

# ASPPB EPPP - Quiz Questions with Answers

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## Part 1-Knowledge, Domain 1: Biological Bases of Behavior

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Part 1-Knowledge, Domain 1: Biological Bases of Behavior

1.

Which of the following properly describes the relationship of the firing of neurons to the quality of the signal received?

**The firing of a neuron is all-or-nothing**

The stronger and more intense the input is, the faster and stronger the neuronal firing will be

The weaker and less intense the input is, the faster and stronger the neuronal firing will be

The more rapid the input is, the weaker and less intense the neuronal firing will be

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*Correct answer: The firing of a neuron is all-or-nothing*

*Neurons, the building blocks of the nervous system, are responsible for conducting the connections that occur within the brain. The axon terminal of a neuron releases neurotransmitters, which cause postsynaptic excitation or inhibition. The firing of a neuron is an all-or-nothing approach, as the strength of the neuronal firing does not vary in response to the strength or speed of the input.*

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2.

How many divisions are located on the spinal cord?

Four

Two

Seventeen

Forty

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*Correct answer: Four*

*There are four major divisions of the spinal cord: cervical, thoracic, lumbar, and sacral. Each of these regions corresponds to different areas of the body. Within these four divisions, there are 30 total segments that link the organs and muscles of specific body regions.*

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3.

What does the brain's ventricular system provide?

**Both protection and structural support**

Protection

Structural support

Increased surface area of the cortex

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*Correct answer: Both protection and structural support*

*The ventricular system of the brain provides both protection and structural support. It is made up of chambers and channels filled with fluid, which circulates through the ventricles and maintains the brain's buoyancy in the cranial vault.*

*The cerebrum, not the ventricular system, increases the surface area of the cortex.*

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**4.**

A diabetic patient is admitted to the hospital for a mild foot infection that will not go away. On the second day of hospitalization, the infection becomes much worse. The patient begins acting confused, has trouble concentrating, and seems to have difficulty speaking.

These symptoms can be attributed to which of the following?

**Delirium**

Pseudodementia

Alexia

Cognitive impairment

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*Correct answer: Delirium*

*Delirium refers to a state of confusion with an acute onset. It cannot be better explained by dementia, has a course that is often fluctuating, and is usually reversible. Delirium best describes the patient's symptoms in this scenario.*

*Pseudodementia refers to dementia-like symptoms that occur alongside another psychiatric illness, most often depression. Pseudodementia can cause problems like slowed processing speed and inattention. Alexia is the acquired inability to read, often the result of a stroke in the posterior region of the left hemisphere. Cognitive impairment is a general term that describes decline in cognitive functions, such as thinking, memory, and information processing, but delirium more specifically describes the patient's symptoms.*

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5.

Which area of the brain has been the focus of some studies on autism spectrum disorder due to its link with imitation and empathy?

**Premotor cortex**

Occipital lobes

Temporal lobes

Parietal lobes

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*Correct answer: Premotor cortex*

*The premotor cortex is dedicated to initiating and executing limb movements along with input from other areas of the brain. Mirror neurons in this section of the brain are associated with empathy and imitation, skills that people with autism spectrum disorder may lack.*

*The occipital lobes are primarily dedicated to visual processing. The temporal lobes are primarily concerned with auditory processing. The parietal lobes also process visual information and include the site of somatosensory processing.*

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6.

What is the outermost layer of the brain's protection?

**The skull**

The arachnoid mater

The pia mater

The subarachnoid space

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*Correct answer: The skull*

*The skull is the hard bone structure forming the cranial vault in which the brain sits. It is the outermost layer of brain protection.*

*The arachnoid mater is a membrane separated from the immediate inside surface of the skull by a series of veins. The pia mater is the most delicate membrane that closely follows the contours of the brain. The subarachnoid space contains a network of arteries, veins, and connective tissue.*

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7.

Which of the following refers to something that has no effect unless an agonist is present?

**Antagonist**

Subagonist

Inferior agonist

Partial agonist

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*Correct answer: Antagonist*

*An antagonist blocks the effects of agonists on the system but has no effect of its own unless the agonist is also present. Antagonists are used in pharmacology to change the effects of certain neurotransmitters in the brain.*

*A partial agonist also binds to a receptor site and mimics the activity of a neurotransmitter but only produces a partial effect of the full agonist. "Subagonist" and "inferior agonist" are fabricated terms.*

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**8.**

A doctor has ordered a non-urgent test that will capture high-resolution images to detect any lesions or tumors in the brain. What type of test can **best** capture these images?

**MRI**

CT scan

Neuroangiography

EEG

*Correct answer: MRI*

*MRI (magnetic resonance imaging) can capture detailed images of the brain to detect small lesions, tumors, or other abnormalities that are not seen by a CT scan. MRIs, however, cost more and take longer than CTs.*

*CT scans are made of many different X-rays that are put together to produce detailed images of bone, air, tissues, and liquid; they are typically used to examine the density of brain tissue. Neuroangiography produces images of blood vessels via radiographs and is primarily used to detect vascular diseases. EEGs measure brain activity but have poor sensitivity for detecting brain lesions.*

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9.

A genetic counselor would most likely pass on what information to a 35-year-old client recently diagnosed with Huntington's disease?

**The client's children have a 50% chance of developing Huntington's disease**

The client's children will likely begin to show symptoms by adolescence if they have the condition

Just 5/100,000 children who have a parent with Huntington's disease will develop the condition

Only the client's sons have a chance of developing Huntington's disease

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*Correct answer: The client's children have a 50% chance of developing Huntington's disease*

*Huntington's disease is a degenerative movement disorder that also often results in behavioral disturbances such as personality changes, restlessness, psychosis, and others. Unfortunately, there is no treatment yet for Huntington's disease. Because it is an autosomal dominant gene, if one parent has the Huntington's gene and the other does not, the offspring have a 50% chance of developing the disease.*

*Typically, symptoms begin in the third or fourth decade of life, not during adolescence. Overall, Huntington's disease affects 5/100,000 people, but offspring have a 50% chance of having the disorder if their parents have it. Because Huntington's disease is inherited through an autosome rather than a sex chromosome, males and females are equally affected.*

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10.

According to the DSM-5-TR, what percentage of dementias is attributable to Alzheimer's disease?

**60-90%**

10-20%

1-5%

45-55%

*Correct answer: 60-90%*

*According to the DSM-5-TR, approximately 60% to 90% of dementia cases are attributable to Alzheimer's disease, depending on the setting and diagnostic criteria. Almost 100% of all people with Alzheimer's disease are age 65 or older.*

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11.

A six-year-old child has been diagnosed with Broca's aphasia. What area of the brain has likely been affected?

**The inferior lateral region of the left frontal lobe**

The temporal lobe

The basal ganglia

The thalamus

*Correct answer: The inferior lateral region of the left frontal lobe*

*The inferior lateral region of the left frontal lobe governs the production of fluent oral and written speech. Someone with a lesion on this part of the brain is often diagnosed with Broca's aphasia, a language disorder.*

*The temporal lobes are associated with auditory processing, which refers to the ability to process sound. The basal ganglia are associated with movements of the body, and abnormal basal ganglia activities would result in a movement disorder. Lesions on the thalamus would result in diseases associated with metabolism, the vascular system, and infections.*

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12.

Which of the following is an anxiolytic drug used for the treatment of anxiety disorders?

**Lorazepam**

Phenelzine

Paroxetine

Haloperidol

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*Correct answer: Lorazepam*

*Lorazepam is a benzodiazepine drug used in the treatment of anxiety. Drugs in the benzodiazepine class can be used to treat generalized anxiety disorder, panic disorder, and phobic disorder, among others.*

*Phenelzine and paroxetine are both antidepressant drugs, and haloperidol is an antipsychotic.*

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13.

A patient enters the emergency room with head trauma after falling onto concrete from a high wall. What imaging test is **most likely** to be recommended right away?

CT scan

MRI

Wada test

Neuroangiography

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*Correct answer: CT scan*

*There are several types of structural imaging tests that can be administered to view images of the brain, although each test is used for different purposes. Computerized tomography (CT) provides information about the density of brain tissue and is used in emergency rooms to detect skull fractures and acute hemorrhages due to trauma.*

*MRIs provide good contrast and imaging but take longer than CT scans and are more expensive.*

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**14.**

Which of the following is true about the prognosis for children who suffer from febrile seizures?

**They suffer no further long-lasting effects**

They later develop epilepsy in all cases

They develop epilepsy in 30% of cases

They develop epilepsy in 45% of cases

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*Correct answer: They suffer no further long-lasting effects*

*Most children with febrile seizures, which occur in the context of a high fever, do not develop epilepsy. These seizures are isolated and have no long-lasting effects.*

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15.

A psychiatrist has diagnosed a patient with schizophrenia. Which medication may be used to treat this condition?

**Risperdal**

Wellbutrin

Klonopin

Adderall

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*Correct answer: Risperdal*

*Risperdal is an atypical antipsychotic used to treat symptoms of psychosis, such as hallucinations and paranoia. It is also FDA-approved for treating agitation and aggression associated with dementia and bipolar disorders, as well as disruptive behavior disorders in children and adolescents.*

*Wellbutrin treats depression, Klonopin is an anxiety medication, and Adderall is used for patients with attention-deficit/hyperactivity disorder (ADHD).*

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16.

Which of the following is the most accurate definition of a seizure?

**Abnormal behavior resulting from abnormal electrical firing of neurons**

A disturbance in consciousness alongside a change in cognition that isn't explained by dementia

A state in which at least one cognitive domain, such as memory, is impaired more than expected for one's age

A progressive neurodegenerative disorder associated with history of head trauma

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*Correct answer: Abnormal behavior resulting from abnormal electrical firing of neurons*

*Seizures occur when neurons fire abnormally, resulting in abnormal behavior of the individual. This can result in convulsions, loss of consciousness, strange emotions or behavior, and odd sensations.*

*A disturbance in consciousness alongside a change in cognition that isn't explained by dementia is the definition of delirium. Mild cognitive impairment is a state in which at least one cognitive domain, such as memory, is impaired more than expected for one's age. Chronic traumatic encephalopathy (CTE) is a progressive neurodegenerative disorder associated with a history of head trauma.*

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17.

What is the time it takes for drug concentration to decrease by half?

**Elimination half-life**

Half-life effectiveness

Therapeutic window

Psychoactivity

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*Correct answer: Elimination half-life*

*Elimination half-life is the time it takes for drug concentration to decrease by half due to excretion and metabolic change. Drugs with longer half-lives, such as SSRIs, last longer in a person's system than those with shorter half-lives, such as stimulant medications.*

*A therapeutic window is the range of a drug dose that can result in desired efficacy without resulting in unsafe side effects. "Psychoactivity" is a fabricated term, although psychoactive drugs can treat psychiatric disorders. "Half-life effectiveness" is also a fabricated term.*

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18.

Which of the following is the correct definition of excitotoxicity?

**Cell death due to excessive stimulation**

Abnormal cell activity due to excess dopamine

Extremely low levels of dopamine in the brain

Cell death due to lack of stimulation over time

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*Correct answer: Cell death due to excessive stimulation*

*Excitotoxicity is cell death due to excessive stimulation. Excessive glutamate, an amino acid and a neurotransmitter, can lead to excitotoxicity.*

*Excitotoxicity does not refer to abnormal cell activity due to excess dopamine. The term also does not refer to extremely low levels of dopamine in the brain or cell death due to lack of stimulation.*

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19.

According to the DSM-5, all the following are examples of domains used to diagnose the severity of a neurocognitive disorder **except**:

**Extracurricular function**

Complex attention

Language

Social cognition

*Correct answer: Extracurricular function*

*To diagnose the severity of a neurocognitive disorder, the DSM-5 uses criteria from many cognitive domains. "Extracurricular function" is a fabricated answer and is not included in these domains.*

*The cognitive domains included in the DSM-5 include complex attention, executive function, learning and memory, language, perceptual-motor, and social cognition. These areas are all used to determine whether an individual meets the criteria for a major or mild neurocognitive disorder (NCD).*

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20.

What was the **first** mood-stabilizing medication approved by the FDA?

Lithium

Zyprexa

Haldol

Thorazine

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*Correct answer: Lithium*

*Lithium, which is widely used today, was the first mood-stabilizing medication approved by the FDA. Side effects can be uncomfortable, and frequent blood levels must be drawn to guard against toxicity.*

*Zyprexa is an atypical antipsychotic, and Haldol and Thorazine are typical antipsychotics.*

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**21.**

According to the DSM-5-TR, which of the following is the strongest risk factor, among these four options, for major or mild neurocognitive disorder due to Alzheimer's disease?

**Genetics**

Ethnicity and race

Gender

Traumatic brain injury

*Correct answer: Genetics*

*According to the DSM-5-TR, age is the greatest risk factor for Alzheimer's disease (AD), but because age is not listed here, genetics is the strongest risk factor for the condition among these four choices. In fact, there is a strong genetic component to the disease, with genetics contributing 60 to 80% to the risk of Alzheimer's.*

*Ethnicity/race and national origin are linked to the genetic risk for Alzheimer's, as certain genetic markers are more likely in specific ethnoracial groups. This contributes less to the risk of Alzheimer's than genetics themselves. Some research suggests that women are more likely than men to develop Alzheimer's disease, but genetics is still a stronger contributor. Traumatic brain injury can increase the risk of Alzheimer's, particularly in men, but the relationship between traumatic brain injury and Alzheimer's is controversial.*

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22.

All of the following are amino acids **except**:

Dopamine

Tryptophan

Glutamine

Cysteine

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*Correct answer: Dopamine*

*Dopamine is a catecholamine that can be both excitatory and inhibitory. It is not an amino acid.*

*Amino acids are organic compounds that combine to form proteins. Tryptophan, glutamine, and cysteine are amino acids. All four answer choices, including dopamine, are types of neurotransmitters that transmit signals from one neuron to another.*

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23.

Depression and anxiety are associated with low levels of which neurotransmitter?

**Serotonin**

Dopamine

Norepinephrine

Acetylcholine

*Correct answer: Serotonin*

*Low levels of serotonin are associated with depression and anxiety, which is why many antidepressant medications target increasing levels of serotonin in the brain. Serotonin levels, in general, are associated with mood regulation, appetite, learning, sleep, sexual functioning, level of consciousness, and pain.*

*Low levels of dopamine are associated with attention deficit/hyperactivity disorder. Low levels of norepinephrine may cause depression but not necessarily anxiety. Degeneration of acetylcholine is associated with Huntington's disease, a movement disorder.*

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24.

A woman has a seizure that causes her to appear as if she is staring into space. What type of seizure is she probably experiencing?

**Absence**

Tonic-clonic

Pseudoseizure

Simple partial seizure

*Correct answer: Absence*

*There are several different types of seizures. An absence seizure is a type of generalized seizure in which a person seems to be staring into space. Absence seizures were previously called petit-mal seizures.*

*In a tonic-clonic seizure, formally called a grand mal seizure, an individual may lose consciousness, stiffen, and jerk their arms or legs repetitively. A person having a pseudoseizure may appear to be having a seizure, but there is no seizure activity actually taking place in the brain. With a simple partial seizure, a person does not lose consciousness but may demonstrate sudden, unexplained joy or anger and hear, smell, or see things that are not actually present.*

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25.

The flight-or-fight response is controlled by what area of the brain?

**Amygdala**

Basal ganglia

Brainstem

Cerebellum

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*Correct answer: Amygdala*

*The amygdala, which is located in front of the hippocampus, is responsible for controlling emotions as well as processing olfactory stimuli. The amygdala is an essential component of the flight-or-fight response and is connected to midbrain structures.*

*The basal ganglia are associated with bodily movements. The brainstem is the source of many autonomic functions such as breathing. The cerebellum is composed of gray and white matter and, like the basal ganglia, is associated with the regulation of movement.*

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26.

