

CPH study tips and tricks



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The Exam



- Computer based exam
- Proctored testing center
- 200 items
- Approximately 4½ hours to complete

- No calculators or scratch paper allowed
- Receive white board & dry-erase markers

200 Exam Items

All questions are

- multiple choice.
- single-best answer.

Some questions are

- matching items.
- part of a series of questions related to a common vignette.
- based on associated pictorials or charts.

CPH exams draws from Professional competencies

- 150 items from 5 Core Domains
- 50 items from 7 Cross-Cutting Domains

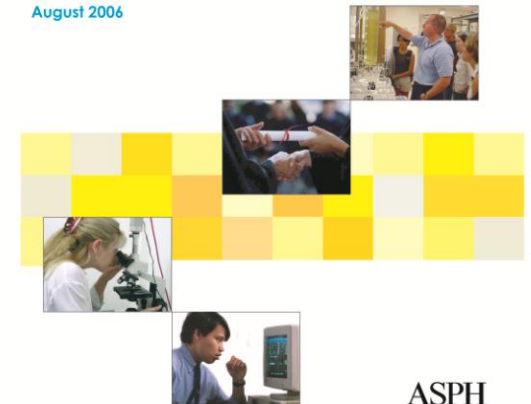
Find at
www.publichealthexam.org
-> **Study Resources**

ASPH Education Committee

Master's Degree in Public Health Core Competency Development Project

Version 2.3

August 2006



ASPH
ASSOCIATION OF
SCHOOLS OF
PUBLIC HEALTH

What does the exam cover?

Discipline-specific domains

1. Biostatistics
2. Environmental Health Sciences
3. Epidemiology
4. Health Policy and Management
5. Social and Behavioral Sciences

Cross-cutting/interdisciplinary domains

1. Communication and Informatics
2. Diversity and Culture
3. Leadership
4. Professionalism
5. Program Planning
6. Public Health Biology
7. Systems Thinking

Exam Development

NBPHE contracted with the National Board of Medical Examiners[®] to develop the exam, including:

- Workshop to train test-item writers – submit by Nov 4, 2011
- Workshop to review and validate pool of items
- Editing and validation of items to assure high quality
- Various approaches to develop metrics that permit a valid and fair examination

CPH exam graded pass/fail



NBPHE

National Board of Public Health Examiners

2008

Certification Examination

Performance Report

Name: Examinee Name

ID Number: 20070000001

Total Test Score: 545

Decision: CERTIFIED

This report contains your total test standard score and your certified/not certified outcome obtained on the 2008 Certification Examination. The standard scores were calculated so that the mean and standard deviation for the base reference group were 500 and 100, respectively. The base reference group consisted of first-takers of the 2008 Certification Examination. A total test score of 400 or greater was required to pass the Certification Examination. Additional information on your performance on the total test and the six areas of knowledge covered by the examination is provided below.

Content Area	Your Percent Correct Score	Total Group Mean Percent Correct Score (SD)	SEM
Total Test	77	67 (7)	3
Biostatistics	78	81 (5)	3
Environmental Health Science	80	77 (5)	3
Epidemiology	72	79 (4)	2
Health Policy and Management	74	82 (7)	3
Social and Behavioral Sciences	79	80 (7)	4
Cross-cutting Competencies ¹	78	78 (8)	4

¹This content area includes communications and informatics, diversity and culture, leadership, program planning and evaluation, professionalism and ethics, public health biology and systems thinking.

Strong Psychometric Properties

	Items Deleted	Mean item Difficulty (P value)	Mean item discrimination	Reliability Coefficient KR20	Pass Rate
2008	19	.68	.31	.91	84%
2009	15	.66	.34	.93	74%
2010	9	.67	.30	.90	88%
2011	12	.65	.29	.90	85%



