

AMERICAN BOARD OF OBESITY MEDICINE (ABOM) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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.

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!

Questions

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- 1. Which macronutrient is likely to be affected by lysine deficiency?**
 - A. Carbohydrates
 - B. Proteins
 - C. Fats
 - D. Vitamins
- 2. Which of the following is NOT a component of total energy expenditure?**
 - A. Resting energy expenditure
 - B. Thermic effect of meals
 - C. Caloric expenditure during sleep
 - D. Physical activity
- 3. What is a key factor that contributes to a weight plateau after weight loss?**
 - A. Increased appetite
 - B. Decreased muscle efficiency
 - C. Adaptive thermogenesis
 - D. Higher energy expenditure
- 4. Which bariatric procedure is the most commonly performed worldwide?**
 - A. Gastric Banding
 - B. Sleeve Gastrectomy
 - C. Roux-en-Y Gastric Bypass
 - D. Biliopancreatic Diversion
- 5. What is a useful add-on therapy for managing psychotropic-induced weight gain?**
 - A. Metformin
 - B. Topiramate
 - C. Amantadine
 - D. Rimonabant
- 6. What two organs account for the highest resting metabolic rate (RMR)?**
 - A. Heart and kidneys
 - B. Brain and lungs
 - C. Skeletal muscle and liver
 - D. Adipose tissue and intestines

7. What is the recommended daily intake of vitamin D after bariatric surgery?

- A. 800-1000 IU
- B. 2000-3000 IU
- C. 1000-2000 IU
- D. 3000-4000 IU

8. What lab finding is commonly associated with Bulimia?

- A. Hyperkalemia
- B. Hypochloremia
- C. Hypoglycemia
- D. Hyponatremia

9. Through what mechanism are glucose and galactose absorbed in the intestines?

- A. Passive diffusion
- B. Facilitated diffusion via GLUT 5
- C. Active transport via SGLT-1
- D. Simple diffusion

10. What is the minimum age requirement for prescribing Qsymia?

- A. 10 years
- B. 12 years
- C. 14 years
- D. 16 years

Answers

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

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Explanations

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1. Which macronutrient is likely to be affected by lysine deficiency?

- A. Carbohydrates
- B. Proteins**
- C. Fats
- D. Vitamins

Lysine is an essential amino acid that plays a crucial role in protein synthesis. A deficiency in lysine directly impacts the body's ability to produce proteins because lysine is one of the building blocks (amino acids) needed for this process. Proteins are composed of various amino acids, and when any essential amino acid, such as lysine, is deficient, it can lead to impaired protein synthesis. Notably, lysine is vital for the production of various proteins, including structural proteins and enzymes that are crucial for numerous bodily functions. Without adequate lysine, the body may struggle to synthesize proteins effectively, leading to issues such as reduced muscle mass, impaired immune function, and slowed wound healing. In contrast, carbohydrates and fats are macronutrients that do not depend on lysine for synthesis, nor do they require amino acids directly for their metabolic functions. Vitamins, while essential for various biological processes, are not macronutrients and do not relate to protein synthesis directly. Therefore, lysine deficiency specifically compromises protein metabolism, making proteins the macronutrient most affected by lysine deficiency.

2. Which of the following is NOT a component of total energy expenditure?

- A. Resting energy expenditure
- B. Thermic effect of meals
- C. Caloric expenditure during sleep**
- D. Physical activity

Total energy expenditure (TEE) is the sum of all calories burned by the body through various components. These components typically include resting energy expenditure (REE), the thermic effect of food, and energy expended through physical activity. Resting energy expenditure accounts for the calories the body burns at rest to maintain vital functions, such as breathing and circulation. The thermic effect of meals represents the energy expenditure associated with the digestion, absorption, and metabolism of food. Physical activity encompasses all voluntary movements, including exercise and daily activities. Caloric expenditure during sleep is indeed a form of resting energy expenditure, as the body continues to burn calories while at rest. However, it is often not classified separately within the context of a question regarding total energy expenditure components because it is already included in resting energy expenditure calculations. Therefore, the choice that does not distinctly represent a separate component of total energy expenditure is caloric expenditure during sleep, since it falls under the umbrella of resting energy expenditure. This is why it is considered the correct response to the question.

