# SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

*(Code SMJ 201904A)*

| | | True | False |
|---|---|---|---|
| 1. | Problem behaviours in children are a common occurrence. | ☐ | ☐ |
| 2. | Problem behaviours can be divided into externalising and internalising problems. | ☐ | ☐ |
| 3. | Problem behaviours in childhood do not progress to mental health problems in adulthood. | ☐ | ☐ |
| 4. | The first and most important step in evaluating a behavioural problem is obtaining a detailed history. | ☐ | ☐ |
| 5. | Sleep deprivation is one of the causes of children presenting with behaviour problems. | ☐ | ☐ |
| 6. | Hearing impairment and speech delay do not contribute to problem behaviours in children. | ☐ | ☐ |
| 7. | It is important to explore the social and developmental history of the child. | ☐ | ☐ |
| 8. | Access to screen time and poor sleep do not increase the risk of problem behaviours later in childhood. | ☐ | ☐ |
| 9. | Problem behaviours in more than one setting are likely to be significant and should be taken seriously. | ☐ | ☐ |
| 10. | Assessment for behaviour problem should include observing the child's behaviour in your clinic and his interaction with his caregivers. | ☐ | ☐ |
| 11. | All children with problem behaviours warrant expert consultation with a paediatrician or psychiatrist. | ☐ | ☐ |
| 12. | Children may demonstrate problem behaviours to gain their parent's attention, even if it is negative attention. | ☐ | ☐ |
| 13. | Management often involves environmental modification and a reward system to promote appropriate behaviours. | ☐ | ☐ |
| 14. | Parents should punish a child with problem behaviour so as to discourage negative behaviour. | ☐ | ☐ |
| 15. | Parents must be calm but firm when handling a child with problem behaviour. | ☐ | ☐ |
| 16. | An age-appropriate time-out period should be used to allow the child to calm down and not gain additional attention for misbehaviour. | ☐ | ☐ |
| 17. | Time out of more than 10 minutes has not been shown to be beneficial. | ☐ | ☐ |
| 18. | We should refer the child to a specialist when there is a suggestion of developmental delay, autism spectrum disorder, attention deficit hyperactivity disorder, anxiety or depressive disorders, or oppositional defiant and conduct disorders. | ☐ | ☐ |
| 19. | Children presenting with problem behaviours may have experienced child abuse or neglect. | ☐ | ☐ |
| 20. | Parents can attend parenting workshops that are organised in the community to learn more about behaviour management strategies. | ☐ | ☐ |

**Doctor's particulars:**

Name in full: _____ MCR no.: _____

Specialty: _____ Email: _____

**SUBMISSION INSTRUCTIONS:**

Visit the SMJ website: http://www.smj.org.sg/current-issue and select the appropriate quiz. You will be redirected to the SMA login page.

**For SMA member:** (1) Log in with your username and password (if you do not know your password, please click on 'Forgot your password?'). (2) Select your answers for each quiz and click 'Submit'.

**For non-SMA member:** (1) Create an SMJ CME account, or login with your SMJ CME username and password (for returning users). (2) Make payment of SGD 21.40 (inclusive of 7% GST) via PayPal to access this month's quizzes. (3) Select your answers for each quiz and click 'Submit'.

**RESULTS:**

(1) Answers will be published online in the SMJ June 2019 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 10 June 2019. (3) Passing mark is 60%. No mark will be deducted for incorrect answers. (4) The SMJ editorial office will submit the list of successful candidates to the Singapore Medical Council. (5) One CME point is awarded for successful candidates. (6) SMC credits CME points according to the month of publication of the CME article (i.e. points awarded for a quiz published in the December 2018 issue will be credited for the month of December 2018, even if the deadline is in January 2019).

**Deadline for submission (April 2019 SMJ 3B CME programme): 12 noon, 3 June 2019.**