NBPHE

National Board of Public Health Examiners

FREE

1. **ASPH MPH competency set**

www.asph.org/publication/MPH_Core_Competency_Model

2. **Sample Exam and Exam Software Tutorial Module**

18 sample questions

Software gives you a sense of the actual exam style

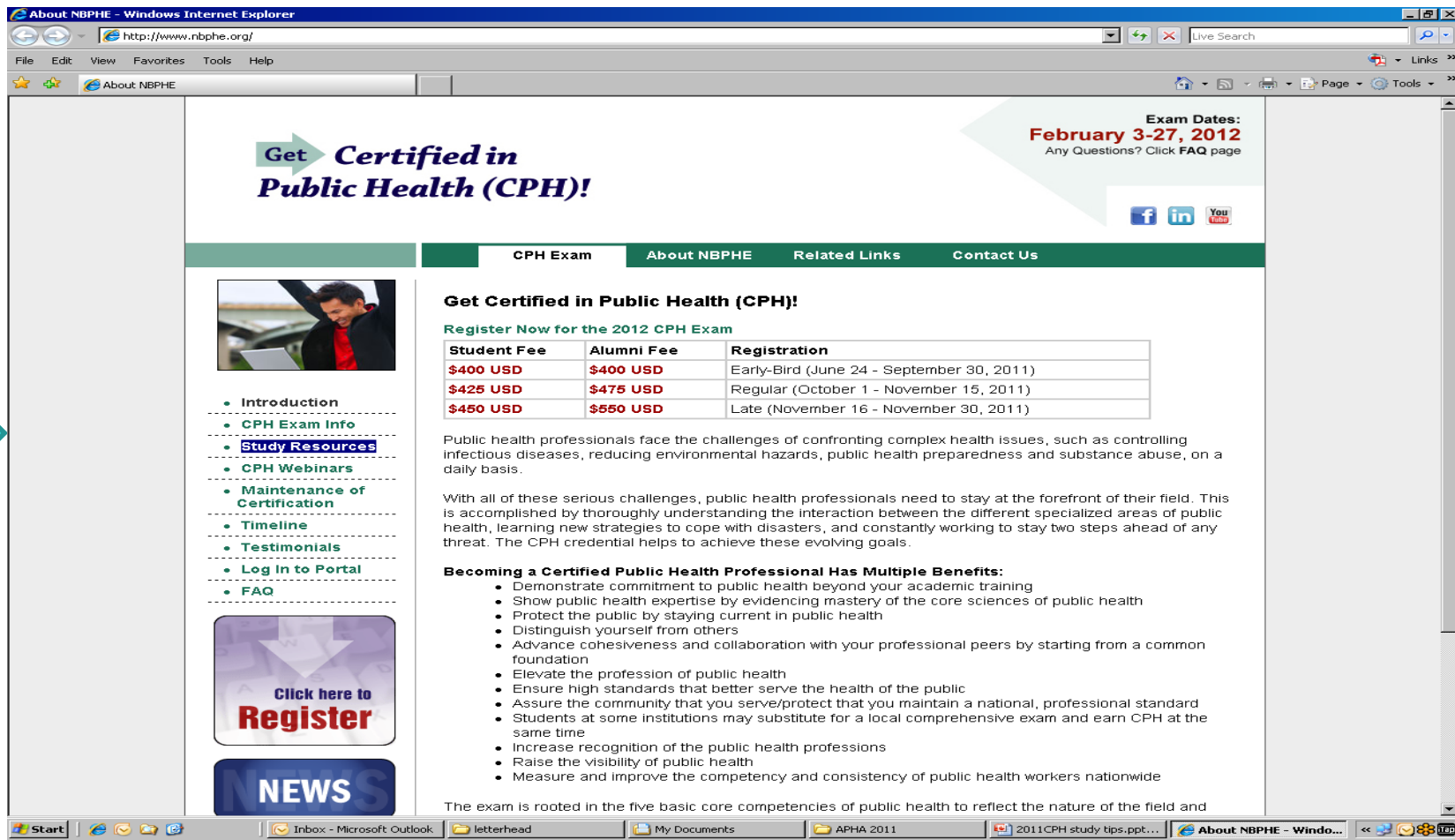
www.nbphe.org/FAQs.cfm

www.nbphe.org/documents/SampleExam.pdf

What other study resources are available?

1. ASPH CPH study guide
2. Jones & Bartlett CPH exam quick reference review
3. Public Health Training Center Network
4. TRAIN
5. Alma maters
6. Study groups (Facebook)

Where do I find study resources? FAQ of www.publichealthexam.org



Exam Dates:
February 3-27, 2012
Any Questions? Click FAQ page

Get Certified in
Public Health (CPH)!

