



**IDCP 2026 Final Exam**

**Module 1: Fundamentals**

- 1) Which of the following medications is associated with SIBO?
  - A. Hydrochlorothiazide
  - B. Acetaminophen
  - C. Pantoprazole
  - D. Atenolol
  
- 2) Which of the following doshas are imbalanced in relation to atopic dermatitis?
  - A. Vata and Kapha
  - B. Vata and Pitta
  - C. Pitta and Kapha
  - D. Kapha
  
- 3) Erythema is a reflection of which pathogenic influence in Traditional Chinese Medicine?
  - A) Heat
  - B) Wind
  - C) Cold
  - D) Damp
  
- 4) Which of the following has been shown to be superior to placebo for the itch of adults in palliative care?
  - A) Jazzercise activities in the palliative community
  - B) Topical naltrexone 1% in a lipocream base
  - C) Quercetin otic gel applied three times daily
  - D) Systemic gabapentin

- 5) Meditation has been shown to:
- A) Increase the rate of clearance in patients with psoriasis undergoing phototherapy
  - B) Increase the BSA involvement in patients with psoriasis undergoing phototherapy
  - C) Decrease relaxation in patients with psoriasis undergoing phototherapy
  - D) Increase need for topical medications in patients with psoriasis undergoing phototherapy
- 6) Which of the following is a contraindication to biofeedback?
- a. Thrombocytopenia
  - b. Severe Depression
  - c. Supraventricular Tachycardia
  - d. Raynaud's Syndrome

## **Module 2: Herbs and Botanicals**

- 7) Which herb can increase metabolism of several medications?
- A) St. John's Wort
  - B) Valerian
  - C) Ginkgo
  - D) Grapefruit
- 8) Which of the following is most likely to contribute to the heavy metal content in herbs?
- A) Local pollution
  - B) Ethanol extraction
  - C) Water extraction
  - D) Hardness of water
- 9) The Dietary Supplement Health and Education Act states which of the following?
- A) Herbs are considered cosmetics
  - B) Botanical supplements are considered dietary supplements
  - C) Herbs should be dispensed through pharmacies
  - D) Herbs can only be studied with an investigational new drug application
- 10) Which of the following is a true statement?
- A) Organic teas have less heavy metal content than non-organic teas
  - B) Teas left to steep longer will have more heavy metal extracted into the water portion of the tea
  - C) The storage conditions do not affect the final composition of the herbs
  - D) Mercury tends to be high in herbal supplements

11) Which of the following post-digestive effects is considered tonifying in Ayurvedic medicine?

- A) Sour
- B) Pungent
- C) Bitter
- D) Sweet

### **Module 3: Nutrition**

12) Which of the following tastes aggravates the kapha dosha and weight gain from an Ayurvedic perspective?

- A) Astringent
- B) Salty
- C) Sour
- D) Pungent

13) Which of the following foods has been associated with worsened acne?

- A) Watermelons
- B) Fried foods
- C) Bananas
- D) Soy

### **Module 4: Mind-Body Mindfulness**

14) What is the Yoga sign?

- A) Hands in prayer
- B) Hyperpigmented plaques on the outer ankles and fifth toe
- C) Hyperpigmentation on the buttock
- D) Enlarged facial veins

15) Which of the following is an adaptogenic herb?

- A) Aloe (*Aloe vera*)
- B) Yarrow (*Achillea millefolium*)
- C) Licorice (*Glycyrrhiza glabra*)
- D) Witch hazel (*Hamamelis virginiana*)

### **Module 5: Microbiome**

16) Which of the following sites has the largest bacterial microbiome?

- A. GI tract
- B. Airways
- C. Urogenital system
- D. Eye

## **Module 6: Energy Medicine**

17) Healing Touch techniques include:

- A) Pain drain
- B) Rooting
- C) Swaying leaves
- D) Energy beam

## **Module 7: Pain and Itch**

18) Addressing anxiety has been consistently shown to:

- A) Decrease itch
- B) Increase itch
- C) Decrease appetite
- D) Increase appetite

## **Module 8: Ingredients and Customized Medications**

19) The outbreak of which disease led to increased regulations for compounding in 2012?

- A) Sarcoidosis
- B) Onychomycosis
- C) Pulmonary Embolism
- D) Hemorrhagic Fever
- E) Fungal Meningitis

## **Module 9: Integrating Pharmaceuticals with Herbs and Supplements**

20) Which herb is known to decrease blood sugar?

- A) Ginkgo
- B) Cinnamon
- C) Melatonin
- D) Niacin

## **Module 10: Integrative Approaches to Systemic Conditions: Functional Medicine Testing**

21) When considering the timing of testing for sex hormone levels, what factor is crucial for accurately assessing hormone levels?

