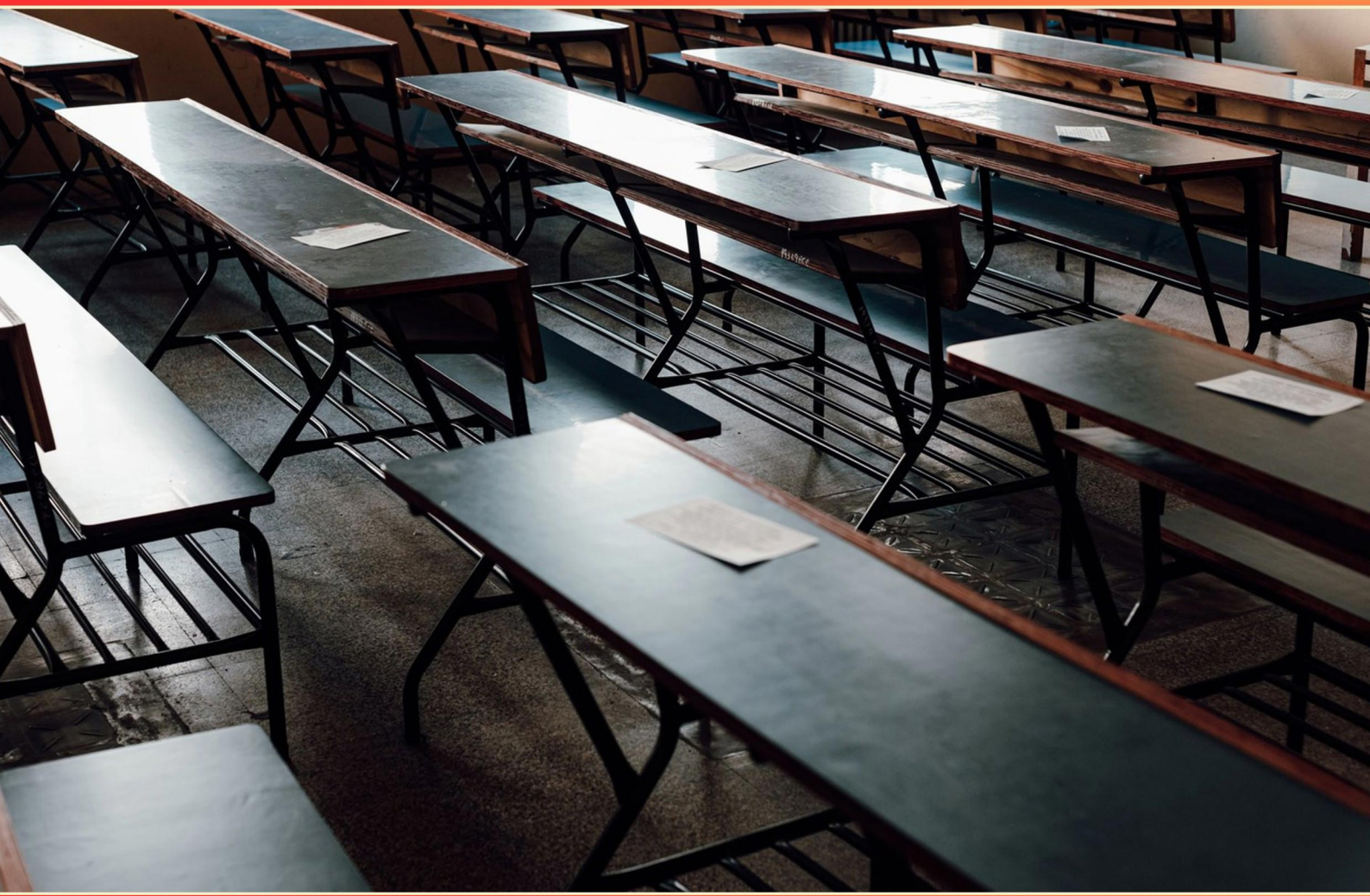
NBME FORM 30 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. **Which personality disorder is characterized by persistent patterns of disregard for others' rights and impulsive behavior?**

   A. Antisocial personality disorder

   B. Histrionic personality disorder

   C. Paranoid personality disorder

   D. Avoidant personality disorder

2. **If the prevalence of a disease is higher in women than in men but incidence rates are the same, what is the most likely explanation?**

