Sample Questions for ABOM Examination
Above each question, the CONTENT is indicated. This code refers to the Test Content Outline.

Below each question, the REFERENCE source is indicated.

Note: Performance on the Sample Questions for ABOM Examination may differ from actual performance on the Certification Examination. Thus, there is no guarantee that taking the Sample Questions will help pass the Certification Examination.
1. A mother comes to your office with a 4 month old infant. She asks you what the recommended feeding guidelines for her infant are. Using the Expert Committee Recommendations Regarding the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity from 2007, you would advise:
   1. She can switch to formula since she has exclusively breastfed for 4 months
   2. She should exclusively breastfeed until 6 months and then start solid foods
   3. Start solid foods now since the infant has reached 4 months of age
   4. Introduce infant cereal now to provide the fiber an infant needs at 4 months


2. Leptin secretion is decreased by which of the following factors?
   1. Increased activity
   2. Poor sleep quality
   3. Warm ambient temperatures
   4. Overfeeding


3. Which modality provides the most accurate measurement of multiregional body fat distribution?
   1. Computerized tomography
   2. Dual energy x-ray absorptiometry
   3. Bioelectric impedance analysis
   4. Air displacement plethysmography


4. Which of the following best describes the changes in the neurotransmitters in response to the fasting state?
   1. The change in ghrelin level increases activity of the POMC neuronal circuit
   2. The change in insulin level decreases the activity of the AgRP neuronal circuit
   3. The Leptin level change decreases the activity of the AgRP neuronal circuit
   4. The change in the POMC neuronal circuit activity decreases stimulation of the Melanocortin receptors


5. A male patient has excessive daytime sleepiness, non-refreshing sleep, and morning headaches. Which of the following findings most strongly suggests further evaluation for the presence of sleep apnea?
   1. BMI of 27 kg/m2
   2. Mallampati score of 2
   3. Presence of retrognathia
   4. Neck circumference of 15 inches


6. A patient states that she tends to overeat on weekends when socializing with friends. Her physician discusses ways to limit exposure to social cues that trigger her overeating. This type of behavior therapy is referred to as
   1. goal setting
   2. self-monitoring
   3. stimulus control
   4. stimulus narrowing

7. During a dietary counseling session for weight loss, a patient rates the importance of changing her eating habits at a ‘5 out of 10’, with 10 being very important. In response, the counselor asks her, “Why 5 and not an 8?” According to motivational interviewing, this response is an example of which of the following?
   1. Evoking change talk
   2. Resolving ambivalence
   3. Defending the status quo
   4. Understanding the patient’s perspective


8. A 40 year old woman is establishing care after recently moving from a different state. She underwent a Roux-en-Y gastric bypass procedure one year ago without complications and currently feels well. Which of the following biochemical tests should be ordered at this time?
   1. niacin, vitamin B12, and zinc
   2. calcium, magnesium, and vitamin A
   3. 25-hydroxy-vitamin D, intact PTH, and vitamin B12
   4. intact PTH, 1,25-dihydroxy-vitamin D, and thiamin


9. A 28 year old female, BMI 30 kg/m2, has been following the commercial Weight Watchers program online for the past 4 months. Based on her current and desired goal weight, she was assigned 30 points per day which she has faithfully followed. Since fruits and vegetables are not assigned points, she has been consuming 6 additional servings of fruit per day. She presents frustrated since she has only lost 3 lbs. On average, how many additional calories is she consuming daily from fruit that she is not counting toward her dietary intake?
   1. 120 kcal
   2. 240 kcal
   3. 360 kcal
   4. 480 kcal

Reference: ADA exchange diet.

