

MRCPsych Paper B Study Pattern

Exam Approach

- Whether it's Paper A or B, the MRCPsych exam follows the syllabus in a fairly predictable way.
- Each portion of the syllabus is tested, and this is reflected in the breakdown of results.

Tip: Start by reviewing the syllabus in about **30 minutes**. This gives you a broad overview. At first, it may feel overwhelming, but with the following strategy, you can cover it point by point.

Recommended Books and Resources

Paper B is generally divided into approximately **50% Statistics & Critical Appraisal** and **50% Clinical Psychiatry**. A smart, structured strategy can help you not only pass but **score high** with confidence.

I. STATISTICS & CRITICAL APPRAISAL

Statistics is often considered the most challenging part of Paper B, but in reality, it's highly **predictable** and **concept-driven**. A solid conceptual foundation and familiarity with recall patterns can give you a significant advantage.

Step 1: Build Strong Basics

- Begin with **SPMM Statistics Videos**.
 - These provide **clear conceptual explanations**.
 - While watching, **make your own notes** to aid retention & recognition.

Step 2: Read a Core Text

- Use *The Doctor's Guide to Critical Appraisal (4th Edition)* by Dr. Narinder Kaur Gosall.
 - It simplifies statistical concepts and their **clinical implications**.
 - Emphasize understanding *why* and *how* statistics are applied in psychiatric research.

Step 3: Practice with Recalls

- **Recalls are gold** for statistics preparation.
 - They reveal **high-yield topics** and show exactly **how MCQs are framed**.
 - Our own MindRecalls are particularly **well-structured, accurate, and updated** – a trusted source for focused revision.
 - Reviewing MindRecalls after learning concepts **bridges theory with the real exam format**.
 - The MindRecalls tables and flowcharts are repeated multiple times with different examples in each MCQ. This helps you retain the core concepts and build a clear **mental map**, so you can easily understand how the topic is targeted in different exam scenarios

Note:

If you understand and study the explanations of the Mindrecalls *properly*, you won't need any additional notes. We have concisely explained each MCQ using proper reference books. Keep this in mind – just Critical Appraisal book and our Mind Recalls are enough.

II. CLINICAL PSYCHIATRY

This section is usually **easier to score** if your **clinical knowledge** and **guideline-based management** are strong.

Step 1: Core Material

- For building a strong foundation, Oxford shorter Textbook of Psychiatry has no match.
- SPMM Clinical Notes or PsychMentor notes are also good. (remember SPMM notes are outdated)

Step 2: Keep Guidelines Up to Date

- Guidelines evolve, so it's essential to stay current.
 - **Maudsley Prescribing Guidelines (15th Edition)** and **NICE Guidelines** are the gold standard.
 - Expect around **10+ MCQs directly based on NICE Guidelines**, particularly focusing on step-wise management of **mood disorders, psychosis, anxiety disorders, and substance use disorders**.
 - If you're short on time, we've summarized all the up-to-date guidelines in the **MindRecalls Explanation sections**. Focus on cramming those tables and flowcharts – they'll cover the key points efficiently.
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Step 3: Textbook Foundation

- If you have already covered **The Oxford Shorter Textbook of Psychiatry**, **revise and retain it**.
 - It strengthens your conceptual clarity.
 - It is also the core reference book of **MindRecalls**.

Step 4: Practice with Recalls

- Just like statistics, **recalls are a cornerstone** of clinical psychiatry preparation.
 - They help you identify **high-yield topics** and **question trends**.
 - Our **MindRecalls** offer **exam-aligned, up-to-date, and clinically relevant** scenarios that mirror the **actual question patterns**.
 - Regular practice with **MindRecalls** builds both **accuracy** and **speed**.

Step 5: Two weeks before the Exam

In the last two weeks before the exam, switch to **Exam Mode** in **MindRecalls** and practice repeatedly to master time management. We've designed the screen and format to mirror the actual exam pattern, so when you sit for the real test, you'll feel familiar with the environment. This familiarity will activate your recognition memory, allowing you to retrieve core concepts quickly and confidently, making each MCQ more enjoyable to tackle.

Important note:

Go to the **Articles** section of our website and download all the articles in PDF format (You will see download button in the end of every article). These materials will be very helpful for your exam preparation.

If you need any assistance or recommendations, feel free to contact us at Support@mindrecalls.com or [Our whatsapp](#).