INBDE (INTEGRATED NATIONAL BOARD DENTAL EXAMINATION) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://inbde.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1
Table of Contents 2
Introduction 3
How to Use This Guide 4
Questions 5
Answers 8
Explanations 10
Next Steps 15

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

SAMPLE

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

SAMPLE

Questions

SAMPLE

1. What is the leading viral cause of pharyngitis?

A. Rhinovirus

B. Coronavirus

C. Adenovirus

D. Influenza

2. Which materials are considered base materials?

A. Composite resin

B. RMGI or GI cement

C. Amalgam

D. Porcelain

3. Pulpal A fibers are _____ and _____ when compared to C fibers.

A. Small and unmyelinated

B. Large and unmyelinated

C. Small and myelinated

D. Large and myelinated

4. In which TMD condition do you deflect toward the side that is stuck at maximum opening?

A. Deflection

B. Deviation

C. Disc displacement without reduction

D. Myofascial pain syndrome

5. Disturbances in apposition result in what condition?

A. Fluorosis

B. Tetracycline staining

C. Hypoplasia

D. Enamel degradation

SAMPLE

6. In order to calculate the risk of disease, you must measure the number of new cases developing during a period of time.

A. True

B. False

C. Only in specific types of diseases

D. Only in large populations

7. What is the most common cause of subacute endocarditis?

A. Strep viridans

B. Staph aureus

C. Enterococcus

D. H. influenzae

8. The Bennet angle is associated with which condyle?

A. working condyle

B. non-working condyle

C. central condyle

D. lateral condyle

9. A maxillary molar is most likely displaced into what area?

A. Maxillary sinus

B. Oral cavity

C. Mandibular canal

D. Buccal space

10. What type of biopsy is used for a small specimen (< 1 cm) presumed benign?

A. Cytology

B. Aspiration

C. Incisional

D. Excisional

SAMPLE

Answers

SAMPLE

1. C
2. B
3. D
4. A
5. C
6. A
7. A
8. B
9. A
10. D

SAMPLE

Explanations

SAMPLE

1. What is the leading viral cause of pharyngitis?

A. Rhinovirus

B. Coronavirus

C. Adenovirus

D. Influenza

Adenovirus is the correct answer as it is the leading viral cause of pharyngitis. Adenoviruses are common pathogens that can cause a variety of illnesses, including respiratory infections such as pharyngitis. Rhinovirus and Coronavirus are more commonly associated with the common cold, while Influenza typically presents with symptoms beyond just pharyngitis.

2. Which materials are considered base materials?

A. Composite resin

B. RMGI or GI cement

C. Amalgam

D. Porcelain

The materials considered as base materials are typically used for filling cavities and have a longer set time compared to the other materials listed. Composite resin (A) is more suitable for filling small cavities and not considered as a base material. Amalgam (C) and porcelain (D) have high compression strength and are used for filling large cavities but they are not considered as base materials as their set time is shorter compared to the base materials. RMGI or GI cement (B) is the correct answer as they have a longer working time and are commonly used as base materials for filling cavities.

3. Pulpal A fibers are _____ and _____ when compared to C fibers.

A. Small and unmyelinated

B. Large and unmyelinated

C. Small and myelinated

D. Large and myelinated

Pulpal A fibers are large and myelinated when compared to C fibers. This is because A fibers are responsible for fast, sharp pain conduction, while C fibers are smaller and unmyelinated, transmitting slower, dull, and diffuse pain signals. Therefore, option D is the correct answer.

SAMPLE

4. In which TMD condition do you deflect toward the side that is stuck at maximum opening?

A. Deflection

B. Deviation

C. Disc displacement without reduction

D. Myofascial pain syndrome

Deflection is the correct answer because it refers to the lateral deviation of the jaw in relation to the midline. This occurs when the temporomandibular joint (TMJ) is stuck in the open position, causing the jaw to deviate or deflect towards the side that is stuck. Deviation (option B) refers to the lateral shift of the mandible during movement and is not specific to one side being stuck. Disc displacement without reduction (option C) refers to the TMJ disc being displaced and unable to return to its normal position, leading to limited jaw movement. Myofascial pain syndrome (option D) refers to muscle pain in the jaw, head, or neck region and does not involve any joint displacement.

