neuropsychiatry	<ul style="list-style-type: none"> <li>• Epilepsy: Temporal Lobe Epilepsy vs. Psychosis, AED side effects, PNES</li> <li>• Dementia: Alzheimer's, Vascular, Lewy Body, FTD (Diagnosis)</li> <li>• Movement: Parkinson's, Huntington's, Tardive Dyskinesia, NMS</li> </ul>	10
9	MEDICAL-PSYCHIATRIC INTERFACE	Endocrine & Metabolic	<ul style="list-style-type: none"> <li>• Thyroid/Parathyroid: Mood mimics (Hypercalcemia)</li> <li>• Diabetes: Metabolic syndrome with Antipsychotics</li> </ul>	6

Sr. #	Subject Domain	Topic	Subtopics (High Yield)	MCQs
			<ul style="list-style-type: none"> <li>• Adrenal: Cushing's (Depression/Mania), Addison's</li> </ul>	
		Cardio / Resp / Acute Hepato-Renal	<ul style="list-style-type: none"> <li>• Cardio: QTc Prolongation risks, Depression post-MI</li> <li>• Resp: COPD/Asthma (Anxiety overlap)</li> <li>• Acute: Delirium workup, Sepsis in elderly, Electrolytes (Hyponatremia)</li> <li>• Prescribing in liver/renal failure (Lithium handling)</li> <li>• Hepatic Encephalopathy vs. Delirium</li> </ul>	10
10	<b>SUB-SPECIALTIES</b>	Addiction	<ul style="list-style-type: none"> <li>• Alcohol (Withdrawal, DTs, Wernicke-Korsakoff)</li> <li>• Opioids (Agonist therapy), Stimulants, Cannabis</li> </ul>	6
		Geriatric & Child	<ul style="list-style-type: none"> <li>• BPSD (Behavioral Symptoms of Dementia)</li> <li>• ADHD, Autism, Intellectual Disability (Diagnosis &amp; Management)</li> </ul>	6

Sr. #	Subject Domain	Topic	Subtopics (High Yield)	MCQs
		Emergency / Forensic	<ul style="list-style-type: none"> <li>• Suicide Risk Assessment</li> <li>• Rapid Tranquillization (Violence)</li> <li>• Capacity &amp; Mental Health Act</li> </ul>	6
		Psychosomatic	<ul style="list-style-type: none"> <li>• Somatic Symptom Disorder, Illness Anxiety, Chronic Pain</li> </ul>	6
	<b>CLINICAL SUBTOTAL</b>			<b>70</b>

## PART II: CLINICAL SKILLS ASSESSMENT (TOACS / OSCE)

**Total Stations: 10 | Marks per Station: 10 | Total Marks: 100**

*Note: The Log Book review is treated as a prerequisite for exam eligibility. All 10 stations strictly evaluate active, demonstrable clinical skills in an integrated manner.*

Station #	Clinical Domain	Station Scenario / Task Description	Marks
1	History Taking	<b>First Episode Psychosis:</b> Elicit descriptive phenomenology (Hallucinations/Delusions) and dynamically assess the patient's insight.	10
2	Risk Assessment	<b>Suicidality:</b> Systematically assess intent, formulation of plans, access to means, and protective factors in a severe depressive episode.	10
3	Neurology (Physical Exam)	<b>Extrapyramidal Side Effects (EPSE):</b> Perform a targeted physical examination for Rigidity (Cogwheel), Tremor, and Gait abnormalities (Parkinsonism).	10

Station #	Clinical Domain	Station Scenario / Task Description	Marks
4	Communication Skills	<b>Psychoeducation:</b> Explain a diagnosis of Schizophrenia or Bipolar Disorder to a family member, explicitly addressing "Expressed Emotion".	10
5	Emergency Psychiatry	<b>The Agitated Patient:</b> Demonstrate verbal de-escalation techniques and outline the rapid tranquilization pharmacological protocol.	10
6	Cognitive Assessment	<b>Dementia Screen:</b> Administer a bedside cognitive screen (MMSE/MoCA) on a geriatric patient and interpret the specific functional deficits.	10
7	Liaison Psychiatry	<b>Capacity Assessment:</b> Conduct a structured assessment of a medically compromised (delirious) patient's capacity to refuse life-saving medical treatment.	10
8	Psychotherapy	<b>CBT Formulation:</b> Conduct a brief interview to identify "Automatic Negative Thoughts" (ANTs) and "Cognitive Errors" in a depressed patient.	10
9	Data Interpretation	<b>Static Station:</b> Interpret clinical investigation data (e.g., an ECG showing QTc prolongation, a CT Brain showing cortical atrophy, or toxic Lithium levels).	10
10	Addiction Medicine	<b>Motivational Interviewing:</b> Perform a brief motivational intervention for a patient with Alcohol Use Disorder currently in the "Pre-contemplation" stage of change.	10
	<b>TOTAL SCORE</b>		<b>100</b>