A woman speaks in a slow and halting manner with poor grammar and limited vocabulary. She might be suffering from:

**Broca's aphasia**

Alexia

Conduction aphasia

Wernicke's aphasia

*Correct answer: Broca's aphasia*

*Broca's aphasia is associated with speech that is slow and halting, with poor grammar. Individuals with this condition typically have brain damage in the left frontal lobe, near Brodmann areas 44 and 45, which are called the "Broca's area".*

*Alexia is an acquired inability to read, which usually develops after a stroke in the posterior region of the brain's left hemisphere.*

*Conduction aphasia is believed to develop with damage to the arcuate fasciculus, a large area of white matter that connects the Broca's area to the Wernicke's area. A person with this condition can speak normally, name objects, and understand speech, but they struggle to repeat what others have said.*

*Finally, Wernicke's aphasia is a form of fluent aphasia in which a person is unable to understand language. Speech is fluent but is often incoherent, with word salads and neologisms being prominent. This condition usually develops as a result of lesions in the left temporal lobe.*

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27.

Since the 1990s, benzodiazepines have been replaced by what type of psychotropic medication?

**Selective serotonin reuptake inhibitors**

Antipsychotics

Tricyclic antidepressants

Psychostimulants

*Correct answer: Selective serotonin reuptake inhibitors*

*Since the 1990s, benzodiazepines have been replaced with selective serotonin reuptake inhibitors (SSRIs). Overall, SSRIs are safer than benzodiazepines, have fewer side effects, and have a lower risk of dependence.*

*Benzodiazepines have not been replaced with antipsychotics, tricyclic antidepressants (TCAs), or psychostimulants because all these medications target symptoms that are different from those targeted by benzodiazepines. In the case of TCAs, certain symptoms (e.g., orthostatic hypertension) make them less attractive than more recently developed medications.*

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28.

A psychologist reads on an intake form filled out by a new patient that they are taking 36 mg of Concerta. Based on this information, the psychologist can assume which of the following?

**The patient has attentional difficulties**

The patient has a history of depression

The patient requires frequent lab work to draw blood levels

The patient has a form of bipolar disorder

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*Correct answer: The patient has attentional difficulties*

*Psychostimulants are used to treat attention deficit hyperactivity disorder and include Concerta (methylphenidate), Adderall (amphetamine), and many others. Stimulant medications are typically effective, and side effects can include digestive upset, headaches, insomnia, and irritability, among others.*

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29.

What is the difference between alexia and dyslexia?

**Alexia is acquired, and dyslexia is a developmental disorder**

Alexia is the inability to read, and dyslexia is the inability to write

Alexia occurs in children, and dyslexia occurs in adults

Alexia is more severe than dyslexia

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*Correct answer: Alexia is acquired, and dyslexia is a developmental disorder*

*Alexia is an acquired inability to read, whereas dyslexia is a developmental disorder starting in childhood. Alexia usually results from a stroke in the posterior region of the left hemisphere of the brain.*

*Both alexia and dyslexia are associated with an impaired ability to read, and both can occur in childhood and/or adulthood. Depending on the individual, dyslexia can be more severe than alexia and vice versa.*

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30.

In a severe car accident, the lower cervical regions of an individual's spine are damaged. Which of the following is **most likely**?

**The individual can move their arms but not their legs**

The individual cannot move their arms or legs

The individual is unable to speak

The individual cannot understand or express emotion

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*Correct answer: The individual can move their arms but not their legs*

*The ways in which a person is injured depends on what part of the spine is affected. Damage to the lower cervical regions often results in an inability to move the legs.*

*Damage to the upper part of the spine often results in an inability to move both arms and legs. Brain damage, not spinal damage, is more likely to result in an inability to speak or otherwise express oneself.*

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31.

Which of the following characterizes the medication memantine?

**Slows the progression of Alzheimer's disease**

Restores organized thought for those with psychotic disorders

Is a first-line agent for severe depression

Can only be prescribed to children

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*Correct answer: Slows the progression of Alzheimer's disease*

*Memantine (Namenda) is a medication that is sometimes used to slow the progression of Alzheimer's disease. It works by regulating glutamate, an important transmitter for brain function that can cause cell death at high levels. Side effects of memantine include dizziness, constipation, and headaches.*

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**32.**

Which of the following brain regions is associated with the regulation of movement?

**Cerebellum**

Temporal lobe

Cerebrum

Occipital lobe

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*Correct answer: Cerebellum*

*The cerebellum, which is attached to the posterior brain stem, is responsible for the regulation of movement. This includes coordination, postural control, and both automatic and rhythmic movements.*

*The temporal lobes are associated with primary auditory processing. The cerebrum is responsible for increasing the surface area of the brain and forming boundaries of major brain divisions. The occipital lobes are primarily dedicated to visual processing.*

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33.

A man suffers a stroke in the posterior region of the left hemisphere of his brain. After he has recovered from the immediate effects of the stroke, he discovers that he can write easily but can no longer read well.

This individual **most likely** has which condition?

**Alexia**

Anomic aphasia

Agraphia

Wernicke's aphasia

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*Correct answer: Alexia*

*Alexia refers to the inability to read that occurs after a stroke damages the posterior region of the left hemisphere of the brain. The visual centers are disconnected from the language centers of the brain, leaving the ability to write mostly intact but causing severe impairments in reading abilities.*

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34.

Which area of the brain is responsible for long-term memory?

**Hippocampus**

Amygdala

Thalamus

Cerebellum

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*Correct answer: Hippocampus*

*The hippocampus is part of the limbic system and is responsible for a person's long-term memory. A person who has had their hippocampus removed experiences severe memory problems.*

*The amygdala is responsible for processing emotions and olfactory stimuli. The thalamus is responsible for relaying communication between the cortex and brainstem, as well as some attention and perceptual functions. The cerebellum is responsible for regulating movement and may play a role in learning and attention, per research.*

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35.

What is one difference between a traditional X-ray and a CT scan?

**An X-ray takes one picture at a time, whereas a CT scan can combine many different images into one**

An X-ray takes much longer to perform than a CT scan

An X-ray shows differences in bone density quickly and easily, whereas a CT scan captures only the image and not the density

There are no differences, as a CT scan is a type of X-ray

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*Correct answer: An X-ray takes one picture at a time, whereas a CT scan can combine many different images into one*

*An X-ray takes one picture at a time, but a CT scan can combine many different images into one. CT scans can also show differences in the density of bone and tissue.*

*X-rays do not take more time to perform than a CT scan.*

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36.

Dopamine pathways extend to which parts of the brain?

**Frontal lobes, basal ganglia, and hypothalamus**

Brain stem and amygdala

Cerebellum, amygdala, and hypothalamus

Temporal lobes and parietal lobes

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*Correct answer: Frontal lobes, basal ganglia, and hypothalamus*

*Dopamine pathways extend to the frontal lobes, basal ganglia, and hypothalamus in the brain. Overactivity has been associated with schizophrenia, and under-activity has been linked to ADHD.*

*Dopamine pathways do not extend to the brain stem, amygdala, cerebellum, temporal lobes, or parietal lobes, as none of these regions of the brain are associated with executive functioning or primary symptoms of schizophrenia.*

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37.

A patient is taking a prescribed drug that acts as an *agonist* of the GABA receptors. What does the term "agonist" mean in this scenario?

**The drug mimics the activity of the GABA neurotransmitter**

The drug reduces the effectiveness of the GABA neurotransmitter system

The drug blocks the effects of the GABA neurotransmitter

The drug inhibits the enzymes that break down the GABA neurotransmitter

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*Correct answer: The drug mimics the activity of the GABA neurotransmitter*

*An agonist drug is one that binds to a receptor site and mimics the activity of neurotransmitters, thereby causing the same effect as the neurotransmitter itself. A drug that acts as an agonist of the GABA receptors would bind to those receptors and mimic the activity of GABA.*

*An inverse agonist binds to the same receptors as agonist drugs; however, the inverse agonist acts opposite to an agonist and actually decreases the effectiveness of the neurotransmitter system. An antagonist drug blocks the effects of a neurotransmitter system. Agonists do not inhibit the enzymes that break down the neurotransmitter; instead, agonists act by occupying the receptor and mimicking the effects of the neurotransmitter.*

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38.

The site of primary auditory processing is located in what part of the brain?

**The superior temporal gyrus**

The parietal lobe

The cerebellum

The hippocampus

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*Correct answer: The superior temporal gyrus*

*Auditory processing takes place in the superior temporal gyrus, which is a division of the temporal lobe. This region inputs frequencies detected by the inner ear and interprets these sounds to the brain.*

*The parietal lobes are the site of primary somatosensory processing, such as the detection of touch, pressure, and pain in the post-central gyrus. The cerebellum is primarily concerned with the regulation of movement and some cognitive functions. The hippocampus is critical for memory formation.*

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39.

Where in the brain is cerebrospinal fluid located?

**The ventricles**

The basal ganglia

The brain stem

The subarachnoid space

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*Correct answer: The ventricles*

*Cerebrospinal fluid (CSF) is located in the ventricular system of the brain. It is a colorless fluid that circulates throughout the ventricles and prevents infection in the brain.*

*The basal ganglia includes a network of complex loops that are responsible for motor output, emotions, cognition, and eye movement. The brain stem is the core of the brain, and it is responsible for autonomic functions such as breathing and blood pressure. The subarachnoid space includes a network of arteries, veins, and connective tissue, called the trabeculae. These three areas here do not include the cerebrospinal fluid.*

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40.

The victim of a car accident suffered damage to the lower cervical regions of the spine. What is the **most likely** result of this injury?

Paraplegia (inability to move the legs)

Quadriplegia (inability to move the arms and legs)

Paresis (muscle weakness)

Posttraumatic stress disorder

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*Correct answer: Paraplegia (inability to move the legs)*

*Each region of the spine corresponds to a different area of the body. Damage to the lower cervical areas of the spine results in paraplegia, or the inability to move the legs.*

*Quadriplegia would result if the upper cervical areas were seriously damaged. Paresis, rather than total immobility, might occur with incomplete damage to the spinal cord. Posttraumatic stress disorder might result from being in a car accident, but it is a psychological consequence of the accident.*

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41.

Which of the following statements is **true** regarding communication between neurons?

**Communication between neurons takes place between the axon of one neuron and the dendrites of another neuron**

Communication between neurons takes place between the cell bodies of both neurons

Communication between neurons takes place between the dendrites of both neurons

Communication between neurons takes place between the nucleus of one neuron and the dendrites of another neuron

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*Correct answer: Communication between neurons takes place between the axon of one neuron and the dendrites of another neuron*

*The neuron is the building block of the nervous system and varies in size and shape. The axon from one neuron communicates with the dendrites of another neuron; this is how information is passed from one neuron to the next. Communication between neurons takes place in the synapse, which is the space between two neurons.*

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**42.**

After meeting with a client for six sessions, a psychologist tells the client that research shows that a combination of cognitive-behavioral therapy and medication has the best chance of successfully treating the client's condition.

The psychologist has **most** likely given the client which of the following diagnoses?

**Severe depression**

ADHD

Psychotic disorder

Sleep disorder

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*Correct answer: Severe depression*

*In order to recommend the most effective treatments, psychologists should be aware of the results of recent research. Numerous studies have shown that a combination of cognitive-behavioral therapy and antidepressant medication is better than either therapy or medication alone for the treatment of severe depression.*

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**43.**

What is the outermost and most visible layer of the brain?

**Cortex**

Temporal lobes

Ventricles

Amygdala

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*Correct answer: Cortex*

*The cortex is the outermost and most visible layer of the brain. It is composed of six layers of cell bodies and interconnections.*

*The temporal lobes are located on the sides of the brain and act as the site of primary auditory processing. The ventricles are located in the interior of the brain and provide a means for cerebral spinal fluid to circulate throughout the brain. The amygdala is also hidden in the interior of the brain and is associated with processing emotions.*

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**44.**

When postsynaptic excitation reaches a minimum threshold, what does that neuron fire?

**Action potential**

Neurotransmitters

Signal potential

Axon potential

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*Correct answer: Action potential*

*Neurotransmitters are released by the axon of one neuron and bind to the receptors of another. This causes postsynaptic excitation, and when it reaches a minimum threshold, the neuron fires what is called an action potential. This causes the neuron to send the neural signal down its axon.*

*A neuron does not fire neurotransmitters. Axons are the long processes that carry output away from the cell body and are not fired by neurons. "Axon potential" is a fabricated term, as is "signal potential."*

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**45.**

What is the purpose of an agonist in the function of psychotropic medications?

**To act as a neurotransmitter**

To prevent neurotransmitters from binding to neurons

To change the chemical makeup of the medication

To transport the medication through the bloodstream

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*Correct answer: To act as a neurotransmitter*

*An agonist acts as a neurotransmitter and binds to the receptor site where the neurotransmitter typically would. The agonist then has the same effect on the brain as the neurotransmitter would and boosts the overall system.*

*An agonist does not prevent neurotransmitters from binding to neurons but mimics the activity of that neurotransmitter. It does not change the chemical makeup of the medication or transport the medication through the bloodstream.*

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**46.**

Low levels of gamma-aminobutyric acid (GABA) are associated with which of the following?

**High levels of anxiety**

Higher rates of movement disorders

High rates of suicide

High excitotoxicity

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*Correct answer: High levels of anxiety*

*Low levels of gamma-aminobutyric acid (GABA) are associated with high levels of anxiety, and higher levels are associated with a reduction in anxiety. GABA is also associated with emotion, balance, and sleep patterns.*

*A lack of acetylcholine is associated with movement disorders. Although high levels of anxiety are associated with low GABA levels, this does not necessarily lead to high rates of suicide. Low GABA levels are not associated with high excitotoxicity.*

---

47.

Which of the following is the most important reason a psychologist should have knowledge of the uses of psychotropic medications?

**To know when to refer a patient to a prescribing professional**

To know when treating a patient is beyond the psychologists' competence

To be able to answer patients' questions about medications

To monitor patients for side effects

*Correct answer: To know when to refer a patient to a prescribing professional*

*All psychologists should have an understanding of psychotropic medications to be able to know when a referral should be made to a psychiatrist or another prescribing mental health professional. The psychologist is often the intermediary between the patient and the prescribing clinician and should be able to identify when an evaluation for medication is warranted.*

*While psychologists must be able to identify when a particular task or patient issue is beyond their level of competence, medication issues don't usually indicate that the psychologist is incompetent to treat a patient. Rather, the need for medication can be resolved by referring the patient to a prescribing professional. It is helpful to have some knowledge of psychotropic medications in order to answer patients' questions, but this is not as important as knowing when a referral should be made to a prescribing professional. A psychologist may have knowledge of medication side effects, but the best course of action for a patient who is experiencing side effects is to talk with the prescribing doctor.*

---

48.

All the following are classifications of seizures **except**:

Juvenile

Focal

Generalized

Nonepileptic

---

*Correct answer: Juvenile*

*There are several classifications of seizures, but juvenile is not one of them. "Juvenile" is a fabricated term.*

*Focal seizures affect only one part of the brain. Generalized seizures affect both parts of the brain. Nonepileptic seizures occur when a person appears to be having a seizure, but there is no seizure activity in the brain. These terms distinguish the types and causes of seizures and help inform the best course of treatment.*

---



49.

Which of the following medications has the **most** concerning side effect profile?

Clozapine

Methylphenidate

Sertraline

Risperidone

---

*Correct answer: Clozapine*

*While psychotropic medications can greatly improve the quality of life for many people with mental illness, the side effects of many of them can be harmful and even fatal. Clozapine, an effective atypical antipsychotic medication, can be quite dangerous if individuals taking it are not closely monitored. Fatal agranulocytosis, a dangerously low level of white blood cells, can occur, so psychiatrists prescribing clozapine require their patients to have frequent white blood cell counts.*

---

50.

Which type of aphasia tends to result in neologisms and poor insight into deficits?

