

# Multi-Specialty Recruitment Assessment (MSRA) 2026 Practice Test (Sample)

## Study Guide



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

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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>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

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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. What is the definition of social phobia?**
  - A. Fear of public speaking**
  - B. Fear of certain social situations where a patient feels scrutinized**
  - C. Fear of enclosed spaces**
  - D. Fear of large crowds**
  
- 2. Which abnormal cells are associated with glucose-6-phosphate dehydrogenase (G6PD) deficiency?**
  - A. Smear cells**
  - B. Heinz bodies**
  - C. Target cells**
  - D. Auer rods**
  
- 3. What condition is characterized by reduced ACTH and secondary adrenal insufficiency due to blood loss during delivery?**
  - A. Addison's disease**
  - B. Sheehan's syndrome**
  - C. Cushing's syndrome**
  - D. Thyroid storm**
  
- 4. What type of abnormal cells are typically found in iron deficiency anemia?**
  - A. Blast cells**
  - B. Smear cells**
  - C. Target cells**
  - D. Auer rods**
  
- 5. What is one of the drugs included in the ABVD treatment regimen for Hodgkin's lymphoma?**
  - A. Bleomycin**
  - B. Cisplatin**
  - C. Dexamethasone**
  - D. Paclitaxel**

- 6. Why does mammography sensitivity increase with age?**
- A. Decreased breast density**
  - B. Increased hormone levels**
  - C. Improved imaging technology**
  - D. Higher incidence of breast cancer**
- 7. How is Hepatitis A primarily transmitted?**
- A. Blood contact**
  - B. Faecal-oral route**
  - C. Sexual transmission**
  - D. Vertical transmission**
- 8. What is the most likely diagnosis for a patient with hydrophobia and neuropsychiatric symptoms after returning from Cuba?**
- A. Meningitis**
  - B. Rabies**
  - C. Typhoid fever**
  - D. Schistosomiasis**
- 9. What antiepileptics are first-line treatments for partial seizures?**
- A. Valproate**
  - B. Lamotrigine**
  - C. Carbamazepine**
  - D. Both Lamotrigine and Carbamazepine**
- 10. What heart sound is associated with aortic stenosis?**
- A. Split S2**
  - B. Pulsus alternans**
  - C. Plateau - slow upstroke**
  - D. Gallop rhythm**

## Answers

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

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## **Explanations**

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## 1. What is the definition of social phobia?

- A. Fear of public speaking
- B. Fear of certain social situations where a patient feels scrutinized**
- C. Fear of enclosed spaces
- D. Fear of large crowds

The definition of social phobia, also known as social anxiety disorder, encompasses a significant fear of specific social situations where individuals feel they may be judged or scrutinized by others. This condition often leads to intense anxiety and avoidance behaviors in situations such as speaking in public, meeting new people, or eating in front of others. The fear is primarily centered around the potential for humiliation or embarrassment, which can severely impact one's daily life and social interactions. In contrast, fear of public speaking, while it can be a manifestation of social phobia, does not encompass the broader range of social situations in which individuals might experience anxiety. Fear of enclosed spaces refers to claustrophobia and is not related to social interactions. Fear of large crowds could be a component of social phobia but does not capture the essence of the disorder, which is the fear of being scrutinized specifically in social contexts rather than the mere presence of a crowd. Thus, the most accurate definition for social phobia is centered around the fear of being judged in social situations.

## 2. Which abnormal cells are associated with glucose-6-phosphate dehydrogenase (G6PD) deficiency?

- A. Smear cells
- B. Heinz bodies**
- C. Target cells
- D. Auer rods

The presence of Heinz bodies is specifically associated with glucose-6-phosphate dehydrogenase (G6PD) deficiency. G6PD is an important enzyme in the pentose phosphate pathway that helps protect red blood cells from oxidative damage. When there is a deficiency in this enzyme, red blood cells become more susceptible to oxidative stress, which can lead to hemolysis, particularly in response to certain triggers, such as infections, certain medications, or fava beans. Heinz bodies are formed when hemoglobin is denatured due to oxidative damage. During this process, the denatured hemoglobin aggregates into these inclusions, which can be seen on a peripheral blood smear when specific staining techniques are applied. The presence of Heinz bodies in red blood cells is therefore a hallmark of hemolytic anemia associated with G6PD deficiency. Other cell types mentioned, such as smear cells, target cells, and Auer rods, are associated with different conditions. Smear cells are typically seen in chronic lymphocytic leukemia, target cells are often involved in conditions like thalassemia or liver disease, and Auer rods are found in acute myeloid leukemia. Thus, Heinz bodies are uniquely linked to the oxidative stress condition resulting from G6