10. A 32 year old patient with a BMI of 38 kg/m2 is placed on a low calorie diet and successfully loses 12% of her body weight over 5 months. However, she is experiencing an increase in hunger that is making it hard for her to continue to adhere to the dietary regimen. What are the underlying biological mechanisms that explain her increased hunger?
   1. increased GLP-1 and ghrelin levels leading to increased POMC release in the hypothalamus
   2. decreased GLP-1 and leptin levels leading to reduced POMC release in the hypothalamus
   3. decreased PYY and ghrelin levels leading to increased NPY release in the hypothalamus
   4. increased ghrelin and leptin levels leading to increased NPY release in the hypothalamus

Reference:
De Silva and Bloom, Hormones and Appetite Control: A Focus on PYY and GLP-1 as Therapeutic Targets in Obesity, Gut and Liver, Vol. 6, No. 1, January 2012, pp. 10-20.

11. A 42 year old woman participates in spin classes 3 days per week. She is 67.7 inches (172 cm) in height and weighs 176 lb. (80 kg) (BMI 27 kg/m2). She is experiencing an increase in hunger that is making it hard for her to continue to adhere to the dietary regimen. What advice can you share with her about a low glycemic index diet?
   1. Fresh squeezed juice and whole fruits have the same glycemic index
   2. Glycemic index takes into consideration the ripeness of the food
   3. A low glycemic index food means it has good nutritional value
   4. Glycemic index takes into account whether protein or fat are consumed with the carbohydrates

12. A 48-year-old man with class III obesity presents to the emergency department (ED) complaining of abdominal pain radiating to his chest and a sense of doom, five days after undergoing an uneventful Roux-en-Y gastric bypass procedure. The patient had been discharged on day two with a liquid diet and pain medications. Upon initial evaluation in the ED, his heart rate is 130 and his WBC count is 18,000 cells/µL. Which of the following is the most likely diagnosis?

1. Anastomotic leak
2. Bowel obstruction
3. Pulmonary embolism
4. Intra-abdominal abscess


13. Just after his visit with you three months ago, his psychiatrist initiated medication for his behavior. Which of the following drugs most likely contributed to these metabolic changes?

1. Buproprion
2. Methylphenidate
3. Risperidone
4. Topiramate


14. A 65-year-old woman with a BMI of 32 kg/m2 is interested in a trial of lorcaserin (Belviq™) to aid her weight loss. She has been enrolled in a commercial weight loss program for the past four months but is frustrated by her lack of success. She has a history of hypertension, depression, diabetes, and glaucoma that are treated with lisinopril 20 mg per day, escitalopram 20 mg per day, metformin 1000 mg per day, and timolol ophthalmic 0.25% solution per day, respectively. Her blood pressure is 140/90 mm Hg. Lorcaserin should be prescribed with caution for this patient due to her current treatment for which condition?

1. Diabetes
2. Glaucoma
3. Depression
4. Hypertension


15. A 32-year-old woman is considering a weight loss program but is somewhat ambivalent. She acknowledges that her weight is causing negative medical consequences. According to Prochaska's Stages of Change model, what is her current stage of change?

1. Action
2. Preparation
3. Contemplation
4. Precontemplation

16. Individuals with metabolic syndrome were randomized to one of two different calorie deficit diets, each for six months, which differed in macronutrient composition. Despite losing the same amount of body weight at the end of the study, participants who followed Diet A had significantly lower triglyceride and glucose levels, and higher HDL levels, than individuals who followed Diet B. The most likely explanation for the difference in results is that, compared to Diet B, subjects following Diet A consumed
1. less fat
2. less calories
3. more protein
4. less carbohydrates


17. A 38-year-old man with type 2 diabetes, glycosylated hemoglobin (HbA1c) of 7.8%, is placed on metformin XR 500 mg per day by his primary care physician. The patient noted an initial weight loss of six pounds (2.72 kg) but developed frequent diarrhea. His medication was switched to glyburide 10 mg per day, and he gained 18 pounds (8.16 kg) in two months. The patient presents to the obesity medicine physician’s office concerned about the weight gain. Repeat HbA1c is 7.4%. After discontinuing glyburide, which of the following medications would be most beneficial to add to this patient's regimen?
1. Insulin
2. Liraglutide
3. Pioglitazone
4. Phentermine

Reference: Executive Summary: Standards of Medical Care in Diabetes-2012. Diabetes Care 2012 Jan;35 Suppl 1: S4-S10