**Wernicke's aphasia**

Conduction aphasia

Broca's aphasia

Transcortical motor aphasia

*Correct answer: Wernicke's aphasia*

*Wernicke's aphasia primarily occurs when there are lesions in the left temporal lobe, which is the site of primary auditory processing. It is a type of fluent aphasia that causes an individual to be unable to understand language. People with Wernicke's aphasia may not fully understand they have a disorder and often expect others to understand what they are saying. They may speak in neologisms (nonwords) or use the incorrect combination of words, called "word salad."*

*Individuals with conduction aphasia can speak normally and understand speech, but their deficit is in repeating what others say. Broca's aphasia involves slow, halting speech with poor grammar and an inability to repeat what others say. Transcortical motor aphasia is similar to Broca's aphasia, but the ability to repeat what others say remains intact.*

---

51.

What is the purpose of the myelin sheath in the human brain?

**To speed transmission in and between neurons**

To protect neurons from necrosis

To regulate the autonomic nervous system

To slow activity in the nervous system

---

*Correct answer: To speed transmission in and between neurons*

*The myelin sheath is an insulating, fatty layer surrounding the axon that speeds transmission from one neuron to the next. It is part of the neuron, the building block of the nervous system.*

*The primary purpose of the myelin sheath is not to protect neurons from necrosis, nor does it regulate the autonomic nervous system. Myelin does not slow activity in the nervous system; rather, it speeds the transmission of impulses between neurons.*

---

**52.**

Huntington's disease, a movement disorder, is closely associated with the degeneration of what neurotransmitter?

**Dopamine**

Gamma-aminobutyric acid

Norepinephrine

Serotonin

---

*Correct answer: Dopamine*

*Huntington's disease (HD) is an incurable, inherited, progressive neurodegenerative disorder that is defined by a combination of motor, cognitive, and psychiatric features. Pre-clinical and clinical studies have demonstrated the role of the dopamine (DA) system in HD with dopaminergic dysfunction at the level of both DA release and DA receptors.*

---

**53.**

A six-year-old girl was born with a seizure disorder. When she has a seizure, the girl loses consciousness, her body stiffens, and her arms and legs jerk uncontrollably. What type of seizures does this child have?

**Tonic-clonic generalized seizures**

Petit-mal seizures

Idiopathic seizures

Focal seizures

---

*Correct answer: Tonic-clonic generalized seizures*

*There are many different types of seizures. Generalized seizures affect both sides of the brain, while focal or partial seizures affect only one part of the brain. A tonic-clonic generalized seizure, or grand-mal seizure, results in a loss of consciousness, a stiffening of the body, and repetitive jerking of the arms and legs. An absence seizure, or petit-mal seizure, is when an individual appears to be "zoned out" and simply stares blankly into space.*

---

**54.**

Which of the following clients would most benefit from a combination of Guanfacine and behavioral modification therapy?

**A 10-year-old child with ADHD**

A 20-year-old woman experiencing her first episode of schizophrenia

A 50-year-old man experiencing memory loss

A 70-year-old woman with depression

---

*Correct answer: A 10-year-old child with ADHD*

*A child with ADHD would most likely benefit from a combination of Guanfacine and behavioral modification therapy. Guanfacine is a non-stimulant medication used in the treatment of ADHD, but it may not be as beneficial as stimulant medications like Ritalin or Concerta.*

*The remaining options are incorrect. A woman with symptoms of schizophrenia may benefit from an antipsychotic medication rather than a non-stimulant ADHD medication. Memory loss is a normal part of the aging process, but some medications called cholinesterase inhibitors can alleviate the symptoms of dementia. An individual with depression would probably benefit from an SSRI or another antidepressant medication rather than a non-stimulant ADHD medication.*

---

55.

Which of the following would be most likely to be experienced by someone with post-concussion syndrome?

**Disordered sleep and irritability**

Manic episodes and elevated mood

A change in cognition not explained by dementia

Loss of long-term memory and flat affect

*Correct answer: Disordered sleep and irritability*

*Post-concussion syndrome occurs in people who experience lingering symptoms related to a concussion. These symptoms persist for over three months and can last for years; symptoms involve a triad of cognitive, somatic, and behavioral side effects. These can include disordered sleep and irritability, as well as dizziness, sensitivity to light, headaches, nausea, anxiety, depression, and difficulty with concentration and organization.*

*The remaining options are incorrect, as they are not typical symptoms of post-concussion syndrome. Sufferers of post-concussion syndrome are not likely to experience manic episodes and elevated mood; instead, they are likely to experience depression and fatigue. A change in cognition not explained by dementia is associated with delirium, and post-concussive syndrome does not cause a loss of long-term memory coupled with flat affect. It may lead to apathy or depression, but memory disturbances with post-concussion syndrome are likely to affect short-term, rather than long-term, memory.*

---

56.

The basal ganglia include all the following components **except**:

Cerebellum

Caudate nucleus

Putamen

Substantia nigra

---

*Correct answer: Cerebellum*

*While the cerebellum is an extremely important part of the brain, it is not a part of the basal ganglia. The cerebellum is rich in neurons and comprises a gray matter cortex and white matter that provides connections to other areas of the brain.*

*The basal ganglia are composed of the caudate nucleus, putamen, globus pallidus, subthalamic nucleus, and substantia nigra. All these components work together to control the coordination and rhythm of movement.*

---



57.

Which of the following is the **most** delicate and highly vascular membrane in the brain?

Pia mater

Falx cerebri

Arachnoid mater

Skull

---

*Correct answer: Pia mater*

*The pia mater is extremely delicate and highly vascular. It closely follows the contours of the brain and is the layer of protection closest to the brain.*

*The skull is the bone structure that forms the cranial vault in which the brain sits. The falx cerebri is formed by a fibrous membrane that folds down between the two hemispheres of the brain. The arachnoid mater is a thin membrane separated from the dura by the subdural space.*

---

58.

What is the difference between fissures and gyri in the human brain?

**Fissures are the folds, and gyri are the smooth hills of the human brain**

Fissures are the smooth ascents, and gyri are the descents of the human brain

They are different names for the same structure

Fissures are the lateral ventricles of the brain, and gyri are the dorsal ventricles

---

*Correct answer: Fissures are the folds, and gyri are the smooth hills of the human brain*

*Fissures and gyri exist in tandem to increase the surface area of the cortex. The cortex is comprised of six layers of cell bodies and interconnections.*

*These structures are not types of ventricles but ways to describe the methods in which the surface area of the cortex is increased.*

---

**59.**

Which part of the brain is responsible for performing important attention and perceptual functions?

**Thalamus**

Amygdala

Brainstem

Hippocampus

---

*Correct answer: Thalamus*

*The thalamus is connected to specific cortical regions in the brain and is responsible for performing important attention and perceptual functions. The thalamus also performs many critical relay functions between the cortex and brainstem.*

*The amygdala is involved in processing olfactory stimuli and emotions. The brainstem is involved in the control and regulation of autonomic functions and maintaining homeostasis. The hippocampus is involved in memory formation.*

---

60.

What term describes the biochemical and physiological effects of drugs on the body?

**Pharmacodynamics**

Biogenetics

Pharmacokinetics

Neurology

---

*Correct answer: Pharmacodynamics*

*Pharmacodynamics describes the biochemical and physiological effects of drugs on the body. It is important for psychologists to be familiar with pharmacodynamics for many reasons, including recognizing possible side effects of medications on clients.*

*Biogenetics is the processing of studying and manipulating genes to produce desired effects. Pharmacokinetics describes how the body handles drugs through various processes. Neurology is the study of the brain and nervous system.*

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# Part 1-Knowledge, Domain 2: Cognitive-Affective Bases of Behavior

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Part 1-Knowledge, Domain 2: Cognitive-Affective Bases of Behavior

61.

Which of the following was developed by Tulving (1972) and is also known as autobiographic memory?

**Episodic memory**

Nondeclarative memory

Sensory memory

Semantic memory

---

*Correct answer: Episodic memory*

*The concept of episodic memory was developed by Tulving (1972) and is also known as autobiographic memory. Everyday experiences are recorded in episodic memory and are stored automatically. This is one reason that hands-on learning is easier to retain than lecture-based learning.*

*Tulving did not propose other types of memory. Nondeclarative memory consists of items the person is unaware of knowing but can still demonstrate knowledge. Sensory memory is based on retaining visual images and auditory inputs for milliseconds. Semantic memory refers to factual knowledge of the world such as concepts, meanings, and cultural rules.*

---

**62.**

What theory helps explain the relationship of facilitative and inhibitory mechanisms at work in the brain?

**Attentional load theory**

Stroop Effect

Attentional control theory

Homeostasis

---

*Correct answer: Attentional load theory*

*Attentional load theory helps explain the relationship between facilitative and inhibitory mechanisms at work in the brain. It helps explain how the reduction of interference caused by distractors is greatest when the processing demands of the stimulus are highest.*

*The Stroop Effect shows how attention to objects takes precedence over attention to attributes. Attentional control refers to an individual's ability to choose what they pay attention to and what they ignore. Homeostasis refers to the tendency of living things to create a sense of balance and constancy.*

---

63.

Declarative and nondeclarative are two categories of which of the following?

Long-term memory

Short-term memory

Semantic memory

Episodic memory

*Correct answer: Long-term memory*

*Declarative and nondeclarative are two categories of long-term memory, which is all the information someone has learned that is not necessarily needed at the moment. Declarative memory is made up of the information someone knows and can access, while nondeclarative memory consists of the items someone is unaware of knowing yet can access when needed. For example, the skill of riding a bike is part of the nondeclarative memory.*

*Short-term memory can only be retained for a brief time and represents the information we are thinking about at a given moment. It does not include declarative and non-declarative memory. Semantic and episodic memory are both types of declarative memory. Semantic memory is knowledge of facts, concepts, and rules, whereas episodic memory is related to memory of everyday, personal experiences.*

---

**64.**

When Sarah is anxious about her dancing performance, she tends to excessively fixate on her dancing skills, to the point that her performance worsens. She is showing evidence that which of the following theories is true?

**Conscious processing hypothesis**

Processing efficiency theory

Conservation of resources theory

Learned helplessness theory

*Correct answer: Conscious processing hypothesis*

*The conscious processing hypothesis says that when anxiety increases, people consciously focus on their performance of a particular skill, which actually leads to worse performance due to disruption in smooth, automatic processing. Sarah is anxious about her performance and thus fixates, leading to a worse performance. This aligns with the conscious processing hypothesis.*

*The processing efficiency theory states that stress reduces the capacity for working memory, thereby also reducing cognitive resources available for task completion. This then causes people to focus more attention on a task, which can lead to increases in performance. This theory does not align with Sarah's situation.*

*The conservation of resources theory also does not align with Sarah's situation. This theory states that performance is a result of individual and group resources. According to the theory, when a person is lacking resources, they show reduced performance in the face of stress.*

*Finally, learned helplessness theory is not applicable to this situation. This theory states that people who believe they cannot escape emotional pain will become helpless, leading to depression.*

---



65.

What paradigm holds that a stimulus preceding a behavior that leads to something pleasant or desired will tend to be repeated?

**Operant conditioning**

Pavlovian conditioning

Reinforcement scheduling

Verbal learning

---

*Correct answer: Operant conditioning*

*The operant conditioning paradigm states that a stimulus that precedes a behavior that leads to something pleasant or desired will tend to be repeated. This differs from classical conditioning in that it includes the element of choice.*

*Pavlovian conditioning typically refers to classical conditioning in which a response to a stimulus is elicited in response to a previously neutral stimulus. Reinforcement scheduling refers to the frequency at which the learning situation is likely to appear. Verbal learning is a learning style that involves both the spoken and written word.*

---

66.

Which element is missing from the Cannon-Bard theory of emotional experience listed below?

Stimulus -> ? -> Thalamic processing -> Behavior

**Cortical processing**

Emotional response

Autonomic arousal

Cognitive interpretation

---

*Correct answer: Cortical processing*

*According to the Cannon-Bard theory of emotional experience, in the presence of a possible threat, an individual processes that information and recognizes the threat (cortical processing). The individual then experiences an emotion, such as fear, and subsequently runs away.*

*The emotional response occurs in the thalamus, which is the step after cortical processing. Autonomic arousal and cognitive interpretation are steps in the "two-factor" model of emotion developed by Schachter and Singer.*

---

67.

Which of the following is a key critique of the James-Lange theory?

**Physiological responses could be a consequence of an emotion and not necessarily a precursor**

It is too focused on an individual's inability to perceive autonomic responses

It is outdated

It is oversimplified and only applies to fear

---

*Correct answer: Physiological responses could be a consequence of an emotion and not necessarily a precursor*

*There are many critiques of the James-Lange theory, which posits that emotions emerge as a result of a physiological response. However, many psychologists maintain that physiological responses happen after an emotion rather than the other way around.*

*Most critics of the James-Lange theory do not believe that the theory is too focused on an individual's inability to perceive autonomic responses, that it is outdated, or that it is oversimplified. Fear is often used as an example when demonstrating the James-Lange theory, but the theory can apply to other emotions as well.*

---

68.

The basic emotion model posits that humans acquire six core emotions at what point in development?

Birth

Late childhood

Adolescence

Middle adulthood

*Correct answer: Birth*

*The basic emotion model, developed by Ekman and Friesen (1971), posits that humans acquire six core emotions at birth: happiness, sadness, surprise, disgust, anger, and fear. Supporters of the basic emotion model claim that these emotions are hard-wired and any other emotions are simply a mixture or variation of these basic emotions.*

*Secondary emotions, which are combinations of the basic emotions, may be developed during childhood, adolescence, or adulthood.*

---

69.

William James was the first psychologist to do what?

**Propose a theory about emotional experiences**

Conduct experiments on operant conditioning

Outline the modal model of information processing

Develop a sophisticated appraisal model of emotion

---

*Correct answer: Propose a theory about emotional experiences*

*William James (1884) was the first psychologist to produce a theory about emotional experiences. He posited that physiological changes are the primary elements of emotional experience. The James-Lange theory maintains that emotion is the psychological response to the changes in the physical systems of the body.*

*Operant conditioning was first studied by Edward Thorndike (1898). The modal model of information processing originated with Waugh and Norman (1965). Richard Lazarus (1966) was the first to develop a sophisticated appraisal model of emotion.*

---

70.

According to Waugh and Norman (1965), which of the following is **not** a part of information processing?

If-then connections

Sensory memory

Short-term memory

Long-term memory

*Correct answer: If-then connections*

*According to the work of Waugh and Norman (1965), information processing consists of three levels: sensory memory, short-term memory, and long-term memory.*

*If-then connections do not refer to a part of information processing, according to Waugh and Norman.*

---

71.

How do the affective and cognitive systems differ?

**The affective system is faster than the cognitive system**

The affective system is more analytical than the cognitive system

The affective system is related to short-term memory, and the cognitive system is related to long-term memory

The affective system is about comprehension, and the cognitive system is about interpretation

---

*Correct answer: The affective system is faster than the cognitive system*

*Affective memories are different than other types of memories, as explored by Greenwald and Leavitt (1984). The affective system is faster than the cognitive system. The affective system also picks up the stimulus as a source of threat, whereas the cognitive system analyzes the stimulus to determine more information.*

*The affective system is not more analytical than the cognitive system. Both the affective system and the cognitive system are associated with short- and long-term memory, and both systems play a role in comprehension and interpretation.*

---

72.

Which of the following refers to an item to which an organism instinctively responds?

Unconditioned stimulus

Conditioned stimulus

Unconditioned response

Conditioned response

Correct answer: *Unconditioned stimulus*

*In classical or Pavlovian conditioning:*

- An **unconditioned stimulus** is an item to which an organism instinctively responds without any prior training or conditioning. It directly triggers a natural, instinctive response known as the unconditioned response.
  - A **conditioned stimulus** becomes associated with an unconditioned stimulus through conditioning. It will eventually elicit a conditioned response from the organism, which has been trained to respond to it.
  - **Unconditioned and conditioned responses** are the reactions or behaviors elicited by the unconditioned and conditioned stimuli, respectively, not the stimuli themselves.
-



73.

Constance is seeking therapy because she struggles with negative thinking about herself, leading her to experience depressive episodes. Constance holds the belief that she must be perfect at all times, or else she is not worthy of love and happiness.