   A. Women use medical facilities more often

   B. The case fatality rate is higher in men

   C. The duration of the disease is shorter in men

   D. There are more asymptomatic cases in women

3. **What is the most prevalent thyroid hormone in circulation after administration of radioactive iodine?**

   A. Free thyroxine

   B. Triiodothyronine bound to TBG

   C. Thyroxine bound to T-binding globulin

   D. Free triiodothyronine

4. **A 14-year-old boy presents with severe left knee pain exacerbated by running. What is the most likely cause of his condition?**

   A. Chondromalacia

   B. Ligamental tear

   C. Osgood-Schlatter disease

   D. Osteochondritis

5. **Which of the following cells is primarily involved in the late phase of an allergic response?**

   A. Basophils

   B. Eosinophils

   C. Lymphocytes

   D. Mast cells

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6. During early pregnancy, which structure primarily produces progesterone to maintain the pregnancy?

A. Corpus luteum

B. Placental cytotrophoblast

C. Corpus albicans

D. Pituitary gland

7. The absence of the right kidney in an adult patient during ultrasonography is most likely due to failure of which embryologic structure?

A. Mesonephros

B. Metanephros

C. Pronephros

D. Splanchnic mesoderm

8. What physical examination finding is common in a patient with a severe burn?

A. Piloerection

B. Dry skin

C. Hyperhidrosis

D. Tremors

9. Which of the following enzymes increases in the liver due to insulin administration in diabetic ketoacidosis?

A. Glycogen phosphorylase

B. Glucokinase

C. Phosphoenolpyruvate carboxykinase

D. Glucose 6-phosphatase

10. What condition should be suspected in a patient with a painless mass in the scrotum that may indicate testicular cancer?

A. Hydrocele

B. Varicocele

C. Testicular torsion

D. Germ cell tumor

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Answers

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

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Explanations

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1. Which personality disorder is characterized by persistent patterns of disregard for others' rights and impulsive behavior?

A. Antisocial personality disorder

B. Histrionic personality disorder

C. Paranoid personality disorder

D. Avoidant personality disorder

Antisocial personality disorder is distinguished by a long-standing pattern of disregard for the rights of others, which includes behaviors such as deceit, manipulation, and a lack of remorse for harmful actions. Individuals with this disorder often demonstrate impulsivity, irresponsibility, and a tendency to violate social norms and rules. They may engage in criminal activities and show a willingness to exploit others for personal gain. This disorder is marked by traits such as superficial charm, egocentricity, and difficulty forming genuine emotional connections. The impulsive behavior may manifest as reckless actions without consideration of the consequences, further exemplifying their disregard for the well-being of others. In contrast, the other personality disorders listed do not primarily focus on these features. Histrionic personality disorder is characterized by excessive emotionality and attention-seeking behavior, paranoid personality disorder revolves around pervasive distrust and suspicion of others, and avoidant personality disorder involves significant social inhibition and feelings of inadequacy. Each of these disorders has its own distinct features and diagnostic criteria, which do not include the hallmark traits of antisocial behavior seen in antisocial personality disorder.

2. If the prevalence of a disease is higher in women than in men but incidence rates are the same, what is the most likely explanation?

A. Women use medical facilities more often

B. The case fatality rate is higher in men

C. The duration of the disease is shorter in men

D. There are more asymptomatic cases in women

When examining the situation where the prevalence of a disease is higher in women than men despite having the same incidence rates, it suggests that the duration of the disease plays a significant role. If the incidence rates are equal, it means that new cases are occurring at the same rate in both sexes. However, if prevalence differs, it indicates that the disease lasts longer in one gender than the other. When the duration of the disease is shorter in men, this means that although men are developing the disease at the same rate as women, they are not surviving with the disease for as long as women. Consequently, the number of existing cases (prevalence) in women will be higher because women are either living longer with the disease or experiencing a slower progression. This scenario fits the definition of prevalence, which reflects the total number of cases at a given time, accounting for both incidence and duration of the disease. Therefore, the most likely explanation for higher prevalence in women, when incidence is equal, is indeed that men have a shorter disease duration. This leads to fewer cases persisting in the male population at any given time, resulting in lower overall prevalence compared to women.

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3. What is the most prevalent thyroid hormone in circulation after administration of radioactive iodine?