3. What is a key factor that contributes to a weight plateau after weight loss?

- A. Increased appetite
- B. Decreased muscle efficiency
- C. Adaptive thermogenesis**
- D. Higher energy expenditure

Adaptive thermogenesis is a significant factor that contributes to a weight plateau after initial weight loss. This phenomenon refers to the body's ability to adjust its energy expenditure in response to changes in body weight and composition. When a person loses weight, their basal metabolic rate (BMR) tends to decrease due to the loss of both fat and lean mass. The body adapts to this lower weight by becoming more energy-efficient, resulting in a decreased energy expenditure at rest and during physical activities. As weight loss occurs, especially if it involves a significant reduction in caloric intake, the body enters a preservation mode where it conserves energy. This adaptive response can lead to challenges in continuing weight loss, even when a person maintains a calorie deficit. Therefore, this physiological mechanism is a primary reason individuals experience a plateau in weight loss after making initial progress. Recognizing adaptive thermogenesis is crucial for developing effective weight management strategies post-weight loss, as it highlights the need for adjustments in dietary and physical activity plans to overcome this plateau.

4. Which bariatric procedure is the most commonly performed worldwide?

- A. Gastric Banding
- B. Sleeve Gastrectomy**
- C. Roux-en-Y Gastric Bypass
- D. Biliopancreatic Diversion

Sleeve gastrectomy has become the most commonly performed bariatric procedure worldwide due to its overall effectiveness and favorable safety profile. This procedure involves the removal of a significant portion of the stomach, which not only limits food intake but also impacts hormonal pathways related to hunger and satiety. By significantly reducing the stomach size, sleeve gastrectomy leads to greater weight loss results compared with some other procedures, especially in the short to medium term. Additionally, it has been found to have a relatively low complication rate compared to other procedures, making it a preferred choice among surgeons and patients alike. Its popularity is also influenced by the fact that it can be performed laparoscopically, which minimizes surgical risks and recovery times. The combination of effective weight loss outcomes, lower complication rates, and the potential for improvement in obesity-related comorbidities has led to sleeve gastrectomy becoming a leading option in bariatric surgery globally.

5. What is a useful add-on therapy for managing psychotropic-induced weight gain?

- A. Metformin**
- B. Topiramate
- C. Amantadine
- D. Rimonabant

Metformin is recognized as a beneficial add-on therapy for managing weight gain induced by psychotropic medications. This medication, typically used in the treatment of type 2 diabetes, has also been shown to have weight-regulating properties. It works by improving insulin sensitivity and enhancing the metabolism of glucose, which can contribute to weight loss or weight stabilization in patients who experience excessive weight gain as a side effect of certain antipsychotic or antidepressant medications. In clinical practice, metformin has demonstrated efficacy in helping individuals manage weight gain linked to psychotropic drugs, making it a preferred option among practitioners. The mechanism through which metformin works—such as reducing appetite and lowering the amount of glucose produced by the liver—can counteract the weight-promoting effects of psychotropic treatments. Though other medications may have their own potential benefits, metformin's established role in weight management, especially for individuals undergoing treatment with agents that contribute to weight gain, underscores its importance as an effective add-on therapy in this context.

6. What two organs account for the highest resting metabolic rate (RMR)?

- A. Heart and kidneys
- B. Brain and lungs
- C. Skeletal muscle and liver**
- D. Adipose tissue and intestines

The correct answer identifies skeletal muscle and the liver as the two organs that account for the highest resting metabolic rate (RMR). Skeletal muscle is a metabolically active tissue, and it contributes significantly to overall energy expenditure, even at rest. It is involved in various physiological processes, including maintaining posture, movement, and thermogenesis, which account for a substantial portion of the body's resting energy needs. The liver also plays a critical role in metabolic processes, including gluconeogenesis, protein synthesis, and the regulation of various biochemical pathways. Given its central role in metabolism, the liver is a significant contributor to RMR. In contrast, the heart and kidneys, while vital organs, do not have as high a metabolic rate as skeletal muscle and the liver. The brain, although it requires a significant amount of energy relative to its size, does not compare to the energy demands of skeletal muscle and liver when considering overall metabolic contributions. Adipose tissue, while important for energy storage and metabolism, has a lower metabolic activity compared to the other tissues mentioned, and the intestines, though active in digestion and absorption, do not contribute as significantly to RMR as skeletal muscle and liver. Thus, skeletal muscle and liver are the primary contributors to the resting metabolic