Constance is showing evidence of:

**Cognitive distortions**

Learned helplessness

Specificity

Externality

---

*Correct answer: Cognitive distortions*

*Cognitive distortions are negative thinking patterns that involve distinct themes. The belief that one must be perfect is a cognitive distortion. Aaron Beck believed that cognitive distortions are associated with mood disorders like depression.*

*Learned helplessness refers to the belief that people who feel they cannot escape pain will eventually stop trying to do so, leading to depression. Evidence of this concept is not present in the question.*

*Specificity is part of Weiner's attributional style. Specificity refers to whether a person views events as situation-specific. There is no mention of this concept in the question.*

*Externality is also part of Weiner's theory. This concept, which is also not present in the question, refers to the belief that events are caused by the external environment.*

---

74.

Which theory is associated with homeostasis (i.e., the idea that an individual operates in a manner that maintains equilibrium)?

**Drive theory**

Motivational theory

Need-based theory

Learning theory

---

*Correct answer: Drive theory*

*Drive theory supports the idea that individuals work to maintain a constant balance or homeostasis. When this equilibrium is upset or altered, an individual takes action to recreate balance. Clark Hull is one of the most influential psychologists who described drive theory.*

*Motivational theories include a wide range of theories that focus on the concept of motivation, which is the internal force that pushes an individual toward action. Need-based theories are based on the idea that individuals have various levels of need that motivate their actions. Learning theories focus on a person's motivation for behavior.*

---

**75.**

What do structural interference, general resources, and behavioral coherence have in common?

**They are all reasons for limitations in attentional resources**

They are all regulated by the basal ganglia

They are all symptoms of depression

They are all examples of executive functioning

---

*Correct answer: They are all reasons for limitations in attentional resources*

*Structural interference, general resources, and behavioral coherence are all reasons for limitations in attentional resources. When people are taxed through an increased processing load, performance usually decreases.*

*Structural interference, general resources, and behavioral coherence are regulated by various parts of the brain working together, not just the basal ganglia. They are not symptoms of depression or examples of executive functioning.*

---

76.

Some psychologists consider short-term memory to be equivalent to what?

Consciousness

Experience

Dreaming

Aging

---

*Correct answer: Consciousness*

*To some people, short-term memory (STM) is equivalent to consciousness. STM requires information to be accessible and active, but it may only be stored for a short time. This is also called working memory and represents the material we are thinking about at a given moment.*

*STM is not necessarily equivalent to experience, as it includes the process of interpreting and storing information gained from experiences. Psychologists also do not consider STM to be equivalent to dreaming or aging.*

---

77.

All the following are accurate statements regarding intelligence tests **except**:

**Women tend to outperform men on spatial cognition tasks**

They have applications in the identification of individuals with autism

They typically take about 1 to 2 hours to administer, depending on compliance

They include the WISC-V and the Stanford-Binet

---

*Correct answer: Women tend to outperform men on spatial cognition tasks*

*According to developmental research on models of intelligence, women tend to outperform men in verbal abilities. Men tend to outperform women on spatial cognition tasks, indicating that most intelligence measures contain some sort of gender bias.*

*Intelligence tests have applications in the identification of individuals with many types of disorders, including autism; they typically take about 1 to 2 hours to administer, and examples of intelligence tests include the WISC-V and the Stanford-Binet.*

---

78.

Which of the following explanations for fear aligns with the James-Lange theory of emotion?

**A person experiences physiological arousal after seeing a frightening object, notices the arousal, and then concludes they are afraid.**

A person experiences fear because it is one of the six basic emotions hardwired into humans at birth.

A person experiences fear in response to a threat and then also experiences an increase in heart rate because of that fear.

A person experiences fear after becoming physiologically aroused in response to a threat and then cognitively appraises the situation.

*Correct answer: A person experiences physiological arousal after seeing a frightening object, notices the arousal, and then concludes they are afraid.*

*The James-Lange theory of emotion states that emotion results from psychological responses to bodily changes after the presentation of a stimulus. In the explanation given in the correct answer option, the person experiences bodily changes in the form of arousal after experiencing a threat. They then conclude they are afraid. This aligns with the James-Lange theory of emotion.*

*The belief that a person experiences fear because it is one of the six basic emotions hardwired into humans at birth aligns with basic emotion theory.*

*The belief that a person experiences fear in response to a threat and then also experiences an increase in heart rate would align with the Cannon-Bard theory, which states that physiological responses are a consequence of experiencing emotions.*

*Finally, the belief that a person experiences fear after becoming physiologically aroused in response to a threat and then cognitively appraises the situation aligns with the two-factor model of emotion.*

---

**79.**

A new advertisement for a cell phone shows two attractive people talking to each other on their new phones. The two people then agree to meet in person, realize they have the same phone, and fall in love. In this example, what is the conditioned stimulus?

**The cell phone being advertised**

The pleasant feelings associated with the advertisement

The attractive couple

The result of falling in love

---

*Correct answer: The cell phone being advertised*

*Most advertisements aim to use some type of classical conditioning, in which a conditioned stimulus (i.e., the cell phone being advertised) is associated with an unconditioned stimulus (i.e., an attractive couple), eventually leading to an unconditioned response (i.e., pleasant feelings in the viewer). This type of cognitive learning situation is used widely in the advertising and marketing worlds.*

---

**80.**

A rat presses a lever and is rewarded with a food pellet every third time. This is an example of which of the following reinforcement schedules?

**Fixed ratio**

Variable ratio

Fixed interval

Variable interval

*Correct answer: Fixed ratio*

*A fixed ratio refers to a reinforcer that is given at predictable intervals, such as every third time a rat presses the lever. This is an essential component of operant conditioning in which an individual has the choice of whether to respond to a stimulus.*

*Variable ratios are randomly spaced, with no fixed ratio of reinforcers. For instance, with a variable ratio schedule, the rat may be rewarded after two lever presses, and then not be rewarded again until after five presses. With a fixed interval schedule, a reinforcer is given after a specific amount of time, such as every 30 seconds. With a variable interval schedule, a reward is given after an "average" amount of time. The average interval may be 30 seconds, but some intervals could be as short as 15 seconds, whereas others could be 90 seconds.*

---



**81.**

Johnny has a difficult time copying notes from the board at school. When he looks up at the board, he is only able to remember two or three words at a time to copy them down into his notebook. He often falls behind when note-taking, because he cannot hold much information from the board in his mind long enough to copy it down without constantly looking back up at the board.

Johnny most likely has a deficit in which of the following executive functions?

**Working memory**

Inhibitory control

Planning

Time management

---

*Correct answer: Working memory*

*Working memory is an executive function that refers to the ability to temporarily hold information in the mind in order to manipulate it. Johnny is having a difficult time holding information from the board in his mind, so that he can manipulate it in the form of copying it down into his notebook. He therefore has a working memory deficit.*

*Inhibitory control, planning, and time management are also among the executive functions, as they allow a person to be successful with independent, self-directed behavior. However, these specific executive functions are not described in the question.*

---

82.

Which of the following does **not** describe attention?

Perception

Wakefulness

Attending to a stimulus

Concentration

---

*Correct answer: Perception*

*Attention can have more than one meaning, depending on the context in which it is being used. It can mean attending to a particular stimulus, it can simply mean being awake, or it can mean concentrating purposefully on one thing.*

*Perception deals with the detection and interpretation of sensory stimuli. It is a separate cognitive function from attention and does not describe attention accurately.*

---

83.

Attention selects for all the following **except**:

Sound

Objects

Location

Motion

---

*Correct answer: Sound*

*To many people, sound can be distracting, but people tend to pay attention to other stimuli before paying attention to sound.*

*Attention selects for objects, location, and attributes such as motion within the visual field. This means that, in a situation involving lots of stimuli, a person focuses mostly on objects, location, and motion before other things.*

---

84.

All the following are examples of marker signals referenced in the somatic marker hypothesis (SMH) **except**:

**Smells**

Blood pressure

Increased heart rate

Glandular secretion

*Correct answer: Smells*

*SMH posits that decision-making is influenced by marker signals that arise from conscious and unconscious operations. These signals include various somatic changes such as heart rate, blood pressure, and glandular secretion. These responses "mark" potential behavioral choices as good or bad.*

*Smells are not an example of marker signals referenced by SMH.*

---

85.

Which of the following is not true of sensory memory?

**Psychologists commonly consider it an important type of memory**

It is brief in duration, lasting just milliseconds

It refers to the ability to retain visual and auditory inputs

People can experience it in the form of an after-image

---

*Correct answer: Psychologists commonly consider it an important type of memory*

*While sensory memory is absorbed under the general category of short-term memory, it is now considered too brief to actually be considered memory. It may be categorized as such, but it's not commonly considered an important part of memory in psychology, given its brevity.*

*All of the other listed statements pertaining to sensory memory are true.*

---

86.

When using the example of fear, which of the following would be the fourth and final stage of the James-Lange theory?

**The individual concludes that they are experiencing fear**

The individual observes a threat

The individual tries to escape and experiences autonomic activity

The individual observes the physiological reaction and acknowledges that they are trying to escape

---

*Correct answer: The individual concludes that they are experiencing fear*

*The James-Lange theory includes four steps, in order:*

- 1. The individual observes a threat.*
- 2. The individual tries to escape and experiences autonomic activity.*
- 3. The individual observes the physiological reaction and acknowledges that they are trying to escape.*
- 4. The individual concludes that they are experiencing fear.*

*These steps can be repeated for any emotion.*

---

87.

Watson showed that phobias often develop as a result of which phenomenon?

**Classical conditioning**

Irrational thinking

Operant conditioning

Verbal learning

---

*Correct answer: Classical conditioning*

*Classical conditioning occurs when a response to a certain stimulus is reinforced many times until the response occurs even in the absence of the stimulus. Watson is known for (unethically) conditioning a boy to fear a white rat in only a few trials, and the boy also began to fear other furry white animals. His work applies to individuals with phobias, as often simply talking or thinking about the phobia will elicit an anxious response.*

---

**88.**

Which *specific* type of memory would be responsible for a person's ability to explain the composition of the United States Senate?

**Semantic**

Declarative

Episodic

Prospective

*Correct answer: Semantic*

*Semantic memory is a type of declarative, or explicit, memory. Semantic memory includes knowledge of the world, such as facts and concepts. The example given falls under semantic memory, as it includes facts.*

*While the example given aligns with semantic memory, which falls under the category of declarative memory, the question asked which specific type of memory is responsible for the given ability. Declarative memory is not a specific form of memory but, rather, a general category of memory that contains the things a person explicitly knows. Episodic memory is also a form of declarative memory, but it includes a person's memory for personal, everyday experiences. Prospective memory is the ability to remember to complete a planned action in the future, such as stopping by the grocery store on the way home from work.*

---



89.

Which of the following is not one of the levels in Luria's three-level theory of higher cortical functions?

**Modulation of emotional responses**

Regulation of cortical arousal and attention

Receiving, processing, and retention of information

Programming, regulation, and verification of behavior

*Correct answer: Modulation of emotional responses*

*Luria's three-level theory of higher cortical functions is an alternative to purely cognitive British and North American models. Modulation of emotional responses is not one of the three levels in Luria's theory.*

*The three levels of Luria's model are:*

- *Regulation of cortical arousal and attention*
  - *Receiving, processing, and retention of information*
  - *Programming, regulation, and verification of behavior*
-

90.

What is one drawback of the dominant learning theory of the early 20th century?

**It was based only on observations of animals and behavior in lab environments**

It was too academic and lofty in its description

It applied only to homogeneous populations

It excluded factors such as instinct and animal behavior

---

*Correct answer: It was based only on observations of animals and behavior in lab environments*

*In the early 20th century, the dominant learning theory was based only on observations of animals and behavior in lab environments. They were not translated into studies involving humans and, therefore, were not evidence-based in their applicability.*

*The dominant learning theory in the early 20th century was based solely on observable qualities and is not criticized for being too academic in its description. It did apply to some heterogeneous populations and focused on select animal behaviors and instincts.*

---

91.

The Cannon-Bard theory of emotional experience focuses on what part of the brain?

**Thalamus**

Basal ganglia

Cerebellum

Frontal lobes

---

*Correct answer: Thalamus*

*The Cannon-Bard theory of emotional experience identifies emotional experiences within the brain, influencing behavior. The theory focuses on the thalamus, which is thought of as the sensory-relay area. The thalamus is also involved in emotional processing.*

*The basal ganglia and cerebellum are responsible for the coordination and rhythm of movement. The frontal lobes manage higher cognitive functioning.*

---

92.

Which of the following is the correct definition of cognitive dissonance theory?

**Individuals have the urge to change beliefs that are inconsistent with behaviors and vice versa**

Automatic thoughts and cognitive distortions disrupt emotional functioning

When individuals feel they cannot escape pain, they eventually stop trying to avoid it

Individuals work to maintain balance and homeostasis

---

*Correct answer: Individuals have the urge to change beliefs that are inconsistent with behaviors and vice versa*

*Cognitive dissonance theory (Festinger, 1957) proposed that individuals who behave in a manner that is inconsistent with their attitudes or beliefs will experience the urge to change their beliefs or vice versa. Most people will change their beliefs to remain in line with behaviors rather than alter behaviors to be consistent with beliefs.*

*Cognitive therapy is based upon the belief that automatic thoughts and cognitive distortions disrupt emotional functioning. The theory of learned helplessness states that when individuals feel they cannot escape pain, they become helpless and stop trying to escape it. This theory has been used to explain depression. The belief that individuals work to maintain balance and homeostasis can be explained by drive theory.*

---

93.

Which of the following theories focuses on emotion and its role in decision-making?

**Somatic marker hypothesis**

Dimensional model

Basic emotion model

The Cannon-Bard theory

*Correct answer: Somatic marker hypothesis*

*The somatic marker hypothesis (SMH) is a relatively new emotional theory that focuses on emotion and its role in decision-making. It is based on observations of individuals who have had brain damage and are sometimes unable to draw on emotions to direct future behavior based upon their past experiences.*

*The dimensional model considers emotions to be a combination of several dimensions of physiological and psychological phenomena. Most dimensional models focus on the valence or pleasantness of a stimulus, and the arousal, or autonomic response associated with a stimulus. The basic emotion model theorizes that all emotions can be described by a few specific emotions, such as happy and sad. The Cannon-Bard theory asserts that physiological responses are the consequence of experiencing emotions rather than a precursor to emotions.*

---

94.

James has a master's degree in biology. When asked questions about biological concepts, he is able to access information in his long-term memory to answer such questions.

What is this process called?

**Retrieval**

Encoding

Storage

Disposal

---

*Correct answer: Retrieval*

*There are three stages of memory: encoding, storage, and retrieval. Retrieval, described here, refers to accessing information stored in long-term memory.*

*Encoding refers to the initial learning of information.*

*Storage refers to maintaining memory over time.*

*Disposal is a fabricated term.*

---

95.

Which of the following is considered to be a fast but inefficient way to learn?

CRF

VR

CR

UR

Correct answer: CRF

*Continuous reinforcement (CRF) is considered by many psychologists to be a fast but sometimes inefficient way to learn because it requires many reinforcers. It works quickly because reinforcers are predictable and offered at regular intervals, unlike verbal learning.*

*Variable ratio (VR) refers to rewards that are randomly spaced instead of being administered at regular intervals. VR is a fairly quick way to learn and is more efficient than CRF. A conditioned response (CR) is an automatic response established by training to a neutral stimulus; it can be efficient depending on how rewards are administered. An unconditioned response (UR) is the unlearned response that occurs naturally in reaction to a stimulus.*

---

96.

The results of Sternberg's *Project Rainbow* are consistent with which of the following?

**Hispanic Americans often earn better undergraduate grades than their SAT scores would predict**

Despite accounting for ethnic differences, whites still achieve higher intelligence scores than People of Color

African Americans score better than whites on reading and writing assessments and lower on math and science assessments

The most significant predictor of high income after college graduation is SAT scores

---

*Correct answer: Hispanic Americans often earn better undergraduate grades than their SAT scores would predict*

*Despite many efforts to reduce ethnic difference gaps in intelligence testing, a bias toward middle-class white Americans still remains in many assessments. Sternberg's Project Rainbow (2003) demonstrated that the SAT rarely predicts first-year undergraduate grades of ethnic minorities. Instead, practical and creative ability measures reduce the gap between whites and People of Color, particularly Hispanic Americans.*

---



97.

