

MCQs

Instruction:

1. Please use pencil to shade the box for the best and correct answer (only one answer for each question).
2. Send back the answer sheet (see loose leaf page) to the Hong Kong College of Paediatricians. One point will be awarded to each article if ≥ 3 of the 5 answers are correct. The total score of the 4 articles will be 4 CME points.

(A) Factors Affecting Health Related Quality of Life and Depression Levels of Mothers in Families Having Children with Chronic Disabilities

1. Which of the following instruments was used to evaluate Health Related Quality of Life (HRQoL)?
 - a. International Physical Activity Questionnaire (IPAQ)
 - b. Impact on Family Scale (IPFAM)
 - c. Nottingham Health Profile (NHP)
 - d. Beck Depression Inventory (BDI)
 - e. Mini-Mental State Examination (MMSE)
2. Which of the following findings was not common among families with children with chronic disabilities?
 - a. High level of energy
 - b. Low level of physical activity
 - c. Impaired social relationship
 - d. Anxiety
 - e. Depression
3. Which of the following factors had a positive relationship with the level of depression?
 - a. Presence of medical insurance
 - b. Age of the mothers
 - c. Level of education of the mothers
 - d. Level of education of the fathers
 - e. Duration of daily care time
4. Which of the following parameters might be a significant contributing factor to HRQoL?
 - a. Level of education of the mothers
 - b. The level of total income
 - c. Duration of the disorder
 - d. The daily care time spent on the child
 - e. Age of the mothers
5. What were the recommendations for reducing the effects of children with chronic disabilities on their families?
 - a. Provide financial support
 - b. Support the establishment of associations and leagues
 - c. Provide family rehabilitation
 - d. All of the above
 - e. None of the above

(B) Augmentative and Alternative Communication for Children with Autism Spectrum Disorder: A Randomised Study of Awareness and Developmental Language Interventions

1. In which situation is voice output communication aid (VOCA) is used?
 - a. Children who follow typical development
 - b. Chronically organic diseases
 - c. Epilepsy
 - d. Autistic symptoms, language difficulties
 - e. Genetic diseases
2. Children with autism spectrum disorder have impaired communication; what could this cause?
 - a. Impaired development of social communication
 - b. Impaired language skills
 - c. Emotion dysregulation
 - d. Impaired development of receptive and expressive language
 - e. All of above
3. Which is not the target area of VOCA in terms of social interaction ?
 - a. Requests for social routines and permission
 - b. Showing off
 - c. Requests for information
 - d. Clarifications
 - e. Eating
4. Which of the following is the system type for VOCA?
 - a. Reading
 - b. A touch-sensitive screen-input
 - c. Hearing
 - d. Medical
 - e. A and C

5. How to parents participate in the therapy process?
 - a. Shopping
 - b. Going to the guests
 - c. Taking photos
 - d. Providing verbal cues
 - e. Going to the zoo with their child

(C) The Risk Factors Associated with Sleep-related Problems in Children with Profound Intellectual Disability

1. Which of the following condition is classified as rapid eye movement parasomnia?
 - a. Confusional arousal
 - b. Difficulty in sleep initiation
 - c. Nightmare
 - d. Sleep terror
 - e. Sleep walking
2. Which of the following description is correct concerning the use of Children's Sleep Habits Questionnaire (CSHQ) as a screening tool?
 - a. Families should be instructed to consider the child's sleeping habit during illness or change of environment
 - b. It addresses only on dyssomnias but not on parasomnias
 - c. It can be used to diagnose a specific type of sleep disorder
 - d. It is divided into 4 sub-scales
 - e. It is validated and showed adequate internal consistency for both the community and clinical sample
3. Which of the following contributes to the biological basis of sleep disorders in children with intellectual disability?
 - a. Altered perception of different environment (such as light-dark cycle, food schedule)
 - b. Excessive physical exertion during the daytime
 - c. Normal function in hormonal release (such as melatonin)
 - d. Synchronised circadian rhythm
 - e. Too little stimulation before bedtime
4. Which of the following description is correct concerning the association between epilepsy and sleep disorder?
 - a. Epileptic seizure can affect the sleep state
 - b. Sleep deprivation can lower seizure threshold
 - c. The relationship between epilepsy and sleep disorder is considered as bi-directional
 - d. The use of anti-epileptic drugs can potentially worsen sleep-disordered breathing
 - e. All of the above
5. Which of the following description is incorrect concerning sleep disorders in children with intellectual disability?
 - a. Clinicians tended to regard the use of medication as the only key to this problem
 - b. Management of sleep disorders in these group of children should only focus on ways to improve the sleep architecture, without the need of treating the associated co-morbidities such as epilepsy
 - c. Sleep-disordered breathing can worsen obesity in these group of children
 - d. Sleep problem is often a significant source of parental stress in these group of children
 - e. Use of sedatives in these group of children may potentially worsen the clinical situation

(D) Socioeconomic Difference in Development Among Preschool Children

1. Which of the following statement(s) is/are true about the validity of the present study?
 - a. Both multi-stage random sampling and a high response rate have ensured the representativeness of the sample
 - b. Results of the study are generalizable to all ethnic groups
 - c. The "Hong Kong Comprehensive Assessment Scale - Preschool" is a locally validated individual measure of child development
 - d. (a) and (c)
 - e. (b) and (c)
2. In the present study, socioeconomic difference in child developmental outcome is observed in all of the following domains of the "Hong Kong Comprehensive Assessment Scale - Preschool", except:-
 - a. Motor functions
 - b. Cognition
 - c. Language
 - d. Visual perception
 - e. Social cognition

3. The following conclusions about socioeconomic (SE) difference in child developmental outcome have been drawn, except:-
- The magnitude of SE difference in child developmental outcome is greater in the lower preschool grades (K1 & 2)
 - Sex is an important confounder
 - Preschool education has an "equalizer" (compensatory) effect
 - SE difference in child developmental outcome is evident as early as 3 years of age
 - Paternal education, maternal education and family income are components of socioeconomic status
4. Overseas and local literature on socioeconomic difference in child developmental outcome has found the following possible mediators:-
- Parental involvement
 - Use of electronic devices
 - Sleep deprivation
 - None of the above
 - All of the above
5. Which of the following statement(s) is/are true about early intervention?
- The Perry Preschool Program has evidence of efficacy in improving long term developmental outcome of disadvantaged children
 - Local programmes, such as the Healthy Start Home Visit Programme and Parent and Child Enhancement Programme, have short term evidence of positive effect on child learning and behaviour in disadvantaged children
 - The local early intervention programmes address both parenting and child learning
 - Effective early intervention programmes are available for local disadvantaged children as young as 2 years of age
 - All of the above

Answers of January issue 2020

(A) 1. e; 2. e; 3. a; 4. b; 5. c

(C) 1. c; 2. d; 3. b; 4. a; 5. c

(B) 1. e; 2. e; 3. d; 4. e; 5. c

(D) 1. e; 2. a; 3. b; 4. a; 5. c