

# INBDE (Integrated National Board Dental Examination) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>6</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>16</b>

# 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. What is the most likely site of oral cancer?**
  - A. Tongue**
  - B. Cheek**
  - C. Gums**
  - D. Roof of mouth**
- 2. What material dissolves organic material during cleaning canal?**
  - A. EDTA**
  - B. chloroform**
  - C. eugenol**
  - D. bleach**
- 3. Polyps in the colon along with extracolonic tumors are characteristics of?**
  - A. Gardner's syndrome**
  - B. Lynch syndrome**
  - C. Peutz-Jeghers syndrome**
  - D. Familial adenomatous polyposis**
- 4. The bisecting angle technique is the \_\_\_\_\_ accurate.**
  - A. Most**
  - B. Moderately**
  - C. Least**
  - D. Equally**
- 5. Which leukocyte is most abundant in the human body?**
  - A. Lymphocytes**
  - B. Neutrophils**
  - C. Monocytes**
  - D. Eosinophils**
- 6. What fractures are most common?**
  - A. Lefort I**
  - B. Lefort II**
  - C. Lefort III**
  - D. Zygomatic**



- 7. Hypothyroidism in adulthood is referred to as**
- A. Addison's Disease**
  - B. Myxedema**
  - C. Cushing's Syndrome**
  - D. Pheochromocytoma**
- 8. What does increasing mA do to the x-ray?**
- A. Increases quality**
  - B. Decreases quantity**
  - C. Increases quantity**
  - D. Decreases quality**
- 9. The mandibular first molar should be prepared by orienting the bur parallel to the long axis of the?**
- A. Crown**
  - B. Root**
  - C. Pulp chamber**
  - D. Buccal surface**
- 10. What is the most likely diagnosis for a child who is unvaccinated and comes in with enlarged parotid glands?**
- A. Mumps**
  - B. Measles**
  - C. Influenza**
  - D. Rubella**

## **Answers**

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

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## **Explanations**

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### 1. What is the most likely site of oral cancer?

- A. Tongue**
- B. Cheek**
- C. Gums**
- D. Roof of mouth**

Oral cancer can occur in any part of the mouth, but the tongue is the most common site for oral cancer. This is because the tongue has a high amount of blood supply, making it more vulnerable to exposure to carcinogens. The other options, while also possible sites for oral cancer, are not as commonly affected as the tongue. The cheek and gums do not have as much blood supply as the tongue, and the roof of the mouth is not as frequently exposed to irritants and carcinogens. Therefore, while all of these sites can develop oral cancer, the tongue is the most likely site.

### 2. What material dissolves organic material during cleaning canal?

- A. EDTA**
- B. chloroform**
- C. eugenol**
- D. bleach**

Bleach, also known as sodium hypochlorite, is an effective material for dissolving organic material during cleaning of a canal. EDTA, also known as Ethylenediaminetetraacetic acid, is used to remove inorganic impurities from the canal. Chloroform has been found to be toxic and is no longer used in routine cleaning. Eugenol is found in clove oil and may be used for temporary pain relief but it is not used for cleaning canals. Therefore, bleach is the best option for dissolving organic material during cleaning of a canal.

### 3. Polyps in the colon along with extracolonic tumors are characteristics of?

- A. Gardner's syndrome**
- B. Lynch syndrome**
- C. Peutz-Jeghers syndrome**
- D. Familial adenomatous polyposis**

Polyps in the colon along with extracolonic tumors are characteristic features of Gardner's syndrome. Gardner's syndrome is a subtype of familial adenomatous polyposis (FAP), an autosomal dominant inherited disorder. Individuals with Gardner's syndrome typically develop numerous colorectal polyps, along with extracolonic manifestations such as osteomas (benign bone tumors), epidermoid cysts, desmoid tumors, and other soft tissue tumors. This distinguishes Gardner's syndrome from the other syndromes listed: Lynch syndrome, Peutz-Jeghers syndrome, and familial adenomatous polyposis (FAP) without extracolonic tumors.