What is the Stroop Effect?

**The theory that objects take precedence over attributes when referring to attention**

The impact of traumatic brain injuries on taste and smell

The fact that mental disorders are sometimes genetic

The fact that people in a group act differently than they would individually

---

*Correct answer: The theory that objects take precedence over attributes when referring to attention*

*The Stroop Effect is the theory that objects take precedence over attributes when referring to attention. For example, a word identity (object) captures more attention in most people than the color or font (attributes) of that printed word.*

*The Stroop Effect is not related to traumatic brain injuries, genetic origins of mental disorders, or group behavior.*

---

98.

Which of the following is **not** a category of long-term memory (LTM)?

Recall

Declarative

Implicit

Emotional

---

*Correct answer: Recall*

*Long-term memory (LTM) is known to contain three main categories: declarative (conscious) memory, implicit (unconscious) memory, and emotional (affective) memory.*

*Recall is not a term applied to long-term memory.*

---

99.

Which of the following is an example of crystallized intelligence?

Vocabulary

Memory

Spatial coordination

Executive decision making

*Correct answer: Vocabulary*

*Crystallized intelligence refers to skills and knowledge that are over-learned and familiar, such as vocabulary and general fund of information.*

*Memory, spatial coordination, and executive decision making are not kinds of crystallized intelligence.*

---

100.

Schachter and Singer (1962) are known for their theory that individuals must do what before determining their emotional states?

**Cognitively appraise a situation**

Scan the environment for safety

Assess their automatic thoughts related to the situation

Identify options for coping

---

*Correct answer: Cognitively appraise a situation*

*Schachter and Singer (1962) posited that individuals must first appraise a situation in order to determine their emotional states. This is also known as the "two-factor" model of emotion.*

*Schachter and Singer's model does not state that individuals must scan the environment for safety or assess their automatic thoughts before arriving at an emotional state. The model from Lazarus (1966, 1991) does state that the second stage of cognitive appraisal involves identifying resources and options to cope with a stimulus, which ultimately combines with the valence and threat of the stimulus to create a specific emotion.*

---

101.

Which of the following is not an executive functioning skill?

**Emotional distress**

Working memory

Planning

Continuing tasks to completion

*Correct answer: Emotional distress*

*Executive functioning refers to abilities that enable individuals to plan, organize, and engage in self-directed behaviors. Executive functioning deficits are often found in those with attention deficit hyperactivity disorder (ADHD), geriatric depression, and disinhibition. Executive functioning is developed in the frontal lobe of the brain, so any damage to this part of the brain greatly impacts a person's ability to inhibit their affect and organize cognition. Among the executive functioning skills are working memory, planning, continuing tasks to completion, time management, inhibitory control, and social problem-solving.*

*Emotional distress is strongly related to executive functioning, but it is not an executive functioning skill itself. Emotional distress can occur or be difficult to manage when executive functioning skills like disinhibition are impaired.*

---

102.

What is one of the **main** critiques of the basic emotion model?

**It is too rigid and does not explain the entire human experience**

It is too broad in its categories of emotion

It is an outdated theory

It cannot be replicated in animals

---

*Correct answer: It is too rigid and does not explain the entire human experience*

*The basic emotion model asserts that individuals are born with the capacity to feel six basic emotions: happiness, sadness, surprise, disgust, anger, and fear. One of the critiques of the basic emotion model is that, due to its specifically defined categories, it is too rigid and does not explain the entire human experience. Supporters of the basic emotion model claim that any additional emotions are simply variations on the six basic emotions.*

*Critics of the basic emotion model do not claim that it is too broad in its categories of emotions. While some might believe this theory to be outdated or that it cannot be replicated accurately in animals, these are not the main criticisms of the model.*

---

**103.**

As a psychologist, Andre believes that motivation to act in a certain way is based on fulfilling requirements for food, safety, and love. For instance, he believes people will seek out interactions with others in order to fulfill their needs for social engagement and belonging.

What type of theory of motivation aligns with Andre's views?

**Need-based theories**

Drive theories

Learning theories

Cognitive process theories

*Correct answer: Need-based theories*

*Need-based theories view motivation as being based upon certain needs. The most popular need-based theory is Maslow's hierarchy of needs, which says people are motivated to act based upon specific needs, which are hierarchical in nature. This aligns with Andre's view.*

*Drive theories say people engage in behaviors in order to maintain equilibrium.*

*Learning theories state people are motivated to act in a certain way based on the rewards they receive for behavior.*

*Cognitive process theories view motivation as being based upon cognitive dissonance. According to these theories, people will be motivated to change their beliefs or their behavior when their behavior is inconsistent with their values or beliefs.*

---

104.

Which of the following is **not** a term referring to a reinforcement schedule?

Pre-reinforcement

Extinction

Fixed ratio

Continuous reinforcement

---

*Correct answer: Pre-reinforcement*

*The reinforcement schedule refers to the way in which a reward follows a behavior and, as a concept, contains many specialized terms. Among these are extinction, which refers to the end of a behavior; fixed-ratio, which describes a kind of reinforcement based on proportion; and continuous reinforcement, which refers to reinforcement based on constant reward for behavior.*

*Pre-reinforcement is a fabricated term.*

---



**105.**

Which of the following is **not** a part of the limbic system?

**Occipital lobes**

Amygdala

Hippocampus

Septal nuclei

---

*Correct answer: Occipital lobes*

*The amygdala, hippocampus, mammillary bodies, septal nuclei, parahippocampal gyrus, and cingulate gyrus all compose the limbic system, which is interconnected with emotional processing, the endocrine system, and the autonomic nervous system.*

*The occipital lobes are associated with visual processing and are not part of the limbic system.*

---

106.

Which statement is **most** accurate regarding attentional load theory?

**An ignored stimulus is processed according to the amount of processing needed by the attended stimulus**

Any stimulus is processed according to the amount of processing needed by the stimulus

There is no relationship between the nature of a stimulus and the amount of processing needed

An attended stimulus is processed according to the amount of processing needed by the ignored stimulus

---

*Correct answer: An ignored stimulus is processed according to the amount of processing needed by the attended stimulus*

*According to **attentional load theory** (Lavie & Tsal, 1994; Pinsky, Doninger, & Kastner, 2004), the degree to which an ignored stimulus is processed depends on how much processing the attended stimulus needs. In other words, where there are two stimuli—one attended and the other ignored—precedence in processing will go to the attended stimulus.*

*The other choices do not accurately describe the relationship between attended and ignored stimuli.*

---

107.

What are the two stages of appraisal identified in the early work of Richard Lazarus?

**Primary and secondary**

Internal and external

Implicit and explicit

Immediate and postponed

*Correct answer: Primary and secondary*

*The two stages of appraisal identified by Richard Lazarus (1966, 1991) are known as primary and secondary. Primary appraisal refers to the stage in which the threat of the stimulus is identified in a general sense. During the secondary appraisal, the individual identifies the resources and options that may be available to cope with the stimuli. Lazarus' theories posit that each emotional experience arises from how an individual appraises ongoing interactions with the environment.*

*Internal and external, implicit and explicit, and immediate and postponed are not accurate descriptors of these experiences.*

---

108.

Past memory research tended to think of the process of memory as which activity?

Information processing

Reflections of childhood trauma

Attention to detail in the present

Psychodynamic "leveling"

---

*Correct answer: Information processing*

*Past memory research tended to epitomize the main force of memory as information processing, which is the concept of memory being broken into small steps and sorted into categories. The modal model of information processing is the most common way psychologists tend to conceptualize memory.*

*Past memory research did not tend to focus on reflections of childhood trauma. One category of the modal model, short-term memory, represents attention to detail in the present, but this does not represent the way that past memory research conceptualized the process of memory as a whole. Psychodynamic "leveling" is a fabricated term.*

---

109.

What is the internal force that pushes an individual toward action?

**Motivation**

Frustration

Self-determination theory

Drive theory

---

*Correct answer: Motivation*

*Motivation is the internal force that pushes an individual toward action. It is composed of three parts: arousal, direction, and intensity. Models range from positing that motivation is due to instinctual processes to stating that it reduces the urge of a biological drive.*

*Frustration is linked to motivation in the sense that it can increase motivation to continue a task. Self-determination theory states that people put forth effort because they have natural growth tendencies. This theory is a separate concept from motivation. Drive theory is somewhat related to motivation in that an individual has an intrinsic need to engage in behavior that will restore balance within that individual, but it is not the actual internal force that pushes someone toward action.*

---

**110.**

Eduardo is homeless on the streets of San Francisco, and he has limited access to resources. He currently receives food assistance and a monthly disability check, but he is unable to afford housing costs in his area. Eduardo also lives with untreated bipolar disorder and has limited social connections. He is growing increasingly concerned about the rate of violent crime in the area.

According to Maslow, which of the following would be the most important concern to address in Eduardo's life?

**Establishing safe housing**

Mastering job skills

Obtaining social support

Entering treatment for bipolar disorder

*Correct answer: Establishing safe housing*

*Maslow (1943) believed that individuals' motivation for action is based on certain needs that can be structured in a hierarchical fashion. Maslow's hierarchy of needs is in a pyramid shape, with physiological needs such as food and drink on the bottom, followed by safety and social needs, self-esteem needs, and self-actualizing needs at the top. Before Eduardo can benefit from any clinical services to address untreated bipolar disorder, he needs to establish safe housing. Physiological and safety needs come before anything else; establishing safe shelter in which to sleep could be considered a physiological need, whereas getting off the streets fulfills a safety need, especially given the rates of violent crime in the area.*

*Mastering job skills falls within esteem needs, which are higher on the hierarchy of needs and cannot be achieved until a person meets physiological, safety, and love/belonging needs. Social support could be important for Eduardo, but the physiological/safety need of shelter comes before establishing social support, which could fall under the area of love/belonging. One could make an argument that it's important for Eduardo to enter bipolar disorder treatment, since this is a health need that could fall within the level of safety. However, shelter seems to be more of a priority, given that sleep is a physiological need, and without safe shelter, it can be difficult to meet this need. Furthermore, being off the streets is a higher priority safety need, as there is no information at this time that Eduardo is in danger because of bipolar disorder.*

111.

Lazarus' later work (1995) posited that each emotion has a particular motivational \_\_\_\_\_?

Function

Interpretation

Cognition

Somatic marker

*Correct answer: Function*

*Richard Lazarus (1966, 1991), known for his extensive work on the emotional experience, developed a theory later in his career that posited that each emotion has a particular motivational function. These motivations can include goal relevance, ego involvement, and expectations.*

*Lazarus did not posit that each emotion has a particular motivational interpretation, cognition, or somatic marker. He was primarily concerned with the fact that the appraisal of the relationship between an individual and a stimulus is unique to each emotion.*

---

112.

In regard to the dimensional model of emotion, valence and arousal are the two dimensions of \_\_\_\_\_?

Emotion

Senses

Cognition

Awareness

*Correct answer: Emotion*

*According to Russell (1977) and others who have contributed to the dimensional model of emotion, valence (how pleasant a stimulus is) and arousal (the response to a stimulus) are two of the most significant aspects of emotion. The dimensional model, which incorporates flexibility into the emotional state of humans, is more accepted than the basic emotion model, which confines human emotions to specific categories.*

*Valence and arousal are not two dimensions of senses, cognition, or awareness.*

---



**113.**

Three-year-old Derek wants attention from his mother, but she is busy with a younger child. Derek grabs his crayons and starts coloring on the wall in the next room. When his mother finds him coloring on the wall, she yells at him for several minutes. Over the next few days, when Derek wants his mother's attention, he colors on the walls until his mother yells at him.

This is an example of which of the following?

**Operant conditioning**

Classical conditioning

Effective parenting

Lack of reinforcement

---

*Correct answer: Operant conditioning*

*This is a clear example of operant conditioning, which is the idea that a stimulus that precedes a behavior that is desired will tend to be repeated. Derek wants his mother's attention, so he colors on the walls. She is inadvertently reinforcing his behavior by giving him her undivided attention (albeit negative) for several minutes.*

*This is not an example of classical conditioning because it does not involve a conditioned stimulus. "Effective parenting" is a subjective term that would not apply to this situation since Derek's mother's intervention did not offer connection or redirect the behavior.*

---

114.

Which type of memory involves chopping the flow of information into memories in order to compare them to others in interpreting their meaning?

**Sensory memory**

Short-term memory

Long-term memory

Semantic memory

*Correct answer: Sensory memory*

*Sensory memory involves chopping the flow of information into memories to compare to others in interpreting their meaning. Sensory memory is extremely brief, and we do not usually think of these experiences as memories. Sensory memory is built on retaining images and inputs to remind us of how our past experiences apply to the present.*

*Short-term memory is also retained only for a brief time and in limited amounts but does remain active in one's consciousness; it represents the material we are actively thinking about at a given moment. Long-term memory is all the information that has been learned but is not needed at the moment. Semantic memory is the knowledge of the world such as facts, meanings, concepts, and rules of culture. None of these types of memory involves chopping the flow of experiences into memories to compare to others.*

---

**115.**

While learning is considered to be the input for storage, what is considered to be the output?

**Memory**

Sensations

Communication

Emotions

---

*Correct answer: Memory*

*While learning is considered the input for storage, memory is considered the output. These two topics—learning and memory—are easily confused because memory is key to learning and vice versa. The concepts are also dependent because how something is perceived determines how it will be learned and remembered.*

*Communication and emotions are not considered to be the output of storage. While there is a concept called sensory memory, it is almost too brief to be considered memory as it is based on retaining visual images and auditory inputs for milliseconds.*

---

**116.**

A history professor gives their students random pop quizzes several times throughout the semester. Students are not given any warning before the day of the quizzes, and there is no pattern to when the professor decides to give the quizzes.

Which of the following is true of the reinforcement schedule the professor is using?

**This type of reinforcement schedule is likely to lead to higher rates of studying**

This type of reinforcement represents the fastest way to learn

This type of reinforcement will lead to fast extinction

This reinforcement schedule will cause learning to slow down immediately after the pop quiz

*Correct answer: This type of reinforcement schedule is likely to lead to higher rates of studying*

*The results of operant conditioning depend on how often reinforcers appear, which is also known as the reinforcement schedule. Pop quizzes are an example of a variable ratio schedule, which spaces reinforcers at random times. Variable ratio schedules lead to a high response rate, as well as high rates of output. Since the act of studying is reinforced on a variable ratio schedule, with random pop quizzes, this schedule can be expected to increase rates of studying.*

*Continuous reinforcement represents the fastest way to learn. With continuous reinforcement, a person receives a reinforcer after every time they demonstrate the desired behavior. Continuous reinforcement would involve quizzes every time class is held, or perhaps after every reading assignment, to reinforce the behavior of studying. Pop quizzes do not represent continuous reinforcement.*

*Extinction occurs when a behavior stops after the removal of reinforcers. The variable ratio schedule described herein would be likely to lead to slow extinction rates.*

*Fixed interval schedules, in which the time between reinforcements is always equal, cause behavior to slow down just after the reinforcer is delivered. In this example, the professor is not using a fixed interval schedule, since there is no pattern to the administration of the pop quizzes.*

---

117.

What type of memory is an individual unaware of knowing?

**Nondeclarative**

Short-term

Declarative

Semantic memory

---

*Correct answer: Nondeclarative*

*Nondeclarative memory consists of items an individual is unaware of knowing. The person can still demonstrate knowledge of a skill, but it is an implicit characteristic. Nondeclarative memory is part of long-term memory.*

*Short-term memory is information that can be retained only for a brief time and represents the material someone is thinking about at a given moment. In contrast to nondeclarative memory, declarative memory is composed of everything an individual knows and can access. Semantic memory refers to factual knowledge about the world such as concepts, meanings, and cultural rules.*

---

118.

Which of the following is **true** regarding Hull's drive theory?