CPH Exam About NBPHE Related Links Contact Us

Get Certified in Public Health (CPH)!
Register Now for the 2012 CPH Exam

Student Fee	Alumni Fee	Registration
\$400 USD	\$400 USD	Early-Bird (June 24 - September 30, 2011)
\$425 USD	\$475 USD	Regular (October 1 - November 15, 2011)
\$450 USD	\$550 USD	Late (November 16 - November 30, 2011)

Public health professionals face the challenges of confronting complex health issues, such as controlling infectious diseases, reducing environmental hazards, public health preparedness and substance abuse, on a daily basis.

With all of these serious challenges, public health professionals need to stay at the forefront of their field. This is accomplished by thoroughly understanding the interaction between the different specialized areas of public health, learning new strategies to cope with disasters, and constantly working to stay two steps ahead of any threat. The CPH credential helps to achieve these evolving goals.

Becoming a Certified Public Health Professional Has Multiple Benefits:

- Demonstrate commitment to public health beyond your academic training
- Show public health expertise by evidencing mastery of the core sciences of public health
- Protect the public by staying current in public health
- Distinguish yourself from others
- Advance cohesiveness and collaboration with your professional peers by starting from a common foundation
- Elevate the profession of public health
- Ensure high standards that better serve the health of the public
- Assure the community that you serve/protect that you maintain a national, professional standard
- Students at some institutions may substitute for a local comprehensive exam and earn CPH at the same time
- Increase recognition of the public health professions
- Raise the visibility of public health
- Measure and improve the competency and consistency of public health workers nationwide

The exam is rooted in the five basic core competencies of public health to reflect the nature of the field and

Introduction
CPH Exam Info
Study Resources
CPH Webinars
Maintenance of Certification
Timeline
Testimonials
Log in to Portal
FAQ