A. Free thyroxine

B. Triiodothyronine bound to TBG

C. Thyroxine bound to T-binding globulin

D. Free triiodothyronine

The most prevalent thyroid hormone in circulation after the administration of radioactive iodine is thyroxine, which primarily exists bound to thyroxine-binding globulin (TBG). When radioactive iodine is administered, it helps to image or treat thyroid disorders by concentrating in the thyroid tissue. The thyroid gland then synthesizes and secretes thyroid hormones, mainly thyroxine (T4), which is produced in larger quantities compared to triiodothyronine (T3). In the bloodstream, a significant proportion of thyroxine is bound to transport proteins, with TBG being the main carrier. This binding is crucial for regulating the availability of thyroid hormones because only the free (unbound) hormones are biologically active. However, the bound form of thyroxine accounts for the majority of the total thyroid hormone in circulation, making it the most prevalent after administration of radioactive iodine. While free thyroxine and free triiodothyronine do circulate, they exist in much smaller concentrations compared to their bound counterparts. Triiodothyronine that is bound to TBG also occurs, but the total amount of bound thyroxine is higher given its predominant role in thyroid hormone physiology. Thus, the correct answer reflects the physiological and biochemical context of thyroid

4. A 14-year-old boy presents with severe left knee pain exacerbated by running. What is the most likely cause of his condition?

A. Chondromalacia

B. Ligamental tear

C. Osgood-Schlatter disease

D. Osteochondritis

The most likely cause of the 14-year-old boy's severe left knee pain, especially given that it is exacerbated by running, is Osgood-Schlatter disease. This condition is common in adolescents who are active in sports, particularly those involving running and jumping. It occurs due to repetitive stress on the knee, specifically at the tibial tuberosity where the patellar tendon attaches. As a child grows, the growth plate in this area can become inflamed as a result of regular physical activity, leading to pain and discomfort. The age of the boy and the nature of his symptoms are characteristic of Osgood-Schlatter disease. In contrast, while chondromalacia and osteochondritis are also conditions that can cause knee pain, they are less common in this age group and context compared to Osgood-Schlatter disease. Ligamental tears, such as those involving the anterior cruciate ligament, might present with acute symptoms and often follow a specific traumatic injury, which does not appear to be the case here. Thus, considering the patient's age, activity level, and symptom profile, Osgood-Schlatter disease is the most fitting diagnosis for his knee pain.

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5. Which of the following cells is primarily involved in the late phase of an allergic response?

A. Basophils

B. Eosinophils

C. Lymphocytes

D. Mast cells

The late phase of an allergic response is characterized by the influx and activation of inflammatory cells that contribute to sustained allergic reactions. Eosinophils play a crucial role in this phase. After the initial allergic reaction, which is predominantly mediated by mast cells and their release of histamine and other mediators, eosinophils migrate to the site of inflammation. They are attracted by various chemotactic factors, including those released by mast cells and T lymphocytes, and they contribute to tissue inflammation, damage, and remodeling. Eosinophils release inflammatory mediators such as leukotrienes, prostaglandins, and cytokines, which help perpetuate the allergic response and can cause tissue damage as they accumulate in affected areas. While basophils, lymphocytes, and mast cells are all involved in the immune response, they have different roles, particularly in the initial phase of the reaction or in other types of immune responses. Mast cells are primarily involved in the immediate hypersensitivity reaction, while basophils contribute to the early phase of the response. Lymphocytes, particularly T-helper cells, are involved in orchestrating the immune response but are not the primary players in the late phase of an allergic response.

6. During early pregnancy, which structure primarily produces progesterone to maintain the pregnancy?

A. Corpus luteum

B. Placental cytotrophoblast

C. Corpus albicans

D. Pituitary gland

During early pregnancy, the primary source of progesterone is the corpus luteum. After ovulation, the ruptured follicle transforms into the corpus luteum, which secretes progesterone and estrogen. Progesterone plays a crucial role in preparing the endometrium for potential implantation of the fertilized egg and helps maintain the uterine lining throughout the first trimester. If pregnancy occurs, the corpus luteum continues to produce progesterone until the placenta takes over this function around the end of the first trimester. While the placental cytotrophoblast does contribute to progesterone production later on in pregnancy, it is not the primary source during the very early stages. The corpus albicans is a degenerative structure left behind after the corpus luteum ceases to function, and the pituitary gland itself does not produce progesterone; it secretes hormones that help regulate the reproductive cycle but relies on the corpus luteum for progesterone production.

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7. The absence of the right kidney in an adult patient during ultrasonography is most likely due to failure of which embryologic structure?