- A) Time of day
- B) Type of hormone formulation used
- C) Day in menstrual cycle
- D) Timing of last dose of hormone therapy
- E) All of the above

22) What best describes the Cortisol Awakening Response (CAR) in the context of adrenal function?

- A) A decrease in cortisol levels immediately after waking up
- B) A rapid increase in cortisol levels within 30-45 minutes after waking up
- C) A steady cortisol level throughout the day, unaffected by waking up
- D) A gradual increase in cortisol levels throughout the morning

23) Blood levels of which compound is often low in people with thyroid disease?

- A) Vitamin A
- B) Beta carotene
- C) Vitamin D
- D) Zinc

### **Module 11/12: Atopic Dermatitis**

24) Which of the following best describes the effects of using tacrolimus twice weekly as "proactive" therapy?

- A) It significantly increased the rate of skin infection.
- B) It significantly decreased the rate of tinea corporis infection.
- C) It significantly decreased the number of exacerbations of atopic dermatitis.
- D) It significantly increased bathing frequency and use of dilute bleach baths.

25) Coconut oil has been demonstrated to have which of the following properties?

- A) Emollient properties
- B) Anti-microbial properties
- C) Both A + B
- D) None of the above

26) Which food has been associated with a flare in a child with severe atopic dermatitis?

- A) Nightshades
- B) Wheat
- C) Pears
- D) Coconut

### **Module 13/14: Acne**

27) Which of the following supplements may reduce the presence of comedones?

- a) Omega-3 fatty acids
- b) L-carnitine
- c) Whey protein
- d) L-histidine

### **Module 15: HS**

28) Obesity can contribute to HS due to:

- a) Increased inflammation
- b) Increased friction
- c) Increased androgens
- d) All of the above

29) Copper supplementation should be considered when taking which of the following zinc supplementation doses?

- a) >30mg zinc sulfate
- b) >30mg zinc gluconate
- c) >30mg elemental zinc
- d) >30mg zinc picolinate

### **Module 16: Psoriasis**

30) Which of the following is helpful in both keeping the skin soft and allowing for better penetration of topical medications in psoriasis?

- a) Urea
- b) Ceramide based moisturizer
- c) Tar
- d) Honey

31) In one cross-sectional study, closer adherence to a Mediterranean diet was associated with:

- A. Lower severity of psoriasis
- B. Higher severity of psoriasis
- C. No relationship to severity of psoriasis was noted
- D. Higher risk of psoriatic arthritis

### **Module 17: Psoriasis Botanicals and Supplements**

32) Which of the following supplements has been shown to reduce psoriasis severity when used along with UVB treatments?

- A. N-acetylcysteine
- B. L-Histidine
- C. Sunflower Oil
- D. Fish Oil

## Module 18: Rosacea

33) In people with rosacea, topical golden chamomile has been shown to:

- a) Improve papule and pustules
- b) Improve rhinophyma
- c) Improve erythema
- d) Improve ocular symptoms

## Module 19: Rosacea

34) Sub-antimicrobial dose doxycycline has been shown to do which of the following in rosacea?

- a. Avoid antibiotic selection pressure
- b. Maintain its anti-inflammatory effect
- c. Avoid altering antibiograms sensitivities usually seen in commonly used antibiotics
- d. All of the above

35) In general, which of the following is true for rosacea patients compared to controls?

- a. They have less microbial diversity in the stool
- b. They have more microbiota diversity in the stool
- c. They have more Firmicutes in the stool
- d. They have more *C. acnes* bacteria in the stool

36) Food containing which of the following should be avoided by people with rosacea?

- a) Cinnamaldehyde
- b) Capsaicin
- c) Both
- d) Neither

37) Which of the following is a plant based mast cell stabilizer?

- a) Quercetin
- b) Quinine
- c) Rutin
- d) Rutoside

38) It is important to screen for this GI condition in those with rosacea:

- a) Celiac Disease
- b) Small Intestinal Bacterial Overgrowth
- c) Crohn's Disease
- d) Ulcerative Colitis

39) Which of the following physical activities can flare rosacea?

- a) Chi gong
- b) Tai Chi
- c) Functional yoga
- d) Hot yoga

## **Module 20: Vitiligo**

40) Autoimmune diseases associated with vitiligo include:

- a) Thyroid disease
- b) Systemic Lupus
- c) Inflammatory Bowel Disease
- d) All of the above

41) True or false: Generalized vitiligo is often symmetrical.

- a. True
- b. False

42) Which of the following is FDA approved for localized vitiligo on the face or neck?