Click here to Register

NEWS

CPH Study Guide

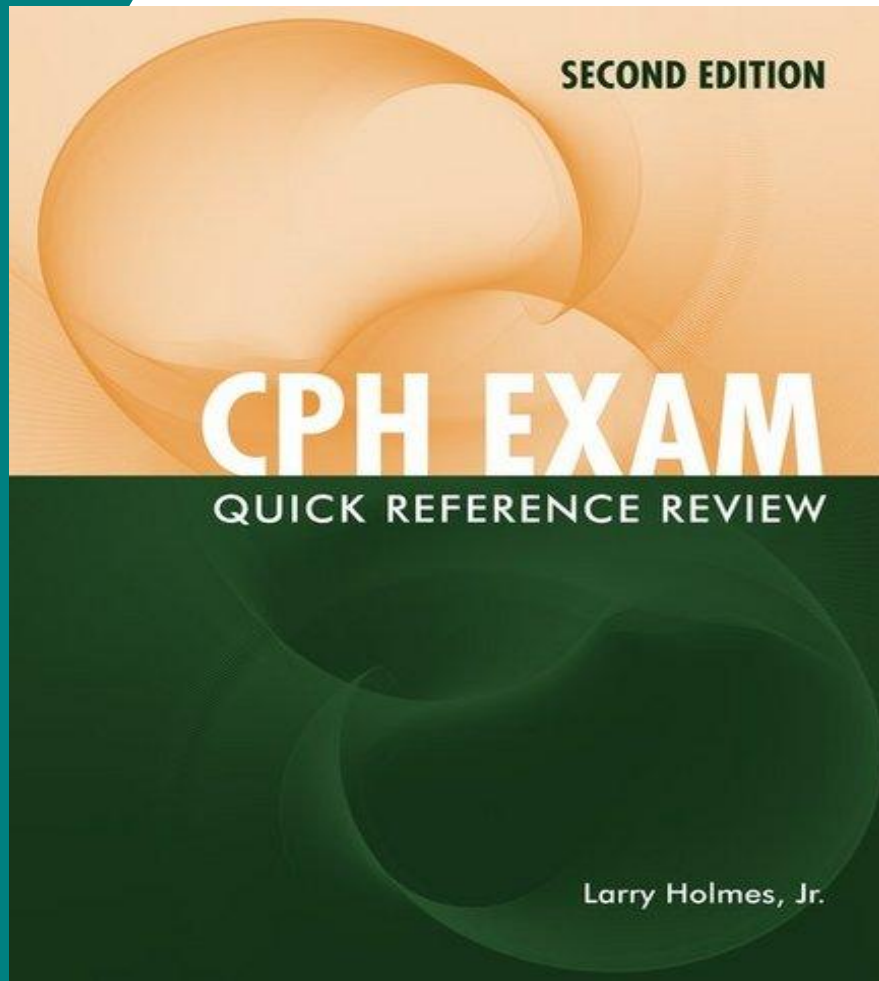
Certified in Public Health

\$39.99, online
\$20 for bulk discount
institutions

- Information about the CPH exam
- Strategies and tips for performing your best on the exam
- Chapters on each of the five core public health areas
- A chapter reviewing the cross cutting competency areas
- A practice test -- self-assessment to identify areas of strength and weakness
- Terminology and definitions for each core area and the cross-cutting competencies

www.asph.org/cphstudyguide/

\$69.95, online



Complete review of each of the core competencies

Vignettes that illustrate the application of the concepts

Figures, tables, and references

200 practice-test questions

Interactive flashcards

Interactive glossary

Web links

www.jblearning.com/catalog/9780763779269/



National Public Health Training Centers Network
Distance Education Center

Preparing public health professionals in a changing world

FREE

Do you need quick training or a refresher course in public health?

We have hundreds of convenient and affordable courses available for you. Search our database to find the courses you need.

Keyword or phrase

Search

[advanced search](#)

www.asph.org/phtc/search-new.cfm

Looking for training recommendations?

View our bundled courses:

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[Public Health 101](#)

[Epidemiology](#)

[Health Literacy](#)

[Environmental Public Health](#)

[Cultural Competency and Diversity 101](#)

[Communication](#)

[Health Disparities](#)

**Johns Hopkins Bloomberg School of Public Health
OpenCourseWare (OCW)**

<http://ocw.jhsph.edu/>

**FREE
and
Fee-
based**

Available Courses include:

Biostatistics:

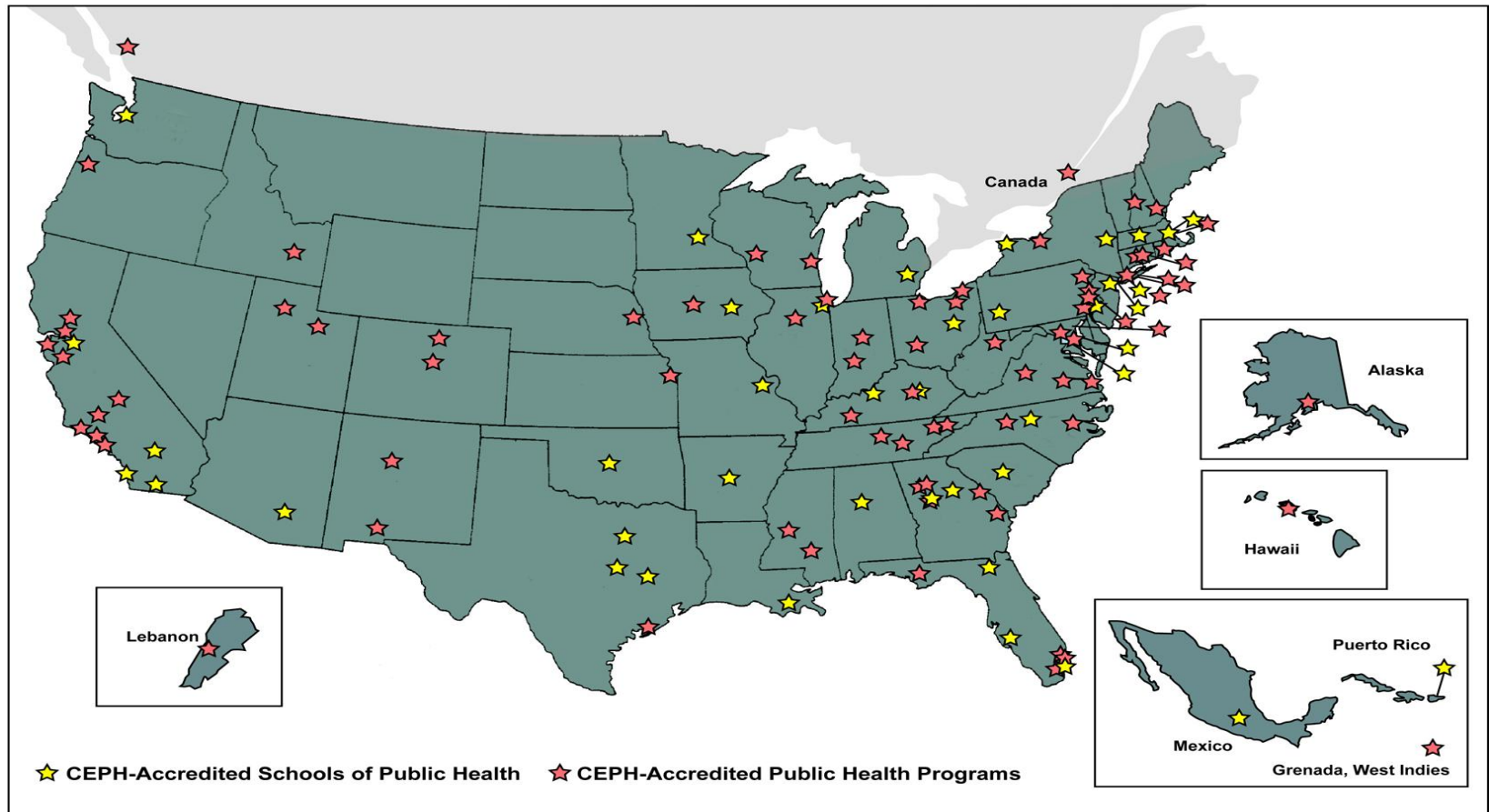
- Introduction to Biostatistics: Sampling Mathematics and the Normal Population Distribution - Course ID 1019120
- Introduction to Biostatistics 2: Variables - Course ID 1019223