A. Mesonephros

B. Metanephros

C. Pronephros

D. Splanchnic mesoderm

The absence of the right kidney in an adult patient during ultrasonography is most likely due to a failure of the metanephros. The metanephros is the third stage of kidney development in the embryo and is responsible for forming the functional kidneys that persist into adulthood. Development begins around the fifth week of gestation and continues through the third trimester. If the metanephros does not develop properly, it can result in conditions such as renal agenesis, which is the complete failure of the kidney to form. This can occur on one side (unilateral renal agenesis) or on both sides (bilateral renal agenesis). Given the question focuses on the adult presence (or rather absence) of the right kidney, the failure of the metanephros to develop properly during embryonic development would lead directly to the absence of that kidney after birth. In contrast, the other embryologic structures mentioned—mesonephros and pronephros—are transient kidney forms that play a significant role early in development but do not contribute to the formation of the kidneys that will function in adults. The splanchnic mesoderm is involved in various developmental processes, including organ development, but it does not specifically pertain to the formation

8. What physical examination finding is common in a patient with a severe burn?

A. Piloerection

B. Dry skin

C. Hyperhidrosis

D. Tremors

In the context of a severe burn, piloerection, or the "goosebumps" response, can occur in areas that are still innervated but not severely damaged. This autonomic reflex is due to the stimulation of the sympathetic nervous system, which can happen in response to pain or trauma, including that from severe burns. Although burns cause significant skin damage and alterations in normal sensory processing, areas of the body that are indirectly affected can still respond with piloerection. This physical finding reflects the autonomic nervous system's response to the stress of such a severe injury. The presence of piloerection might not be as prevalent in severely burned areas themselves, but it can be observed in intact areas as the body attempts to respond to the stress and trauma of burns. The other physical findings listed may not necessarily be characteristic of severe burns. Dry skin could be a result of damaged skin integrity, but it is not as directly associated with the acute phase of burn injury compared to piloerection. Hyperhidrosis and tremors are not typical findings in this setting and do not reflect the body's physiological response to thermal injury in the way piloerection does.

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9. Which of the following enzymes increases in the liver due to insulin administration in diabetic ketoacidosis?

A. Glycogen phosphorylase

B. Glucokinase

C. Phosphoenolpyruvate carboxykinase

D. Glucose 6-phosphatase

Insulin administration in diabetic ketoacidosis leads to an increase in the activity of glucokinase in the liver. Glucokinase plays a crucial role in glucose metabolism by catalyzing the phosphorylation of glucose to glucose-6-phosphate, which is a key step that facilitates the conversion of glucose into forms that can be stored or utilized for energy. In the context of diabetic ketoacidosis, insulin serves to reduce blood glucose levels by promoting glucose uptake in peripheral tissues and enhancing hepatic glucose storage. When insulin is administered, it stimulates the expression and activity of glucokinase, thereby encouraging the liver to convert more glucose into glucose-6-phosphate. This effect helps to lower the elevated blood glucose levels characteristic of hyperglycemia in diabetic patients. On the other hand, enzymes such as glycogen phosphorylase, phosphoenolpyruvate carboxykinase, and glucose 6-phosphatase do not increase in the liver with insulin administration. Instead, they are involved in pathways that promote gluconeogenesis and glycogen breakdown, which are generally inhibited by insulin in order to facilitate the uptake and storage of glucose.

10. What condition should be suspected in a patient with a painless mass in the scrotum that may indicate testicular cancer?

A. Hydrocele

B. Varicocele

C. Testicular torsion

D. Germ cell tumor

In the context of a painless mass in the scrotum, a germ cell tumor should be suspected as it is a common cause of testicular cancer. Germ cell tumors can present as a firm, non-tender mass that can be discovered incidentally or during self-examination. These tumors encompass various types, including seminomas and non-seminomatous germ cell tumors, and are often associated with an increase in serum tumor markers such as alpha-fetoprotein and human chorionic gonadotropin. In contrast, hydrocele and varicocele typically present with different characteristics. A hydrocele is characterized by a fluid-filled sac surrounding the testicle, often leading to swelling that may be noticeable but is usually not a solid mass, and it can be painful if increased in size. A varicocele, caused by dilated veins in the scrotum, may produce a "bag of worms" appearance and is associated more with dull discomfort rather than a prominent mass. Testicular torsion usually results in acute, severe pain and is a surgical emergency, presenting with swelling and tenderness, which contrasts sharply with the painless nature of a germ cell tumor. Thus, given the description of a painless mass in the scrotum, the likelihood

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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://nbmeform30.examzify.com

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

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