- a. Systemic corticosteroids (e.g., mini-pulse therapy)
- b. Topical ruxolitinib
- c. Topical methotrexate 1% gel
- d. Topical calcineurin inhibitors
- e. Topical dapsone bid every other week

## **Module 21: Autoimmune, Autoinflammatory, and Pediatrics**

43) True or False: A large number of patients are incorrectly diagnosed with cellulitis, resulting in wasted money, resources, and poor health outcomes.

- A) True
- B) False

44) Disinfecting the skin with an alcohol-based antiseptic has what characteristics?

- A) Slow to act but long-lasting activity
- B) Fast to act and long-lasting activity
- C) Fast to act but little persistent activity
- D) Slow to act and little persistent activity

- 45) The Standard American Diet has been found to increase risk of autoimmunity via:
- a) Increased levels of estrogen
  - b) Decreased levels of estrogen
  - c) Increased levels of leptin
  - d) Decreased levels of leptin

## Module 22: Hair Health

46) The stages of the hair growth cycle starting with the active growth phase are ordered as follows:

- a) Exogen, Catagen, Anagen, Telogen,
- b) Anagen, Telogen, Exogen, Catagen
- c) Telogen, Exogen, Catagen, Anagen
- d) Anagen, Catagen, Telogen, Exogen

47) Genetic patterned hair loss is characterized by:

- a) Gradual non scarring hair loss
- b) Shortened anagen phase
- c) Miniaturization of hair follicles
- d) All of the above

48) Which supplement has been shown to decrease cortisol levels?

- a) Vitamin D
- b) Ashwagandha
- c) Echinacea
- d) Melatonin

49) Which of the following autoimmune conditions is most commonly associated with alopecia areata?

- a) Sjogren's syndrome
- b) Atopic dermatitis
- c) Hypothyroidism
- d) Vitiligo

50) Holy Basil - also known as Tulsi - has been shown to improve:

- a) Bipolar disease
- b) Skin picking disorder
- c) Generalized anxiety
- d) PTSD

51) One of the downsides of the JAK inhibitors for use in alopecia areata is:

- a) Effects only last as long as the medication is taken
- b) It can worsen alopecia areata in some people
- c) Psoriasiform dermatitis is a potential side effect
- d) Injection site reactions are likely in people taking this medication

52) Central Centrifugal Cicatricial Alopecia can occur in men.

- a) True
- b) False

53) Which of the following factors is known to exacerbate Discoid Lupus?

- a) UV radiation
- b) Smoking
- c) Trauma
- d) All of the above

54) Which of the following is a mucilaginous herb that may be helpful for optimizing gut health?

- a) Peppermint
- b) Marshmallow root
- c) Fennel
- d) Rishi mushroom

### **Module 23: Hair Health**

55) Which of the following is a toxicity of iron excess?

- a. Immune dysfunction
- b. Memory difficulties
- c. Abdominal pain
- d. Increased intracranial pressure

56) True or false: In protein-energy malnutrition, hair changes are common.

- a. True
- b. False

### **Module 24: Nail Health**

57) Which of the following is a part of nail care for optimizing nail health?

- a) Trim and file nails
- b) Hydrate nails
- c) Minimize chemical exposures
- d) All of the above

58) Melanocytes in the nail matrix are typically:

- a) Similar in density to normal skin
- b) Lower in density compared to normal skin

### **Module 25: Wrinkles and Collagen Breakdown**

59) "Sun addiction" appears to be mediated through which of the following pathways?

- a. Serotonin system
- b. Dopamine system
- c. Endogenous opioid system
- e. Autonomic nervous system

60) True or False: Most changes associated with an aged appearance are due to photoaging rather than chronological aging.

- a. True
- b. False

61) True or False: Cigarette smoking contributes to the damage of chronic sun exposure?

- a. True
- b. False

62) Which of the following is a component of poikiloderma of Civatte?

- a. Lichenification
- b. Hyperpigmentation
- c. Papulation
- d. Striae rubra distensae
- e. Purpura

63) Which of the following has been shown to be an important risk factor for cutaneous melanoma?

- a. Skin phototypes IV-VI
- b. Chronic low level sun exposure to the hands and feet
- c. Vitamin D supplementation
- d. Intermittent sun exposure/sunburns

### **Module 26: Melasma**

64) Which of the following cells has been associated with melasma?

- A. Neutrophils
- B. Mast cells
- C. B-cells
- D. Langerhans cells

## **Module 27: Sun Protection**

65) Which of the following carotenoids has been shown to improve photoprotection with oral supplementation in an Asian population?

- a) Alpha carotene
- b) Astaxanthin
- c) Zeaxanthin
- d) Lutein