7. What is the recommended daily intake of vitamin D after bariatric surgery?

- A. 800-1000 IU
- B. 2000-3000 IU**
- C. 1000-2000 IU
- D. 3000-4000 IU

The recommended daily intake of vitamin D after bariatric surgery typically falls within the range of 2000 to 3000 international units (IU). This higher dosage is suggested due to the malabsorptive nature of many bariatric procedures, which can impair nutrient absorption, including fat-soluble vitamins such as vitamin D. Patients who have undergone bariatric surgery are at an increased risk of developing deficiencies due to reduced caloric intake and altered gastrointestinal anatomy. Vitamin D plays a crucial role in calcium metabolism and bone health, and supplementation is vital to prevent deficiencies that can lead to complications such as osteomalacia or osteoporosis. While lower doses may be sufficient for some individuals, the higher range of 2000 to 3000 IU is advised for many post-operative patients to ensure adequate serum levels of the vitamin and support overall health post-surgery. Monitoring of vitamin D levels should also be conducted regularly to adjust supplementation as needed.

8. What lab finding is commonly associated with Bulimia?

- A. Hyperkalemia
- B. Hypochloremia**
- C. Hypoglycemia
- D. Hyponatremia

Hypochloremia is commonly associated with bulimia nervosa, primarily due to the recurrent episodes of vomiting that individuals with this disorder often experience. During vomiting, hydrogen ions and chloride ions are lost from the stomach, which can lead to a decrease in the levels of chloride in the blood, resulting in hypochloremia. This loss is significant as it affects the body's electrolyte balance and can lead to metabolic alkalosis, which is a common consequence of prolonged vomiting. In addition, hypochloremia is often evaluated alongside other metabolic derangements associated with bulimia, such as hypokalemia (low potassium) and metabolic alkalosis. Understanding the electrolyte imbalances in bulimia is crucial for effective management and treatment of the disorder, as these imbalances may have serious health implications. Thus, the association of hypochloremia with bulimia highlights the physiological and biochemical consequences of the compensatory behaviors often seen in this eating disorder.

9. Through what mechanism are glucose and galactose absorbed in the intestines?

- A. Passive diffusion
- B. Facilitated diffusion via GLUT 5
- C. Active transport via SGLT-1**
- D. Simple diffusion

Glucose and galactose are absorbed in the intestines primarily through active transport via SGLT-1, which stands for Sodium-Glucose Cotransporter 1. This mechanism is crucial because it leverages the sodium gradient established by the sodium-potassium pump (Na^+/K^+ ATPase) present on the basolateral membrane of intestinal epithelial cells. As sodium ions are transported out of the cell, a concentration gradient develops, allowing sodium to flow back into the cell along with glucose or galactose. This co-transport process requires energy, making it an active transport mechanism. The simultaneous uptake of sodium with glucose or galactose enhances the efficiency of carbohydrate absorption, particularly in the proximal small intestine. This active transport mechanism is vital for ensuring adequate absorption of these sugars, especially since they are not readily absorbed through passive or facilitated diffusion methods commonly used by other nutrients.

10. What is the minimum age requirement for prescribing Qsymia?

- A. 10 years
- B. 12 years**
- C. 14 years
- D. 16 years

The minimum age requirement for prescribing Qsymia, which is a combination medication approved for weight management, is 12 years. This guideline is based on clinical studies that demonstrate its safety and efficacy in treating obesity in adolescents who are 12 years or older. The approval reflects the understanding that obesity is a significant health concern starting in adolescence and that effective pharmacological interventions can be necessary for this population to achieve and maintain a healthy weight. While younger patients may experience obesity-related health issues, the safety profile of Qsymia has only been established for those aged 12 and older. This ensures that prescribers are adhering to recommended practices that prioritize patient safety and effective treatment outcomes. Consequently, the other options, which suggest younger ages, do not align with the established guidelines for this medication.

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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:

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

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