Epidemiology: There are several pages of courses on Epidemiology. Some highlights include:

- Epidemiology for Non-Epidemiologists - Course ID 1008743
- Introduction to Epidemiology - Course ID 1005193
- Basic Epidemiology - Course ID 1012950

www.train.org/DesktopShell.aspx

Other resources: Public Health Academic Institutions



USF alumni society

The screenshot shows a Windows Internet Explorer browser window with the address bar displaying <http://publichealth.usfhealthalumni.net/?page=CertificationExam>. The page content includes:

Holler if you have any questions.

Dr. Donna Petersen, Dean

General Information
Register for the exam: www.nbqhe.org

Competency document AND to order a copy of the National Certification Exam Study Guide. If you are a member of Delta Omega, you can order the study guide at a discount – details available on the Delta Omega link: www.asph.org

Handouts

Biostatistics:
<http://health.usf.edu/publichealth/academicaffairs/comps/Biostat1reviewSpring05.pdf>

Environmental and Occupational Health:
<http://health.usf.edu/publichealth/academicaffairs/comps/EOH%20Study%20Guide.pdf>

Epidemiology:
<http://health.usf.edu/publichealth/academicaffairs/comps/epi%20core%20comp%20review.pdf>

Health Policy and Management:
<http://health.usf.edu/publichealth/academicaffairs/comps/comp%20study%20guide%20S05%20HPM.pdf>

Social and Behavioral Sciences Applied to Health:
<http://publichealth.usfhealthalumni.net/?page=SBSReview>

Audio/Videos

The Cross-Cutting Competencies and the National Public Health Certification Exam:
An Enlightening Conversation between Dean Petersen and Associate Dean Liller:
http://scvdeo2.health.usf.edu/esxroot/COPH/Education/Media/COPH_videos/Pub_Hth_Cerf_Exam_Petersen_Liller_3_

Principles of Health Policy and Management:
<http://metcast.usf.edu/Public/announce/COPH/S05CERreview/031005HealthPolicyCompExam42-200k.asx>

Review Questions

Biostatistics: <http://publichealth.usfhealthalumni.net/?page=Biostatistics>

Environmental and Occupational Health: <http://publichealth.usfhealthalumni.net/?page=EOH>

Epidemiology: <http://publichealth.usfhealthalumni.net/?page=Epidemiology>

Health Policy and Management: <http://publichealth.usfhealthalumni.net/?page=HealthPolicy>