**3. What condition is characterized by reduced ACTH and secondary adrenal insufficiency due to blood loss during delivery?**

- A. Addison's disease
- B. Sheehan's syndrome**
- C. Cushing's syndrome
- D. Thyroid storm

The condition characterized by reduced ACTH levels and secondary adrenal insufficiency due to blood loss during delivery is Sheehan's syndrome. This syndrome occurs when significant blood loss during childbirth leads to ischemia and necrosis of the pituitary gland, resulting in a failure to produce key hormones, including adrenocorticotropic hormone (ACTH). As a consequence, there is reduced stimulation of the adrenal glands, leading to secondary adrenal insufficiency. In Sheehan's syndrome, the pituitary gland is damaged to the point where it can no longer function properly, thus affecting the production of multiple hormones that regulate various bodily functions, including adrenal hormone release. This condition highlights the critical relationship between the pituitary gland and adrenal function in the context of significant trauma or blood loss during and after delivery. Addison's disease, on the other hand, is a primary adrenal insufficiency characterized by low levels of cortisol due to damage to the adrenal glands themselves, rather than dysfunction of the pituitary gland. Cushing's syndrome is associated with excessive cortisol production, typically due to adrenal hyperplasia, tumors, or pituitary adenomas, and does not involve the same mechanisms as Sheehan's syndrome. A thyroid storm is a life-threatening condition resulting from excessive thyroid

**4. What type of abnormal cells are typically found in iron deficiency anemia?**

- A. Blast cells
- B. Smear cells
- C. Target cells**
- D. Auer rods

In the context of iron deficiency anemia, target cells are a significant finding. These cells, also known as codocytes, have a distinct appearance characterized by a central spot of hemoglobin surrounded by a pale ring, which gives them the "target" appearance. Target cells are formed as a result of changes in the lipid and protein composition of the red blood cell membrane, often occurring in conditions of altered hemoglobin concentration or alteration in cell morphology due to various etiologies, including iron deficiency. Iron deficiency anemia leads to hypochromia and microcytosis in red blood cells. As the body struggles to produce sufficient hemoglobin due to a lack of iron, the red blood cells may become more pliable, which contributes to the formation of these target cells. Identifying target cells can serve as a helpful diagnostic clue when evaluating a patient for iron deficiency anemia. Other types of cells mentioned, such as blast cells, smear cells, and Auer rods, are associated with different hematological conditions. Blast cells are immature white blood cells commonly found in acute leukemias. Smear cells, or smudge cells, are typically observed in chronic lymphoproliferative disorders such as chronic lymphocytic leukemia (CLL). Auer rods are seen

**5. What is one of the drugs included in the ABVD treatment regimen for Hodgkin's lymphoma?**

- A. Bleomycin**
- B. Cisplatin**
- C. Dexamethasone**
- D. Paclitaxel**

The ABVD treatment regimen for Hodgkin's lymphoma consists of four specific chemotherapy drugs: Adriamycin (doxorubicin), Bleomycin, Vinblastine, and Dacarbazine. Bleomycin is one of the key components of this regimen and plays a crucial role in its efficacy. Bleomycin works by inducing DNA strand breaks, which ultimately leads to apoptosis (programmed cell death) in cancer cells. Its inclusion in the ABVD regimen is significant because it targets the rapidly dividing cells characteristic of Hodgkin's lymphoma and contributes to the overall success of the treatment in achieving remission. In contrast, the other drugs mentioned—Cisplatin, Dexamethasone, and Paclitaxel—are not part of the standard ABVD regimen for Hodgkin's lymphoma. Cisplatin is often used in the treatment of various solid tumors, Dexamethasone is a corticosteroid used to reduce inflammation and suppress the immune system, and Paclitaxel is primarily utilized in cases of breast, lung, and ovarian cancers. Their absence from the ABVD regimen underscores the specific and targeted approach of ABVD for treating Hodgkin's lymphoma.

**6. Why does mammography sensitivity increase with age?**

- A. Decreased breast density**
- B. Increased hormone levels**
- C. Improved imaging technology**
- D. Higher incidence of breast cancer**

Mammography sensitivity increases with age primarily due to decreased breast density. In younger women, breast tissue tends to be denser, comprising more glandular and fibrous tissue, which can obscure the detection of tumors on mammograms. As women age, particularly after menopause, breast tissue is replaced by more fatty tissue, making the mammogram images clearer and allowing for better visualization of tumors. This change in breast composition enhances the ability of mammography to accurately identify potential cancers, resulting in higher sensitivity in older populations. In contrast, other factors listed, such as hormone levels, improvements in imaging technology, or the incidence of breast cancer, do not directly relate to the fundamental changes in breast tissue density that contribute to the increased sensitivity of mammograms with age. Hormone levels affect breast tissue but do not account for the increased clarity of the mammographic images that comes with decreased density. Similarly, while advances in technology may improve imaging, the age-related changes in breast tissue composition remain a key factor in sensitivity. Lastly, while older age correlates with a higher incidence of breast cancer, the increase in sensitivity is primarily attributed to the physical properties of the breast tissue rather than the mere presence of more cases of the disease.