**The successful reduction of a drive is likely to increase the chances of the behavior occurring in the future**

It is not helpful in explaining attachment behavior

It focuses on the concept of classical conditioning

It structures needs in a hierarchical fashion

---

*Correct answer: The successful reduction of a drive is likely to increase the chances of the behavior occurring in the future*

*Clark Hull's drive theory is based on the belief that internal drives, such as biological needs, motivate behavior. Over time, behaviors are shaped based on how effective they are at reducing drives. If a behavior successfully reduces a drive, then the probability of the behavior occurring in the future increases.*

---

**119.**

What is the name for the way people remember incomplete tasks better than those they have completed?

**Zeigarnik effect**

Folkman effect

Lazarus effect

Zajonc effect

---

*Correct answer: Zeigarnik effect*

*The Zeigarnik effect is the name given to the tendency of people to remember incomplete tasks better than completed ones, which came from the study of affective memory.*

*The other choices are fabricated terms.*

---

**120.**

According to the Cannon-Bard theory, what psychological experience leads to a physiological change?

**Emotion**

Memory

Arousal

Knowledge

---

*Correct answer: Emotion*

*According to the Cannon-Bard theory, the psychological experience of emotion leads to a physiological change. This is in direct conflict with the James-Lange theory, which states that physiological changes lead to the interpretation of emotion.*

*The Cannon-Bard theory does not mention memory, arousal, or knowledge as factors that lead to physiological change within an individual. The physiological changes that occur with an emotional reaction are often classified as arousal.*

---



**121.**

Which of the following is the global capacity of an individual to act purposefully, think rationally, and deal effectively with their environment?

**Intelligence**

Emotions

Perception

Learning

---

*Correct answer: Intelligence*

*Intelligence is defined as the global capacity of an individual to act purposefully, think rationally, and deal effectively with their environment. However, psychologists and researchers have many different definitions of intelligence, and it is difficult to summarize the term in one sentence.*

*Emotions are an individual's state of feeling at any time. Perception refers to the detection and interpretation of sensory stimuli. Learning is the storage by the nervous system of information to be used at a later time.*

---

122.

According to Locke's goal-setting theory, all the following are ways goals affect behavior except:

**Providing motivation regardless of commitment**

Directing attention

Mobilizing efforts

Facilitating strategies to complete a goal

---

*Correct answer: Providing motivation regardless of commitment*

*The goal-setting theory was developed by Locke (1968) and consists of four steps: directing attention, mobilizing efforts, encouraging persistence, and facilitating strategies to complete a goal. These are the four ways in which goals affect behavior, according to the theory.*

*The theory also states that a person must be committed to a goal in order to maintain motivation.*

---

123.

Which of the following is **not** a basic emotion as identified by Ekman and Friesen (1971)?

Worry

Sadness

Surprise

Disgust

*Correct answer: Worry*

*Ekman and Friesen (1971) are credited with developing the basic emotion model, which posits that all emotions can be described by a few specific emotions. Ekman and Friesen researched facial expressions across several cultures and developed a list of six primary emotions: happiness, sadness, surprise, disgust, anger, and fear. Worry is a secondary emotion, as it can be described as a combination of some of the basic emotions and is influenced by cultural factors.*

*Sadness, surprise, and disgust are three of the six basic emotions identified by Ekman and Friesen.*

---

124.

According to signal detection theory, what does the mathematical function of separation/spread equal?

**Discriminability**

Sound

Attention

Perception

*Correct answer: Discriminability*

*According to signal detection theory (SDT), the mathematical function of separation/spread equals discriminability. Separation represents the signal strength; spread represents background noise and explains the differences in people's abilities to hone in on one particular stimulus despite other surrounding stimuli.*

*SDT does relate to individuals' perceptions of sound and other sensory information, as well as attention paid to various stimuli; however, none of the remaining answer options are equal to the mathematical function of separation/spread.*

---

**125.**

A token economy, in which individuals earn tokens for performing desired behaviors, is an example of which principle?

**Operant conditioning**

Classical conditioning

Negative reinforcement

Social learning

---

*Correct answer: Operant conditioning*

*Operant conditioning maintains that a response is more likely to be repeated when it leads to a pleasurable result. Unlike classical conditioning, the individual consciously makes a choice to engage in the response. A token economy is an example of operant conditioning, as the individual consciously chooses whether to engage in the desired behavior. If the individual chooses to engage in the desired behavior, this behavior has a tangible reward.*

---

126.

Aggressive and disinhibited behaviors are associated with damage to which part of the brain?

**Orbitofrontal cortex**

Occipital lobes

Parietal lobes

Basal ganglia

---

*Correct answer: Orbitofrontal cortex*

*Aggressive and other disinhibited behaviors are associated with damage to the orbitofrontal cortex, which has strong connections to the amygdala. The orbitofrontal cortex is considered to provide an inhibitory influence on impulsive emotional responses.*

*The remaining options are incorrect, as damage to these other areas of the brain would not cause impairment in the area of emotional processing. Damage to the occipital lobes will cause impaired visual processing. Damage to the parietal lobes can cause difficulties with somatosensory processing. Damage to the basal ganglia will lead to difficulty regulating movement.*

---

127.

Which brain system is most commonly associated with emotions?

**The limbic system**

The cerebellum

The lobes

The central nervous system

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*Correct answer: The limbic system*

*The limbic system—which is composed of the amygdala, hippocampus, mammillary bodies, septal nuclei, parahippocampal gyrus, and cingulate gyrus—is most commonly associated with emotions. The limbic system is highly interconnected with the endocrine system and the autonomic nervous system as well. All the regions within the limbic system have consistently been associated with emotional processing and experience.*

*The cerebellum is associated with the regulation of movement, not emotions. The lobes have a wide variety of functions, including cognitive functioning, auditory processing, visual processing, and somatosensory processing. The central nervous system, comprised of the brain and spinal cord, has numerous functions.*

---

128.

What is the description of experiences composed of an analog and a digital base?

**Sensory memory**

Short-term memory

Nondeclarative memory

Long-term memory

*Correct answer: Sensory memory*

*In the modal model of memory, sensory memory refers to the fact that experiences involve a flow of information or an analog. The nervous system is built around discrete impulses, the digital base, and the brain is responsible for transferring data from one form to another.*

*None of the remaining options is composed of analog and digital bases. Short-term memory is the storage of information retained only for a brief amount of time. Long-term memory is all the information that has been learned but is not necessarily needed at the moment. Nondeclarative memory is a category of long-term memory that consists of items the person is unaware of knowing but can still demonstrate.*

---



**129.**

A parent wants their child to stop engaging in unwanted behaviors, including throwing temper tantrums. To try to eliminate the tantrums, the parent offers praise and rewards the child with one-on-one attention each time the child handles frustration without a tantrum.

What sort of reinforcement schedule is the parent following?

**Continuous**

Fixed ratio

Variable ratio

Fixed interval

*Correct answer: Continuous*

*Reinforcement schedules in operant conditioning refer to how often a reinforcement appears. Continuous reinforcement is offered each time the desired behavior occurs. Since the parent rewards the child each time they show the desired behavior (no tantrum), this is a continuous reinforcement schedule.*

*A fixed ratio schedule does not offer reinforcement each time the desired behavior is displayed. Rather, reinforcement is given in a certain proportion (i.e., every fifth time).*

*A variable ratio schedule offers reinforcement after a varied number of responses.*

*Finally, a fixed interval schedule offers reinforcement after a specific time interval. This does not apply here, as reinforcement is offered each time the child displays the desired behavior.*

---

130.

Thorndike was **best** known for his study of which of the following?

Operant conditioning

Classical conditioning

Cognitive test development

Pavlovian conditioning

---

*Correct answer: Operant conditioning*

*Edward Thorndike (1898) founded the basics of operant conditioning, which pairs behavior with a reward.*

*Classical conditioning and Pavlovian conditioning refer to the same thing: the work of Ivan Pavlov (1927) which originally described the behavior-response paradigm. Thorndike is not known for cognitive test development, a later school of psychological measurement.*

---

**131.**

The amygdala is often classified as the primary region for identifying what kind of emotions?

**Negative**

Calming

Human

Positive

---

*Correct answer: Negative*

*Because it is activated in response to threatening stimuli, the amygdala is often classified as the primary region for identifying negative emotions. It is not consistently identified as a place in the brain that is activated due to positive emotions.*

*Calming emotions are typically thought of as positive, not negative. The amygdala also helps animals identify negative emotions.*

---

132.

Ivan Pavlov described the stimulus-response paradigm in which terms?

**Stimuli and responses**

Behavior and emotions

Explicit and implicit behaviors

Operant and classical

*Correct answer: Stimuli and responses*

*Ivan Pavlov, a Russian physiologist studying salivation in dogs in the late 1800s and early 1900s, described the stimulus-response paradigm in terms of an unconditioned stimulus, conditioned stimulus, unconditioned response, and conditioned response. The phenomenon he eventually developed is known as classical conditioning.*

*Pavlov was not concerned with emotions and was only concerned with behaviors in terms of the paradigm. Operant and classical refer to types of conditioning, not terms that describe the stimulus-response paradigm.*

---

133.

How does the Cannon-Bard theory differ from the James-Lange theory of emotion?

**The Cannon-Bard theory posits that emotion leads to physiological changes, while the James-Lange theory proposes the opposite**

The Cannon-Bard theory applies to situations involving fear or anger, while the James-Lange theory applies to more nuanced emotions

The Cannon-Bard theory typically can only apply to animals, while the James-Lange theory can be generalized to humans

The Cannon-Bard theory proposes that individuals carefully appraise a situation before reacting, while the James-Lange theory is based on instinct

---

*Correct answer: The Cannon-Bard theory posits that emotion leads to physiological changes, while the James-Lange theory proposes the opposite*

*There are several theories that attempt to explain the emotional experience. The James-Lange theory proposes that an individual experiences physiological arousal and increased autonomic activity, then concludes that they are experiencing the emotion. The Cannon-Bard theory proposes that an individual first processes the event and experiences the emotion, which leads to changes in their autonomic state.*

---

134.

In Pavlov's paradigm, CS/US > UR until what occurs?

Conditioning

Response

Stimulus

Operant conditioning

*Correct answer: Conditioning*

*In Pavlov's paradigm, CS (conditioned stimulus)/US (unconditioned stimulus) > UR (unconditioned response) until conditioning occurs. At that point, the US is not needed anymore, and the paradigm becomes CS > CR (conditioned response).*

*Pavlov's paradigm describes classical conditioning, whereas operant conditioning refers to the concept that random behaviors are repeated only if they are followed by some kind of reward. Pavlov's paradigm is not seeking a response (or a lack of response) or a stimulus, but conditioning of the subject in question.*

---

**135.**

What are the three levels of the PASS model in order, starting at the lowest level?

**Regulation of attention, receipt and retention of information, and programming of behavior**

Programming of behavior, regulation of attention, and receipt and retention of information

Receipt and retention of information, programming of behavior, and regulation of attention

Perception of data, receipt and retention of information, and regulation of arousal

---

*Correct answer: Regulation of attention, receipt and retention of information, and programming of behavior*

*The three levels of the PASS model, which is based on Luria's three-level theory of higher cortical functions, are regulation of attention, receipt and retention of information, and programming of behavior. The PASS model asserts that the brain is composed of interdependent systems with separate functions.*

---

**136.**

The Stroop Color Word Test is a way to test which of the following?

**Executive functioning**

Risk-taking

Intelligence

Linguistic abilities

---

*Correct answer: Executive functioning*

*The Stroop Color Word Test is an assessment of executive functioning capacities. These capacities are essential for engaging in self-directed behavior, such as planning, ignoring distractions, and managing time. The Stroop Color Word test specifically assesses attentional control, a form of executive functioning.*

*The Stroop Color Word Test is not an assessment of risk-taking, intelligence, or linguistic abilities.*

---



137.

Semantic memory can be described as which of the following?

**Factual knowledge**

Episodic experiences

Short-term memory

Sensory experiences

---

*Correct answer: Factual knowledge*

*Semantic memory is composed of facts, concepts, meanings, and cultural rules. It is part of declarative memory, which is composed of all the things one knows and can access. Declarative memory consists of all the information that has been learned but is not needed at the moment.*

*Episodic memory is another type of declarative memory that records everyday experiences and connects them to other events of the day. Short-term memory refers to the storage of information that can be retained only for a brief time in limited amounts. Sensory experiences make up sensory memory, which is based on retaining visual images and auditory inputs for brief periods.*

---

**138.**

Which of the following models of information processing includes three levels?

**Modal**

Short-term

Long-term

Nondeclarative

---

*Correct answer: Modal*

*The modal model of information processing includes three levels and was originally developed by Waugh and Norman (1965). This model classifies memory into sensory, short-term, and long-term categories.*

*Nondeclarative memory consists of implicit items the individual is unaware of knowing and is not a model of information processing.*

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# Part 1-Knowledge, Domain 3: Social and Cultural Bases of Behavior

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Part 1-Knowledge, Domain 3: Social and Cultural Bases of Behavior

139.

Around three years of age, most children develop a permanent sense of self and objects. This is also known as what?

Object constancy

Separation-individuation

Adlerian theory

Jungian theory

---

*Correct answer: Object constancy*

*According to the object relations theory, objects are conceptualized as internalized images and then assist the unconscious in making sense of people and the environment. Object constancy refers to the stage a child reaches around the age of three when a permanent sense of self and object is developed. At this point, most children are able to perceive others as both separate and related.*

*Separation-individuation occurs around four months of age and refers to the time when most children begin expending energy by exploring the world away from their caretakers through sensory experiences. Adlerian and Jungian theories do not break development into stages but refer to the general development of personality. Adlerian theory posits that basic mistakes lead to myths, which strongly influence personality. Jungian theories conceptualize personality as a result of both the conscious and unconscious mind.*

---

**140.**

In contrast to the frustration-aggression theory, social learning theory states that aggression is learned in what manner?

**Through observation of others**

Through having a goal blocked

Through exposure to stressors

Through negative social interactions

*Correct answer: Through observation of others*

*Social learning theory states that aggression is learned by observing others. Examples such as violent video games leading to more aggressive behavior in children support this theory.*

*The frustration-aggression theory posits that aggression is the result of frustration, which occurs when a goal is blocked. Social learning theory does not address learning that occurs from exposure to stressors. Finally, this theory focuses on learning that occurs because of observing others' behaviors and imitating them; it does not specifically state that aggression is learned through negative social interactions. Instead, this theory would state that aggression is learned through observation of others.*

---

141.

Which of the following is the **correct** definition of aversive racism?

**Complex and ambivalent racial expression due to an individual's avoidance of contact with the race in question**

Racism that leads to the exclusion of the racist person from society

An oversimplified impression of an entire group

The belief that a group represents a direct threat to one's well-being

---

*Correct answer: Complex and ambivalent racial expression due to an individual's avoidance of contact with the race in question*

*Aversive racism is a complex and ambivalent racial expression due to an individual's avoidance of contact with the race in question. This phenomenon is more complicated than overt racism or discrimination, as the person who holds this type of racist attitude is not fully aware of it.*

*Racism that leads to the exclusion of the racist person from society could be called discrimination and is more overt than aversive racism. An oversimplified impression of an entire group is stereotyping. The belief that a group represents a direct threat to one's well-being is called a perceived threat.*

---

142.

In which stage or substage of Piaget's developmental theory do most children believe in animism?

**Symbolic function**

Intuitive thought

Formal operational

Sensorimotor

*Correct answer: Symbolic function*

*The second stage of Piaget's developmental model, the preoperational stage, consists of two substages. The symbolic function substage refers to the age of two to four years in which children believe in animism (the idea that objects have personality and intention). Intuitive thought is the second substage, referring to the age of four to seven years when "why" questions begin to become important to the child.*

*Formal operational is the stage following preoperational when the child emerges into adulthood with the ability to exercise abstract thought and logical thinking. The sensorimotor stage is the first stage, when the child is first beginning to use their sensory apparatus and link cause to effect.*

---

143.

Which of the following theorists is **best** known for their work on intergroup prejudice?