18. A 43-year-old woman with class II obesity, who has no history of cardiovascular disease and is otherwise healthy, arrives for her initial evaluation. Which ECG abnormality may be noted that is due to obesity?
1. Bradycardia
2. ST-T elevation
3. Left-axis deviation
4. Decreased QTc interval


19. A 39-year-old man in good health who engages in an average amount of physical activity consumes 2,200 calories/day. Approximately how many of this man’s daily kilocalories are expended in post-prandial thermogenesis?
1. 110
2. 220
3. 330
4. 440


20. A laparoscopic Roux-en-Y gastric bypass was converted to an open procedure due to limited exposure caused by increased intra-abdominal pressure. The procedure lasted six hours and the patient was transferred to the intensive care unit postoperatively. The next morning, highly concentrated dark urine is noted and urine output has steadily decreased to less than 10 mL/hr. The patient’s abdomen is soft and significant generalized edema is appreciated. Review of lab results indicates hyperkalemia, elevated creatinine, and markedly elevated CPK levels. Which of the following is the most likely explanation for this patient's developing acute renal failure?
1. Hypovolemia
2. Rhabdomyolysis
3. Acute myocardial infarction
4. Abdominal compartment syndrome

Reference: Surgery for Obesity and Related Diseases, 3 May 2006, p. 389-392

21. A 48-year-old woman with class III obesity who underwent Roux-en-Y obesity surgery six weeks ago presents to the emergency department. She has a history of poorly controlled type 2 diabetes, hypertension, depression, and hyperlipidemia. Since obesity surgery, she has had very poor tolerance of food and fluid and has required intravenous hydration. Review of systems reveals nausea, vomiting, edema, numbness, a new painful tingling in her feet and legs, and complaints of brain fog. Which of the following nutritional deficiencies is the MOST likely cause of her symptoms?

1. Folate deficiency
2. Thiamine deficiency
3. Vitamin B12 deficiency
4. Iron deficiency anemia


22. A 52-year-old man presents to your clinic with a chief concern of having difficulty with weight loss. He has a 6 year history of hypertension that is well controlled with medication management. Which of the following medications is most likely to explain a 5%-10% reduction of total energy expenditure for this man?

1. Enalapril
2. Losartan
3. Carvedilol
4. Metoprolol


23. A 45-year-old Japanese-American man presents as a new patient. He has a BMI 23 kg/m2, waist circumference 36 inches (92 cm), normal blood pressure, and normal physical examination. Compared to Caucasians, how should the patient’s risk for type 2 diabetes be classified?

1. Increased
2. Decreased
3. Unchanged
4. Cannot be determined

CONTENT: I-C-2 ped

27. Which of the following statements best characterizes the relationship between birth weight and future development of diabetes?
   1. The relationship between birth weight and development of obesity is "u-shaped"
   2. No relationship exists between birth weight and development of diabetes
   3. An inverse relationship exists from low to high birth weight and development of diabetes
   4. A positive linear relationship exists from low to high birth weight and development of diabetes

Reference: Pettitt D, and Jovanovic Low Birth Weight as a Risk Factor for Gestational Diabetes, Diabetes, and Impaired Glucose Tolerance During Pregnancy, DIABETES CARE, VOLUME 30, SUPPLEMENT 2, JULY 2007

CONTENT: II-A-3 ped

28. A five-year-old girl, adopted from Guatemala, presents for a consult. She currently plots on the 3rd percentile for height for age and 85th percentile for weight for age on a CDC Growth Curve for Girls. Which of the following is the most appropriate next step?
   1. Order thyroid function tests
   2. Obtain a bone age radiograph
   3. Prescribe a calorie restricted diet of 1,200 kcal/day
   4. Inform the parents that this is a normal finding based on her ethnicity