5. Disturbances in apposition result in what condition?

A. Fluorosis

B. Tetracycline staining

C. Hypoplasia

D. Enamel degradation

Disturbances in apposition result in hypoplasia, which is a condition of incomplete or defective formation or development of enamel. This is not to be confused with fluorosis (A), which is caused by excessive intake of fluoride during the tooth forming years. Tetracycline staining (B) is a discoloration of teeth caused by exposure to tetracycline antibiotics during tooth development. Enamel degradation (D) may be caused by external factors such as acidic beverages or poor oral hygiene, but it is not directly related to disturbances in apposition.

6. In order to calculate the risk of disease, you must measure the number of new cases developing during a period of time.

A. True

B. False

C. Only in specific types of diseases

D. Only in large populations

"True" is the correct answer because in order to determine the risk of disease, you need to measure the incidence or number of new cases that have occurred during a certain period of time. This allows researchers to understand how many people are affected by the disease within a specific time frame. Options B, C, and D are incorrect because they limit the scope of when this calculation can apply. In reality, measuring the incidence of a disease is applicable for all types of diseases and can be done in both large and small populations. Therefore, option A is the most accurate and comprehensive answer.

SAMPLE

7. What is the most common cause of subacute endocarditis?

A. Strep viridans

B. Staph aureus

C. Enterococcus

D. H. influenzae

Subacute endocarditis is an infection of the lining of the heart or its valves. It is most commonly caused by bacteria, and Strep viridans is the most common bacteria that causes this condition. The other options, Staph aureus, Enterococcus, and H. influenzae, are also bacteria that can cause endocarditis but are not as common as Strep viridans. Therefore, option A is the most appropriate answer.

8. The Bennet angle is associated with which condyle?

A. working condyle

B. non-working condyle

C. central condyle

D. lateral condyle

The Bennet angle refers to the angle between the sagittal plane and the working condyle's mandibular movement during lateral excursions. This means that the working condyle is the one that is moving, while the non-working condyle remains relatively stationary. Therefore, the answer cannot be options A, C, or D as they correspond to other condyles that do not have the same movement characteristics as the working condyle. Option B, the non-working condyle, is the correct answer for the Bennet angle.

9. A maxillary molar is most likely displaced into what area?

A. Maxillary sinus

B. Oral cavity

C. Mandibular canal

D. Buccal space

A maxillary molar is most likely to be displaced into the maxillary sinus. This can occur as a result of conditions such as a large periapical lesion eroding through the cortical bone of the maxillary sinus floor or iatrogenic factors during dental procedures like extractions or root canal treatment. When a tooth is displaced into the maxillary sinus, it can lead to sinusitis, pain, and potential complications. The other areas mentioned in the choices are not typical locations for displacement of a maxillary molar.

SAMPLE

10. What type of biopsy is used for a small specimen (< 1 cm) presumed benign?

A. Cytology

B. Aspiration

C. Incisional

D. Excisional

Excisional biopsy is used for a small specimen (< 1 cm) presumed benign because it involves the removal of the entire lesion along with a margin of normal tissue. This type of biopsy is preferred when the lesion is small because it provides the most accurate diagnosis by allowing for a comprehensive examination of the entire lesion and its borders. In contrast, an incisional biopsy involves removing only a part of the lesion, and while it may be adequate for larger lesions, it may not provide a conclusive diagnosis for very small lesions. Cytology and aspiration are techniques that may be used for preliminary evaluation or in cases where excisional or incisional biopsies are not feasible.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://inbde.examzify.com

We wish you the very best on your exam journey. You've got this!

SAMPLE