Allport

Kelman

Sherif

Asch

---

*Correct answer: Allport*

*Allport (1954) first described intergroup prejudice, which is the idea that prejudice is a complicated matter involving history, culture, economy, and many other factors.*

*Kelman (1958) is known for theorizing the effects of society on behavior. Sherif (1936) and Asch (1951) are best known for their work on the effects of social conformity on behavior.*

---

**144.**

What occurs when someone distorts what are thought to be correct and logical procedures?

**Bias**

Altruism

Discrimination

Inference

---

*Correct answer: Bias*

*Bias occurs when someone distorts what are thought to be correct and logical procedures. This occurs frequently when people interpret their own and others' behaviors and responses.*

*Altruism is the desire to increase another's welfare. Discrimination is the treatment of a person or group based on a category to which that person or group is perceived to belong. Inference is a conclusion based on evidence and reasoning.*

---



**145.**

The work of Herek (2000) suggests that which of the following groups would have the highest levels of sexual prejudice?

**Older, heterosexual men**

Women with college degrees

Individuals living in metropolitan areas

Individuals living in the Eastern United States

---

*Correct answer: Older, heterosexual men*

*The work of Herek (2000) identified higher levels of sexual prejudice and negative attitudes based on sexual orientation among heterosexual men, older people, those with lower levels of education, people living in the South or Midwest US, and those with limited personal contact with homosexuals.*

---

**146.**

Who is associated with the development of Strategic Family Therapy?

**Jay Haley**

Salvador Minuchin

Fritz Perls

Irvin Yalom

---

*Correct answer: Jay Haley*

*Jay Haley developed Strategic Family Therapy, a model which addresses a current problem in the family to improve the overall functioning of the family system. This form of therapy uses strategies such as therapist directives and reframing of behaviors.*

*The others named here were not involved in the development of Strategic Family Therapy. Salvador Minuchin developed structural family therapy; Fritz Perls developed gestalt therapy, and Irvin Yalom is associated with existential therapy.*

---

**147.**

Which of the following theorists does/did **not** believe that human behavior originates from external forces rather than the individual?

**Glasser**

Freud

Klein

Adler

---

*Correct answer: Glasser*

*Glasser developed reality therapy, a type of cognitive-behavioral approach that emphasizes that human behavior is purposeful and originates from the individual rather than the individual's environment. Clinicians who operate from this perspective focus on the here and now and emphasize changes in thinking and behaviors rather than feelings.*

*Freud, Klein, and Adler are all founders of various types of psychodynamic theories, which emphasize the influence of an individual's early experiences and relationships on their unconscious.*

---

148.

What is the study of how people make sense of their social world?

**Impression formation**

Attribution theory

Altruism

Affiliation

---

*Correct answer: Impression formation*

*Impression formation, or social cognition, is the study of how people make sense of their social world. Social cognition research shows that we behave and interact in the social world based on representations called schemata.*

*Attribution theory is concerned with how and why people explain events in certain ways. Altruism is the motivation to increase another individual's welfare. Affiliation is the desire to form social relationships with others.*

---

149.

Which of the following describes the id as first explained by Freud?

**The part of the psyche that consists of life and death instincts**

The part of the psyche responsible for delaying gratification

The part of the psyche that is driven by the concept of right and wrong

The part of the psyche that blocks socially unacceptable drives

---

*Correct answer: The part of the psyche that consists of life and death instincts*

*According to Freud, the id is the part of the psyche that is present at birth and operates on the pleasure principle. It consists of instinctual processes such as sex drive and aggression, which are called life and death instincts.*

*The ego is the part of the psyche that is responsible for deferring gratification until appropriate. The ego mediates the conflicting demands of the id and reality. The superego is driven by right and wrong and serves to block socially unacceptable drives from the id.*

---

**150.**

Social impact theory states that the effect of an information source on an individual will increase because of which three factors?

**Strength, immediacy, and number of sources**

Flexibility, insurance, and approval

Conflict, empathy, and credibility

Experience, strength, and reputation

---

*Correct answer: Strength, immediacy, and number of sources*

*Social impact theory states that the effect of an information source on an individual will increase with the strength of the source, the immediacy of the event, and the number of sources imposing the impact. If any of these factors change, the impact will change as well.*

*The remaining answer options are incorrect, as they do not list factors that impact the effect of an information source on an individual.*

---

151.

Freud suggested that the development of gender identity depends heavily on the successful resolution of a psychosexual crisis during which phase?

Phallic

Oral

Anal

Latent

*Correct answer: Phallic*

*During the phallic phase of development, usually between the ages of three and six years, the primary focus is on the genitals, and children start to identify with the same-sex parent. Freud suggests that the development of gender identity depends heavily on the successful resolution of a psychosexual crisis during this phase.*

*The oral stage, the anal stage, and the latent stage are all phases of Freud's psychosexual development theory, but he stressed that the development of gender identity depends heavily on the successful resolution of a psychosexual crisis during the phallic phase more than any other stage.*

---

**152.**

The extent to which an individual's race is currently a relevant part of their self-concept is known as which of the following?

**Racial identity salience**

Racial identity development

Assimilation

Internalization

---

*Correct answer: Racial identity salience*

*Racial identity salience is the extent to which an individual's race is currently a relevant part of their self-concept. This concept is part of the Black Racial Identity Development Model, which was developed in the 1970s and revised later in the century to outline phases of Black racial development.*

*There are different identity development models to outline the methods an individual uses to reduce discomfort related to racial issues. Assimilation is a substage, and internalization is a stage of the Black Racial Identity Development Model.*

---



**153.**

Each of the following is an acculturation status **except**:

**Individuation**

Integration

Assimilation

Marginalization

---

*Correct answer: Individuation*

*According to Berry, Kim, Minde, and Mok (1987), people live in one of four acculturation statuses: integration, assimilation, separation, and marginalization.*

*Individuation is not a status of acculturation.*

---

**154.**

A five-year-old child has recently begun to make statements such as, "Lying is wrong. You should never, ever lie," and often confesses to his parents when he has done something wrong intentionally, such as taking one of his younger sister's toys.

What part of this child's psyche is developing the fastest right now?

**Superego**

Id

Motivation

Ego

*Correct answer: Superego*

*The superego is an internalization of society's values and expectations. It is the reason that many individuals feel guilty when they have a behavior that is "wrong." Around the age of four or five years, most children's superegos develop rapidly as they attempt to understand and sort out what is right and wrong. At this point in development, children are "black and white" thinkers and have trouble negotiating when they interpret a behavior as unacceptable.*

---

**155.**

What are the four mating strategies described by Schmitt (2005)?

**Monogamous, polygynous, polyandrous, and short-term**

Short-term, long-term, abbreviated, and chronic

Egoist, altruist, community-based, and dualist

Power-distance, uncertainty avoidance, individualism, and masculinity

---

*Correct answer: Monogamous, polygynous, polyandrous, and short-term*

*Schmitt's four mating strategies include monogamous, polygynous, polyandrous, and short-term. These strategies help explain the context of short-term versus long-term mating and are sensitive to context.*

*The remaining options are fabricated terms.*

---

**156.**

Consensus information, distinctiveness information, and consistency information all assess what?

**Covariation of behavior**

Schemas

Empathy

Mate selection

*Correct answer: Covariation of behavior*

*Covariation of behavior is assessed using three types of information: consensus, distinctiveness, and consistency information. This states that we assess similarities across situations to help us make causal attributions.*

*Consensus information, distinctiveness information, and consistency information do not assess schemas, empathy, or mate selection. Schemas are organized patterns of thought and behavior, empathy is the ability to understand the feelings of another, and mate selection is an evolutionary theory that posits that selection is dependent on the attractiveness of phenotypic traits.*

---

**157.**

Which of the following has been linked to high levels of job performance and satisfaction?

**Organizational culture**

Empathy

Income

Minority influence

---

*Correct answer: Organizational culture*

*Organizational culture consists of individuals' shared beliefs and attitudes within an organization. It has been linked to high levels of job performance, satisfaction, and organizational commitment.*

*Empathy is the ability to understand how another person feels and has not been linked to greater job performance and satisfaction levels. Income does not have as strong of a link to job satisfaction as people would guess; studies have found that there is only a small positive relationship between income and job satisfaction. Minority influence occurs when a minority group changes the opinion of the majority.*

---

**158.**

Jessie, a white woman, has recently joined a multiracial church, where she has made many Black friends for the first time. Jessie is now interested in reading books about racial identity and the history of black oppression and frequently talks with her new friends about their experiences with white people in America. Jessie realizes that she has some subtle biases toward Black people.

According to the White Racial Identity Development Model, Jessie is using which information-processing strategies to reduce her discomfort with some of these realities?

**Hypervigilance and reshaping**

Obliviousness and denial

Flexibility and complexity

Selective perception and reshaping reality

*Correct answer: Hypervigilance and reshaping*

*Helms' White Racial Identity Model is divided into six phases. Jessie is in the fifth stage, immersion-emersion status, when individuals explore what it means to be white, confront their biases, and begin to explore and understand ways that they benefit from white privilege. Helms suggested that during each stage, individuals have a certain information-processing status (IPS) they use to reduce discomfort. The IPS used during the immersion-emersion stage consists of hypervigilance and reshaping of beliefs.*

---

159.

Which of the following is the **most** common form of social influence?

Conformity

Altruism

Affiliation

Obedience

---

*Correct answer: Conformity*

*Conformity is the most common form of social influence. It occurs when someone changes a belief to fit a group or meet others' expectations.*

*The remaining answers are not forms of social influence. Altruism is the motivation to increase another's welfare. Affiliation is the desire to be with others and form social relationships. Obedience refers to following another person's directions; it is not a commonly used term in social psychology.*

---

**160.**

Reality therapy, developed by Glasser, is often categorized as a form of what other type of therapy?

**Cognitive-behavioral**

Family systems

Dialectical-behavioral

Motivational interviewing

---

*Correct answer: Cognitive-behavioral*

*Reality therapy was first developed by Glasser and is often categorized as a form of cognitive-behavioral therapy. The theory proposes that human behavior is purposeful and originates from within the person rather than the environment.*

*The remaining options are incorrect, as reality therapy is not a type of family systems therapy, dialectical behavioral therapy, or motivational interviewing.*

---



**161.**

At what age do most children reach the separation-individuation phase?

**Four months**

One month

Two months

Three months

---

*Correct answer: Four months*

*According to the object relations theory, objects are conceptualized as internalized images and then assist the unconscious in making sense of the people and environment. At around four months old, most children begin expending energy by exploring the world away from their caretakers through sensory experiences. This is known as the separation-individuation phase.*

*From birth to one month, a child is starting to take in the external world. At around two to three months, an infant views objects as separate rather than part of the same whole object.*

---

**162.**

According to Heider, people tend to overestimate what type of factors?

**Dispositional**

External

Situational

Random

---

*Correct answer: Dispositional*

*According to Fritz Heider, people tend to overestimate dispositional factors such as personality, attitudes, and motives. People also tend to underestimate situational factors such as random chance and social norms. This is known as the fundamental attribution error.*

*Heider stated that people tend to underestimate, not overestimate, external, situational, and random factors.*

---

163.

Which of the following accurately describes the APA's **current** stance regarding spirituality?

**The American Psychological Association has become more interested in finding ways to reach those who identify as religious or spiritual**

The American Psychological Association has become less interested in finding ways to reach those who identify as religious or spiritual

The American Psychological Association takes no stance on spirituality

The American Psychological Association currently prohibits the use of spirituality in treatment

---

*Correct answer: The American Psychological Association has become more interested in finding ways to reach those who identify as religious or spiritual*

*In 1992, the American Psychological Association (APA) established a specific division meant to address the gap between religion and psychotherapy, as a substantial number of people who identify themselves as religious or spiritual distrust psychotherapy.*

*The APA suggests that one way to increase psychotherapy engagement is to increase training among psychologists about religion and spirituality.*

---

**164.**

According to Baumeister and Finkel (2010), which of the following could be a motivation for empathy?

**Altruistic, egoist, or both**

Egoist only

Altruistic only

Induced

---

*Correct answer: Altruistic, egoist, or both*

*Baumeister and Finkel (2010) came to the conclusion that the motivation for empathy, which prompts us to help others, can be altruistic, egoist, or both. We tend to help others if we feel empathy toward them but only if the benefits outweigh the costs.*

*"Induced" is not one of the possible sources of motivation for empathy.*

---

**165.**

Kelman (1958) posits that which of the following occurs when people change their behavior to either obtain a reward or avoid punishment?

**Compliance**

Identification

Internalization

Disassociation

---

*Correct answer: Compliance*

*Kelman (1958) identified three effects of social influence: compliance, identification, and internalization. When people change their behavior to obtain a reward or avoid punishment, compliance occurs. People might appear to agree with others and keep their opposing thoughts and opinions private.*

*Identification occurs when there is a behavioral change because of desired acceptance. Internalization is the acceptance of a belief, attitude, or behavior that is expressed publicly and privately. Disassociation describes the withdrawal or detachment of an individual from their surroundings and/or experiences; it is not part of Kelman's conceptualization of social influence.*

---

166.

Which of the following **best** describes the term "social power" as defined by French and Raven (1959)?

**Exertion of influence over another person**

Exertion of influence over a social group

Exertion of influence by a patriarchal authority

Exertion of influence by society over an individual

---

*Correct answer: Exertion of influence over another person*

*French and Raven (1959) provided an early formulation of the basis of social power, defined as the exertion of influence over another person.*

*These theorists did not define social power as specifically exerted over or from groups or societies to individuals or vice versa. They did not address the exertion of patriarchal authority in those terms.*

---

**167.**

Which type of schema provides the basis for planning for the future?

**Event**

Role

Person

Self

---

*Correct answer: Event*

*Event schemas provide the basis for anticipating the future, setting goals, and making plans. They are also referred to as cognitive scripts and are the practices we use to approach tasks.*

*Each of the remaining choices is a separate category that helps us classify various experiences and further make sense of our world. Person schemas help us categorize people and make inferences about their behavior. Role schemas include behavior sets and role expectations. Self-schemas are perceptions of our traits, values, and competencies.*

---

**168.**

People rely on which two models to facilitate an understanding of the world?

**Prototypical and exemplar**

Positive and negative

Classical and operant

Other and self

---

*Correct answer: Prototypical and exemplar*

*To facilitate their understanding of the world, people rely on prototypical and exemplar models. Over time, people obtain more examples and features that are shared in one category, and they become more comfortable with placing social objects in that category.*

*The remaining options are not models of social categorization.*

---



**169.**

The Myers-Briggs Type Indicator grew out of whose personality theory?

**Jung's**

Freud's

Adler's

Klein's

---

*Correct answer: Jung's*

*Jung's theories conceptualize personality as a compilation of both the conscious and the unconscious world. He claimed that four psychological functions contribute to personality: thinking, feeling, sensing, and intuiting. The Myers-Briggs Type Indicator was developed from Jung's personality theory.*

*Freud is known for his psychoanalytic theory, which asserts that there are three different aspects of the personality: id, ego, and superego. Adlerian theory posits that basic mistakes originating from faulty perceptions, attitudes, and beliefs lead to myths, which strongly influence personality. Klein developed object relations theory, which emphasizes the process by which an infant assumes their own identity.*

---

170.

Your neighbor comments that the unemployed woman down the street has applied for food stamps "because she's too lazy to get a job." This is an example of what?

**Actor-observer bias**

Attentional bias

Self-serving bias

Culture bias

---

*Correct answer: Actor-observer bias*

*Actor-observer bias occurs when we attribute dispositional factors, such as laziness, to others' behavior and attribute situational factors to our own behavior. In this example, if your neighbor lost his job, he might attribute it to discrimination or the bad economy rather than laziness.*

*An attentional bias occurs when perceptions are shaped by recurring thoughts. Self-serving bias is the tendency to attribute dispositional factors for success and external factors for failure. Culture bias refers to judging by standards inherent to one's culture.*

---

171.