CONTENT: II-B-4 ped

29. A 12-year-old girl presented as a new patient for well child care with BMI for age and gender at the 98th percentile. At the first visit, the patient was counseled about appropriate weight loss strategies and appeared motivated to make changes to diet and physical activity. Four weeks later, the patient has lost 12 lb (5.4 kg), which she attributes to dietary changes, and states that her activity level was not increased. Which of the following is the most appropriate next step in management?
   1. Develop a physical activity program
   2. Evaluate for excessive caloric restriction
   3. Discuss her unwillingness to start exercising
   4. Schedule a follow-up visit in another four weeks


CONTENT: II-C-1 ped

30. During the course of childhood and adolescent development, how does the BMI typically change?
   1. Rate of increase is lower in children and is more stable compared to adults
   2. Declines during ages three to five years and steadily increases throughout adolescence
   3. Declines at 10-12 years of age but increases markedly throughout adolescence
   4. Increases steadily throughout childhood and is comparable to adult values by age 20

Reference: www.cdc.gov/growthcharts/ppt_clinical_charts.htm

CONTENT: II-D-3-b

31. A 45-year-old patient with weight gain has a history of hypertension treated with lisinopril 5 mg per day. She has no other health problems. On physical examination, BMI is 32 kg/m2. Laboratory examination reveals serum triglyceride level 210 mg/dL, LDL cholesterol level 152 mg/dL, TSH 10 mIU/L (0.5-5 mIU/L), and free T4 1.2 ng/dL (0.7-1.9 ng/dL). The best course of action is to
   1. treat with levothyroxine only
   2. not treat because T4 level is normal
   3. treat with desiccated thyroid hormone preparation
   4. treat with a combination of levothyroxine daily and triiodothyronine (Cytomel) twice daily


CONTENT: III-F-1

32. A 40-year-old man with a BMI of 32 kg/m2, history of type 2 diabetes, kidney stones, migraines, and depression is concerned about his weight. Which of the following medications should be used with caution due to an increased risk for nephrolithiasis?
   1. Liraglutide (Saxenda™)
   2. Bupropion/naltrexone (Contrave™)
   3. Lorcaserin (Belviq™)
   4. Phentermine/topiramate ER (Qsymia™)

33. Which of the following is most characteristic of lorcaserin (Belviq™)?
   1. It has high binding affinity to the 5HT2B receptor
   2. The most commonly reported side effect is headache
   3. Unlike other anorectic agents, dose is based on body weight
   4. It reduces appetite, along with a modest direct antidepressant effect


34. Phentermine topiramate extended release (Qsymia™) is CONTRAINDICATED for prescription in which of the following patients?
   1. 25-year-old woman with a BMI of 32 kg/m2 and impaired fasting glucose, on a monoamine oxidase inhibitor for depression
   2. 33-year-old woman with a BMI of 37 kg/m2 who gained weight after undergoing treatment for infertility
   3. 62-year-old man with a BMI of 46 kg/m2 with controlled hypertension and sleep apnea
   4. 64-year-old man with a BMI of 40 kg/m2 and type 2 diabetes mellitus treated with insulin

Reference: Qsymia Package Insert

35. A patient has been searching the Internet and found that catechin polyphenols may be a useful agent for weight loss. Which of the following supplements contains this compound?
   1. Capsaicin
   2. Fenugreek
   3. Green tea extract
   4. Raspberry ketones


36. The AHA/ACC/TOS Obesity Guideline from 2014 presented evidence-based recommendations for the treatment of obesity among adult patients. According to the Guideline, which of the following statements about treatment is most accurate?
   1. High protein, low carbohydrate diets are more effective for weight loss than low fat diets
   2. Electronically delivered weight loss programs are equally effective as face-to-face interventions
   3. Low to moderate-intensity lifestyle interventions provided by primary care practitioners are not effective
   4. An energy deficit cannot be created by reduction or elimination of particular food groups


ANSWER KEY
1. 2 7.1 13.3 19.2 25.3 31.1
2. 2 8.3 14.3 20.2 26.1 32.4
3. 2 9.3 15.3 21.2 27.1 33.2
4. 4 10.2 16.4 22.4 28.1 34.1
5. 3 11.2 17.2 23.1 29.2 35.3
6. 3 12.1 18.3 24.2 30.2 36.3