4. The bisecting angle technique is the \_\_\_\_\_ accurate.

- A. Most
- B. Moderately
- C. Least**
- D. Equally

The bisecting angle technique is the least accurate because it relies on a two-dimensional image for measurement, rather than a three-dimensional image. This can lead to distortion and inaccuracies in measurement. Option A, most accurate, and option D, equally accurate, are both incorrect as they suggest that the bisecting angle technique is a highly accurate method, which it is not. Option B, moderately accurate, is also incorrect as it implies that the technique has a moderate level of accuracy, when in reality it has the lowest level of accuracy compared to other dental imaging techniques. Therefore, option C is the correct answer as it accurately reflects the level of accuracy of the bisecting angle technique.

5. Which leukocyte is most abundant in the human body?

- A. Lymphocytes
- B. Neutrophils**
- C. Monocytes
- D. Eosinophils

Neutrophils are the most abundant leukocyte in the human body, making up about 40-75% of all leukocytes. Lymphocytes, while also an important type of white blood cell, only make up about 20-30%. Monocytes and eosinophils are also white blood cells, but they are much less abundant in comparison. Therefore, B is the correct answer.

6. What fractures are most common?

- A. Lefort I
- B. Lefort II
- C. Lefort III
- D. Zygomatic**

Zygomatic fractures are the most common among the choices provided. Zygomatic fractures occur frequently due to the zygomatic bone's anatomic location in the facial skeleton, making it susceptible to trauma from direct blows to the face. Lefort fractures (Lefort I, II, and III) involve fractures of the maxilla and are less common compared to zygomatic fractures.

**7. Hypothyroidism in adulthood is referred to as**

- A. Addison's Disease**
- B. Myxedema**
- C. Cushing's Syndrome**
- D. Pheochromocytoma**

Hypothyroidism in adulthood is referred to as Myxedema. Myxedema is a condition that occurs when the thyroid gland does not produce enough thyroid hormone. This leads to symptoms such as fatigue, weight gain, cold intolerance, and dry skin. Addison's Disease, Cushing's Syndrome, and Pheochromocytoma are not related to hypothyroidism; they are separate endocrine disorders with their own distinct characteristics and symptoms.

**8. What does increasing mA do to the x-ray?**

- A. Increases quality**
- B. Decreases quantity**
- C. Increases quantity**
- D. Decreases quality**

Increasing the milliamperage (mA) in an X-ray machine will increase the quantity of X-rays produced. This is because the mA setting controls the amount of current flowing through the X-ray tube, which directly affects the number of X-ray photons generated. Therefore, increasing the mA will result in a higher quantity of X-ray photons being produced, making choice C the correct answer. On the other hand: - Option A, stating that increasing mA increases quality, is incorrect because the quality of an X-ray beam is determined by kVp (kilovoltage peak) settings, not mA. - Option B, indicating that increasing mA decreases quantity, is incorrect as explained above. - Option D, mentioning that increasing mA decreases quality, is also incorrect because, as mentioned earlier, quality is primarily affected by kVp rather than mA.

**9. The mandibular first molar should be prepared by orienting the bur parallel to the long axis of the?**

- A. Crown**
- B. Root**
- C. Pulp chamber**
- D. Buccal surface**

When preparing the mandibular first molar, it is essential to orient the bur parallel to the long axis of the crown. This approach helps ensure that the final restoration will have proper occlusion, function, and longevity. Orienting the bur parallel to the long axis of the root or the pulp chamber may lead to inadequate preparation or damage to the tooth structure. Similarly, orienting the bur parallel to the buccal surface may result in a restoration that is not properly aligned with the occlusal plane. Therefore, it is crucial to focus on the long axis of the crown when preparing the mandibular first molar.

**10. What is the most likely diagnosis for a child who is unvaccinated and comes in with enlarged parotid glands?**

**A. Mumps**

**B. Measles**

**C. Influenza**

**D. Rubella**

A child who is unvaccinated is at a higher risk for developing vaccine preventable diseases such as mumps, measles, influenza, and rubella. However, the specific symptom of enlarged parotid glands is most commonly associated with mumps. This is due to the fact that the parotid glands, which are located near the jaw, are commonly affected in cases of mumps. Measles, influenza, and rubella may also present with other symptoms such as rash, fever, and respiratory symptoms. Therefore, A Mumps is the most likely diagnosis in this scenario.



## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://inbde.examzify.com>**

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