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PRACTICE QUESTIONS

State of Qatar Department of Healthcare Professions (DHP) Ministry of Public Health (MOPH)

ENDOC

Endocrinology

EDITION

Original Demo

QUESTIONS

12

ISSUED

October 14, 2026

Before you begin

What this is

12 practice questions for State of Qatar Department of Healthcare Professions (DHP) Ministry of Public Health (MOPH) ENDOC , each with its answer key and an explanation. Answer a question before you read its key - the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, ENDOC
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

Licence

Original Mometrix demo. This free sample contains fewer questions than the full paid edition.

QUESTION 1

SINGLE CHOICE

Which of the following is a commonly used initial screening test for Cushing syndrome?

- ☒ **A** Overnight low-dose (1 mg) dexamethasone suppression test
- ☐ **B** ACTH stimulation (cosyntropin) test
- ☐ **C** Plasma renin activity
- ☐ **D** Water deprivation test

ANSWER A

WHY The overnight 1 mg dexamethasone suppression test, along with 24-hour urinary free cortisol and late-night salivary cortisol, is one of the recommended initial screening tests for Cushing syndrome. Failure of cortisol to suppress suggests autonomous cortisol production.

QUESTION 2

SINGLE CHOICE

A patient with a pituitary macroadenoma presents with bitemporal hemianopsia. Which anatomic structure is most likely being compressed?

- ☒ **A** Optic chiasm
- ☐ **B** Cavernous sinus
- ☐ **C** Hypothalamus
- ☐ **D** Optic nerve distal to the chiasm

ANSWER A

WHY Compression of the optic chiasm by an expanding pituitary mass classically causes bitemporal hemianopsia due to involvement of the crossing nasal retinal fibers.

QUESTION 3

SINGLE CHOICE

According to standard guidelines, a T-score of which value on dual-energy X-ray absorptiometry (DEXA) is diagnostic of osteoporosis?

- ☐ A -1.0 or above
- ☐ B Between -1.0 and -2.5
- ☒ C -2.5 or below
- ☐ D +1.0 or above

ANSWER C

WHY A T-score of -2.5 or lower at the hip, femoral neck, or spine is the WHO diagnostic criterion for osteoporosis, while a T-score between -1.0 and -2.5 defines osteopenia.

QUESTION 4

SINGLE CHOICE

Multiple Endocrine Neoplasia type 1 (MEN1) classically involves tumors of which combination of endocrine organs?

- ☒ A Parathyroid glands, pituitary gland, and pancreatic islet cells
- ☐ B Thyroid medullary carcinoma, pheochromocytoma, and parathyroid hyperplasia
- ☐ C Adrenal cortex, ovary, and thyroid follicular cells
- ☐ D Pineal gland, thymus, and testis

ANSWER A

WHY MEN1 classically presents with the '3 P's': parathyroid tumors (hyperparathyroidism), pituitary adenomas, and pancreatic neuroendocrine tumors, distinguishing it from MEN2, which involves medullary thyroid carcinoma and pheochromocytoma.

QUESTION 5

SINGLE CHOICE

Which biochemical test is the recommended initial screening study for suspected pheochromocytoma?

- ☐ A 24-hour urine cortisol
- ☒ B Plasma free metanephrines
- ☐ C Serum aldosterone-to-renin ratio
- ☐ D Serum TSH

ANSWER B

WHY Plasma free metanephrines (or 24-hour urine fractionated metanephrines) have high sensitivity and are the recommended initial biochemical screening test for pheochromocytoma.

QUESTION 6

SINGLE CHOICE

A thyroid nodule is discovered on ultrasound with suspicious features. What is the most appropriate next diagnostic step?

- ☐ A Radioactive iodine uptake scan
- ☒ B Fine-needle aspiration biopsy
- ☐ C Empiric levothyroxine suppression therapy
- ☐ D Total thyroidectomy without tissue diagnosis

ANSWER B

WHY Fine-needle aspiration biopsy is the standard initial diagnostic procedure for thyroid nodules with suspicious sonographic features to determine malignancy risk before deciding on further management.

QUESTION 7

TRUE FALSE

Cushing syndrome caused by an ACTH-secreting pituitary adenoma is referred to as Cushing disease.

☒ **A** True☐ **B** False**ANSWER A**

WHY The term 'Cushing disease' specifically refers to Cushing syndrome caused by a pituitary corticotroph adenoma secreting excess ACTH.

QUESTION 8

TRUE FALSE

Propylthiouracil (PTU) is generally preferred over methimazole for the treatment of hyperthyroidism during the first trimester of pregnancy.

☒ **A** True☐ **B** False**ANSWER A**

WHY Methimazole is associated with a rare but recognized embryopathy when used during the first trimester, so PTU is preferred during that period despite its own hepatotoxicity risk; many clinicians switch back to methimazole after the first trimester.

QUESTION 9

MULTIPLE CHOICE

Which of the following are typical laboratory and clinical findings in diabetic ketoacidosis (DKA)? (Choose two.)

- ☒ **A** Anion gap metabolic acidosis
- ☒ **B** Serum ketones positive with elevated blood glucose
- ☐ **C** Metabolic alkalosis with low glucose
- ☐ **D** Hypercalcemia with normal anion gap

ANSWER A • B

WHY DKA is characterized by hyperglycemia, ketonemia/ketonuria, and an anion gap metabolic acidosis resulting from accumulation of ketoacids due to insulin deficiency and counter-regulatory hormone excess.

QUESTION 10

SINGLE CHOICE

A 52-year-old man has a fasting plasma glucose of 135 mg/dL on two separate occasions. According to standard diagnostic criteria, this finding is consistent with which condition?

- ☐ **A** Normal glucose tolerance
- ☐ **B** Impaired fasting glucose
- ☒ **C** Diabetes mellitus
- ☐ **D** Reactive hypoglycemia

ANSWER C

WHY A fasting plasma glucose ≥ 126 mg/dL on two separate occasions meets the diagnostic threshold for diabetes mellitus per ADA criteria.

QUESTION 11

MULTIPLE CHOICE

Which findings are typically seen in a patient with untreated primary hypothyroidism? (Choose two.)

- ☒ **A** Elevated TSH
- ☐ **B** Low TSH
- ☒ **C** Low free T4
- ☐ **D** Elevated free T4

ANSWER **A - C**

WHY Primary hypothyroidism results from thyroid gland failure, leading to elevated TSH (loss of negative feedback) and low free T4.

QUESTION 12

SINGLE CHOICE

Which laboratory finding is most characteristic of primary adrenal insufficiency (Addison disease) as opposed to secondary adrenal insufficiency?

- ☐ **A** Low ACTH with low cortisol
- ☒ **B** Elevated ACTH with low cortisol
- ☐ **C** Normal ACTH with elevated cortisol
- ☐ **D** Low renin with high aldosterone

ANSWER **B**

WHY In primary adrenal insufficiency, loss of adrenal cortisol production removes negative feedback, causing compensatory elevation of ACTH, unlike secondary insufficiency where ACTH is low.