Interdisciplinary: <http://publichealth.usfhealthalumni.net/?page=Interdis>

Social and Behavioral Sciences Applied to Health: <http://publichealth.usfhealthalumni.net/?page=SBSReview>

Other Resources: Study Groups



A screenshot of a Windows Internet Explorer browser displaying a Facebook group page for NBPHE. The browser's address bar shows the URL: http://www.facebook.com/home.php?#!group.php?gid=5620752357&ref=nl. The page title is "Facebook | NBPHE". The main content area features a post from Molly Eggleston dated January 29, 2010, at 2:07pm, with the text: "dedicated to staying at the forefront of their field by understanding the interaction between the different specialized areas of public health, learning new strategies to... (read more)". The post has 1 comment from Robert J. Chen, dated January 28, 2009, at 12:54pm, stating "Just got the results yesterday... So happy I passed the exam". Other posts include congratulations from Donna Spangler and Tulolope Akinbo, and a post from Monica Getahun about taking the exam in August. The left sidebar contains information about the group, including its purpose, privacy type (public), and a list of members: Autumn Deltore, Jasmine Simpson, Molly Eggleston, Ramahis hna Prasad, Kalpana Ranish, and Ash Boldin. The right sidebar features an advertisement for H&R BLOCK "PROS BY YOUR SIDE. Get It Right!" and a "Log On" button for the website www.apha.org. The Windows taskbar at the bottom shows the Start button, several open applications including Microsoft Outlook and a PowerPoint presentation, and the system tray.

Advice from CPH professionals:



Advice from CPH professionals:

As with other standardized tests, timing and rhythm is crucial. Go prepared for an exhausting morning or afternoon, bring plenty of granola bars for the breaks and don't abuse caffeine.

Use the study guide and review the areas outlined in the core competencies as a good starting point and you will pass. The exam takes time; be well rested and relaxed.

Advice from CPH professionals:

Don't hesitate to take the exam. Use the resources that are available to help you review and prepare for the exam.

Your Public Health degree has already provided you with all the core competencies covered in the exam questions.

Refresh your memory and you'll be ready to go!

Advice from CPH professionals:

The standardized exam experience hasn't changed much, aside from being completed on a computer. Be rested and relaxed. Take breaks, as needed. When you are uncertain of the answer, your first instinct on the response is likely correct (After all, you did learn all of the core competencies during your public health education!)

Advice from CPH professionals

I didn't study for the test, but if a person has the time, I would recommend it. I used my experience to answer the questions.

Advice from CPH professionals

I was 27 years out of graduate school when I took the exam last summer, and it was a wonderful motivation to review what I learned in school and to make sure that I was keeping up with developments in public health. Unless you are a recent graduate, you absolutely do need to study!

Advice from CPH professionals

The test doesn't cover the detailed intricacies of quantitative analysis. It covers the information you should know anyway: the core competencies. Just brush up on the basics and you'll be in a great position to pass the test.

Study, get a good night's sleep, and eat breakfast!

Advice from CPH professionals

I told the students to take the exam while the material was fresh in their mind. There is no harm in taking the exam and the exam fee is comparable to other national certifications. Plus, it can only be seen as a positive attribute when job searching.

I learned that even though I am a poor test taker, I could still pass the exam. I studied and prepared ahead of time. The exam was a great overview of the public health field, however, it was also very broad. We need to know a lot of material!

Can I retake the CPH exam?

- Yes (assuming acceptable behavior)
- Retake at going rate for each administration

What if I no-show or forget my Scheduling Permit?

Refund Policy: The registration fee is not refundable but it is deferrable. The international exam fee is not refundable.

Can I defer to another year? Yes

Can I reschedule to a different day? Yes...

Be a Public Health Professional. Be CPH.

- Testing period: February 3-27, 2012
- Offered in over 300 locations in U.S. and globally. Up charge outside of USA/Canada/PR/US VI/Guam
- Don't need to know where you'll be in Feb. to register now.
- Appointments for locations and time are on a first-come, first-served basis. So sign up today!

Got CPH?

Take the Exam!
Get Certified in Public Health (CPH)!
www.publichealthexam.org

Register now for first dibs on exam
date, time, and location

www.publichealthexam.org



Deadline = 11.30.11 @ midnight EST