## 7. How is Hepatitis A primarily transmitted?

- A. Blood contact
- B. Faecal-oral route**
- C. Sexual transmission
- D. Vertical transmission

Hepatitis A is primarily transmitted through the faecal-oral route. This mode of transmission occurs when a person ingests food or water contaminated with the feces of an infected individual. The virus can spread easily in environments with poor sanitation and hygiene practices, where contamination of food and water supplies can occur. Transmission through the faecal-oral route highlights the importance of basic hygiene measures, such as handwashing, particularly in communities where outbreaks are more likely to occur. Hepatitis A is not typically spread through blood contact, sexual transmission, or vertical transmission from mother to child during childbirth, making faecal-oral the defining route for its spread.

## 8. What is the most likely diagnosis for a patient with hydrophobia and neuropsychiatric symptoms after returning from Cuba?

- A. Meningitis
- B. Rabies**
- C. Typhoid fever
- D. Schistosomiasis

The most likely diagnosis for a patient presenting with hydrophobia and neuropsychiatric symptoms after returning from Cuba is rabies. Rabies is a viral infection that affects the central nervous system, typically transmitted through the bite of an infected animal. The symptoms of rabies can include hydrophobia, which is characterized by a fear of water due to spasms in the throat muscles, as well as neuropsychiatric symptoms such as agitation, confusion, and hallucinations. Given the travel history to Cuba, where rabies is known to exist, the likelihood of exposure to the virus increases. Other common symptoms of rabies include fever, headache, and paralysis, which can further support the diagnosis. The nature of the symptoms and the geographical context strongly point towards rabies rather than any of the other listed conditions. Meningitis, while it can present with neurological symptoms, typically involves fever, neck stiffness, and a more acute presentation. Typhoid fever usually presents with sustained fever, gastrointestinal symptoms, and is less associated with neuropsychiatric features and hydrophobia. Schistosomiasis primarily involves gastrointestinal or urinary symptoms and does not typically present with such specific neurological manifestations or hydrophobia. Therefore, rabies stands out as the

**9. What antiepileptics are first-line treatments for partial seizures?**

- A. Valproate**
- B. Lamotrigine**
- C. Carbamazepine**
- D. Both Lamotrigine and Carbamazepine**

The first-line treatments for partial seizures include both Lamotrigine and Carbamazepine. Lamotrigine is effective for focal seizures and has a favorable side effect profile, making it a good choice for many patients. Its mechanism involves stabilizing neuronal membranes and reducing glutamate release, which helps control seizure activity. Carbamazepine is another classic first-line treatment for partial seizures and works primarily by inhibiting sodium channels, thus stabilizing the neuronal membrane and preventing excessive neuronal firing. Its long history of use has provided a wealth of clinical experience supporting its efficacy and safety for this type of seizure. Selecting both Lamotrigine and Carbamazepine as first-line treatments reflects current clinical guidelines that recommend these medications based on their effectiveness, tolerability, and the varying patient responses to different treatments. In clinical practice, the choice between these two may depend on individual patient characteristics, comorbidities, and potential side effects, but both are well-established options for managing partial seizures.

**10. What heart sound is associated with aortic stenosis?**

- A. Split S2**
- B. Pulsus alternans**
- C. Plateau - slow upstroke**
- D. Gallop rhythm**

The heart sound most commonly associated with aortic stenosis is a characteristic "plateau" or a "slow upstroke" of the carotid pulse. Aortic stenosis leads to a narrowing of the aortic valve opening, resulting in an obstructed outflow of blood from the left ventricle during systole. This obstruction produces a specific auscultatory finding: a high-pitched "crescendo-decrescendo" systolic ejection murmur best heard at the second right intercostal space. The characteristic pulsus parvus et tardus, or diminished and delayed carotid pulse, reflects the reduced stroke volume and the prolonged ejection time typically seen in patients with severe aortic stenosis. The plateau in the upstroke indicates the increased resistance to blood flow, causing the pulse to be slow to rise and fall, compared to a normal pulse. In summary, the association of aortic stenosis with a plateau or slow upstroke in the carotid pulse is rooted in the hemodynamic changes occurring due to the obstructed outflow, differentiating it from other conditions that might present differently in terms of heart sounds and pulse characteristics.

## 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://msra2025.examzify.com>**

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

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