Schemas do all the following **except**:

**Avoid conflict**

Facilitate memory recall

Organize information

Predict the future

---

*Correct answer: Avoid conflict*

*Schemas are organized patterns of thought and behavior that influence what we attend to and how we absorb new information. They help us categorize and organize information, facilitate memory recall, and predict the future, among other things. They do not help us to avoid conflict.*

---

172.

What are the four categories that motivate altruism?

**Egoism, altruism, collectivism, and principlism**

Self, others, internal, and external

Birth, growth, development, and death

Similarity, reciprocity, self-disclosure, and reinforcement

---

*Correct answer: Egoism, altruism, collectivism, and principlism*

*Many social psychologists suggest that these four categories motivate altruism. Egoism seeks to benefit the self, altruism seeks to benefit another person, collectivism seeks to benefit a group of people, and principlism seeks to uphold a moral principle.*

*The remaining options do not refer to categories defined in research as motivations for altruism.*

---

**173.**

During an observation of a preschool classroom, a psychologist notices that during free playtime, the teachers suggest that female students play with dolls or color and male students play with trucks and cars. The psychologist also sees that the teacher takes longer to redirect two male students who are roughhousing than to two female students who are tickling each other.

The psychologist postulates that these interactions between the teacher and these students will influence the students' eventual understanding of gender roles, which is in agreement with theory?

**Social learning theory**

Psychodynamic theory

Gender schema theory

Cognitive developmental theory

*Correct answer: Social learning theory*

*According to social learning theory, gender role identity development results from learning from one's environment and being reinforced to conform to certain gender-specific behaviors. In this situation, a social learning theorist would agree that the ways in which the teacher is responding to and directing these students are molding how they will understand gender in the future.*

---

174.

Which hypothesis suggests that altruism is evoked by the desire to help someone who is suffering?

**Empathy-altruism**

Egoism

Bystander effect

Principlism

---

*Correct answer: Empathy-altruism*

*The empathy-altruism hypothesis posits that feelings of concern for someone else are contrasted with personal distress, which leads people to act on something that will decrease their negative emotions. People experience distress when they witness someone else experiencing suffering, and so they engage in altruism to alleviate their distress.*

*Egoism is a type of altruism that is motivated by benefit to the self. The bystander effect states that people are less likely to help when others are present, and principlism is the concept of helping others to uphold a moral principle.*

---

**175.**

What kind of mating occurs when one male mates with numerous females, but each female only mates with one male?

**Polygynous**

Polyandry

Monogamous

Short-term

---

*Correct answer: Polygynous*

*Polygynous mating occurs when one male mates with numerous females, but the females only mate with one male. Evolutionarily, this is the most preferred mating strategy as it creates a high number of offspring.*

*Polyandry occurs when females compete for access to males. After mating with a male, the female abandons the male and her offspring. Monogamous mating occurs when two beings choose each other for reproductive efforts. Short-term mating occurs when females mate with multiple males, and males mate with numerous females.*

---

**176.**

What are the four main areas of schema research?

**Person, event, role, and self**

People, animal, object, and place

Sight, sound, smell, and taste

Concrete, abstract, positive, and negative

---

*Correct answer: Person, event, role, and self*

*The four main areas of schema research are person, event, role, and self. Each of these categories helps us classify various experiences and further make sense of our world.*

*Person schemas help us categorize people and make inferences about their behavior. Event schemas help us anticipate the future and make plans. Role schemas include behavior sets and role expectations. Self-schemas are perceptions of our traits, values, and competencies.*

---



177.

Which of the following is not true of aggressive behavior?

**The threat of retaliation always decreases aggressive behavior.**

When people believe that their actions are anonymous, they are more likely to act aggressively.

Social roles play an important part in determining whether a person will act aggressively.

The concept of deindividuation plays a role in aggressive behavior.

---

*Correct answer: The threat of retaliation always decreases aggressive behavior.*

*The threat of retaliation usually decreases aggressive behavior, but when threat of retaliation is coupled with provocation, people are more likely to behave aggressively. They may act out aggressively against a target aside from the person provoking them.*

*All of the other statements about aggression are true.*

---

178.

What is the gain-loss theory?

**The theory that attraction is maximized when someone first has a negative impression of someone that later changes to a positive one**

The theory that as a person loses weight, they become more attractive

The theory that the less someone responds in a relationship, the more the other person desires a response

The theory that as a person's socioeconomic status decreases, their willingness to help others increases

---

*Correct answer: The theory that attraction is maximized when someone first has a negative impression of someone that later changes to a positive one*

*The gain-loss theory posits that attraction is maximized when someone first has a negative impression of a person that later changes to a positive one. This is a small part of understanding how and why someone may find a person attractive, yet someone else might think them unattractive.*

*The gain-loss theory is not related to someone's weight or the level to which someone responds. It also has nothing to do with someone's socioeconomic status or willingness to help others.*

---

179.

Which of the following is not true of sexual minority identity development?

**Models of identity development recognize that sexual orientation is fixed**

Sociocultural forces are normalizing identity development for sexual minorities

These models recognize that sexual orientation occurs on a continuum

Early models were based on research with gay men and Whites

---

*Correct answer: Models of identity development recognize that sexual orientation is fixed*

*Sexual orientation occurs on a continuum, and for some people, particularly women, it can be fluid. As such, models of sexual minority identity development recognize that identity can change over the course of the lifespan.*

*The other answer choices here are true.*

---

**180.**

Which of the following relates to the desire to be with others and form social relationships?

**Affiliation**

Altruism

Empathy

Attraction

---

*Correct answer: Affiliation*

*Affiliation is the desire to be with others and form social relationships. There are numerous factors to take into consideration when determining how and when people affiliate with each other.*

*Altruism is the motivation and desire to increase another's welfare. Empathy is the ability to understand and feel the emotions of another. Attraction is a specific type of affiliation based upon liking.*

---

181.

Which of the following best defines altruism?

**The motivation to increase others' welfare**

The inclination to remove a barrier that exists between an individual and a desired outcome

The desire to have social relationships

The act of helping a group

---

*Correct answer: The motivation to increase others' welfare*

*Altruism is the motivation to increase others' welfare. Some researchers claim that altruism does not come naturally to humans and that the benefits must outweigh the costs, but many argue with this belief.*

*Aggression is any behavior directed toward the goal of removing a barrier that exists between an individual and a desired outcome. The desire to be with others and have social relationships is affiliation. While altruism can involve collectivism, which is behavior that benefits a group, this is not the best definition of altruism. Rather, collectivism can motivate altruism.*

---

182.

Relationships between females likely rely on what two factors?

**Verbal communication and self-disclosure**

Shared activities and conversation

Shared activities and self-disclosure

Altruism and social exchange

---

*Correct answer: Verbal communication and self-disclosure*

*Relationships between females are more likely than relationships between males to rely on verbal communication and self-disclosure. Women are also more likely than men to spend time engaged in conversation and affiliate more in public places than men.*

*Relationships between males tend to center on shared activities rather than verbal communication. While women do tend to form relationships based on conversation and self-disclosure, they are less likely than men are to have relationships based on shared activities. Research does not show that females are more likely to focus on altruism and social exchange.*

---

183.

All the following are guaranteed under the Americans with Disabilities Act (ADA) **except**:

**Equal pay for those with disabilities**

Prohibition of medical exams given only to those with disabilities prior to an offer of employment

Prohibition of discrimination against people with disabilities

An employer's attempt to make reasonable accommodations if a disabled person is qualified

---

*Correct answer: Equal pay for those with disabilities*

*People with disabilities often face many social barriers due to others' attitudes toward them. The ADA was passed in 1991 because many employers discriminated against qualified individuals with mental or physical disabilities. However, the ADA does not guarantee equal pay for those with disabilities.*

*The ADA guarantees many things for people with disabilities, including the omission of medical exams specifically for those who are disabled. The ADA does not allow employers to reject applications simply because the applicant is disabled and requires the employer to make reasonable accommodations if the disabled person is qualified.*

---

**184.**

Which of the following refers to the situation when a single goal has both attractive and unattractive qualities?

**Approach-avoidance conflict**

Approach-approach conflict

Double-approach conflict

Balanced approach conflict

---

*Correct answer: Approach-avoidance conflict*

*When a single goal has both attractive and unattractive qualities, approach-avoidance conflict occurs. This occurs when someone feels avoidance as they move toward a goal and desire as they move away from it.*

*The approach-approach conflict occurs when someone must choose between two equally attractive goals. Double-approach conflict and balanced approach conflict are both fabricated terms.*

---



185.

What is the difference between nomothetic and idiographic traits?

**Nomothetic traits relate to the group; idiographic traits relate to the individual**

Nomothetic traits relate to a person's temperament; idiographic traits relate to a person's personality

Nomothetic traits relate to the individual; idiographic traits relate to the group

Nomothetic traits are inherited; idiographic traits are acquired after birth

---

*Correct answer: Nomothetic traits relate to the group; idiographic traits relate to the individual*

*Nomothetic traits are group statistics, and idiographic traits relate to the individual. There has been a movement in recent years to study nomothetic traits rather than individual ones.*

*Both nomothetic and idiographic traits relate to a person's personality. Nomothetic traits and idiographic traits are not associated with whether a person's traits are inherited or acquired after birth.*

---

186.

According to Heider, all the following are examples of situational attribution factors **except**:

**Motives**

Natural disasters

Social norms

Random chance

---

*Correct answer: Motives*

*Haider theorized that individuals interpret and understand the world by giving different reasons for certain behaviors. Situational attribution refers to social norms, random chance, natural disasters, and other types of external influences. Dispositional attribution refers to individual personality traits, attitudes, and personal motives.*

---

187.

Zimbardo's prison study and Milgram's shock experiment both suggest which of the following?

**Obedience to authority figures can trump an individual's personal conscience**

Aggression is often displaced onto someone other than the provocateur

When individuals are given an incentive to hurt others, they are more likely to do so

Peer pressure can cause individuals to engage in cruel behavior

---

*Correct answer: Obedience to authority figures can trump an individual's personal conscience*

*Social psychology explores the ways that an individual's environment influences their ways of thinking, feeling, and behaving. The Zimbardo prison experiment, in which participants assigned as prison guards went so far as to torture participants cast as prisoners, as well as the Milgram shock experiment, in which study participants knowingly gave what they thought were electrical shocks to other individuals, demonstrate the power of authority over what an individual might believe is right or wrong. In these experiments, participants changed their behavior to comply with authority figures, even if it meant going against their own better judgment.*

*The other answer choices here do not reflect the outcomes of the Zimbardo or Milgram studies.*

---

188.

Conformity, dissonance, resistance and immersion, introspection, and integrative awareness are the stages of what model?

**Racial/Cultural Identity Development Model**

White Racial Identity Development Model

Black Racial Identity Development Model

Cass Identity Model

---

*Correct answer: Racial/Cultural Identity Development Model*

*The Racial/Cultural Identity Development Model—developed by Atkinson, Morten, and Sue (1993)—consists of five stages people experience as they try to understand themselves in terms of culture and the oppressive relationships between cultures. These stages are conformity, dissonance, resistance and immersion, introspection, and integrative awareness.*

*The White Racial Identity Development Model consists of six stages: contact status, disintegration status, reintegration status, pseudo-independence status, immersion-emersion status, and autonomy status.*

*The Black Racial Identity Development Model consists of four stages: pre-encounter stage, encounter stage, immersion-emersion stage, and internalization stage.*

*The Cass Identity Model consists of six stages related to the identity development of gays and lesbians: identity confusion, identity comparison, identity tolerance, identity acceptance, identity pride, and identity synthesis.*

---

189.

Which theory states that attraction occurs when a relationship's rewards exceed its costs and the rewards and costs are reciprocal?

**Social exchange theory**

Social learning theory

Equity theory

Gain-loss theory

---

*Correct answer: Social exchange theory*

*Social exchange theory posits that when a relationship's rewards exceed its costs and when the rewards and costs are reciprocal, attraction occurs. According to social exchange theory, people are more likely to remain in a relationship with someone when the benefits outweigh the costs.*

*Social learning theory states that aggressive behaviors arise through the observation of others. Equity theory posits that perceptions of equity in a relationship are more important than the magnitude of costs and rewards. Gain-loss is the theory that attraction is maximized when someone first has a negative impression of someone that later changes to a positive one.*

---

190.

Which of the following acronyms can guide understanding of potential areas of holding (or not holding) privilege in America?

**ADDRESSING**

PERSON

COMMUNITY

HERITAGE

*Correct answer: ADDRESSING*

*ADDRESSING is an acronym that summarizes the areas of holding or not holding privilege within the American power system.*

- *A (age and generation)*
- *D (development)*
- *D (disabilities)*
- *R (religion)*
- *E (ethnicity)*
- *S (socioeconomic status)*
- *S (sexual orientation)*
- *I (indigenous heritage)*
- *N (national origin)*
- *G (gender)*

*These elements all have implications for who holds power in America and other Western societies.*

*The remaining options are all fabricated answers.*

---

191.

Clinicians who lack an understanding of class-bound values face which risk?

**Over-pathologizing behavior**

Overidentifying with clients

Asking too many informational questions at the first session

Failing to properly diagnose

*Correct answer: Over-pathologizing behavior*

*Psychologists and other clinicians should ensure that they remain sensitive to values that are specific to various classes. Classism happens often due to a lack of understanding, and clinicians who do not consider class-bound values when interpreting behavior may misdiagnose or over-pathologize behavior that is considered culturally normal or appropriate.*

*Over-pathologizing behavior is the greatest risk associated with a lack of understanding of class-bound values, so the other answer choices here are not correct.*

---

192.

Which of the following statements about attitudinal change is generally true?

**An audience is more likely to be persuaded when the communicator is arguing against their own self-interests.**

Audiences are unlikely to be persuaded by a one-sided argument.

Messages that are minimally discrepant from an audience's viewpoint are more likely to be persuasive.

Messages are always more persuasive when audience members are in a positive mood.

---

*Correct answer: An audience is more likely to be persuaded when the communicator is arguing against their own self-interests.*

*The characteristics of a communicator play an influential role in attitudinal change. A communicator who argues against their own self-interests and who has nothing to gain from persuading the audience is most likely to be perceived as credible.*

*Audiences are actually more likely to be persuaded by a one-sided argument if they know relatively little about a topic. On the other hand, when the audience is informed on a topic, they are more likely to be persuaded by a two-sided argument. Messages that are moderately discrepant from an audience's viewpoint are more likely to be persuasive when compared to minimally or extremely discrepant messages. Finally, when audiences are in a positive mood, they are more likely to be persuaded by messages that are relatively weak. Strong messages are more persuasive when audiences are in a bad or neutral mood.*

---



**193.**

According to Kelman (1958), identification occurs when there is what kind of change due to a desire for acceptance?

**Behavioral**

Emotional

Empathic

Private

---

*Correct answer: Behavioral*

*Kelman (1958) identified three effects of social influence: compliance, identification, and internalization. According to Kelman, identification occurs when there is a behavioral change because of desired acceptance. One example would be a young girl influenced by a popular singer.*

*Identification does not occur due to an emotional or empathic change. Identification usually does not refer to whether a change is public or private, only to a behavioral change that occurs because of the desire to identify with another person.*

---

194.

According to the work of Carl Rogers, personality disorders can sometimes be caused by which of the following?

**Inflexible perceptions and a rigid overgeneralization of experiences**

Traumatic early childhood experiences

A passive approach to relationships, limiting the individual's capacity to be vulnerable

An overactive superego and repressed id impulses

*Correct answer: Inflexible perceptions and a rigid overgeneralization of experiences*

*According to Carl Rogers's work, the self comprises the ideal self and the self-concept. The ideal self refers to how the individual would like to be, and the self-concept is how they view themselves. Conflicts between the ideal self and self-concept can restrict the individual's openness to new perspectives and experiences. If someone is unable to be flexible in how they perceive the world, they typically overgeneralize experiences that affect reality. This skewed perception can be manifested in several types of personality disorders.*

*Although early childhood trauma is understood to be a contributing factor, it was not singled out in the way inflexible perceptions and overgeneralization were. Similarly, a passive attitude about relationships and a limited capacity to be vulnerable might or might not be a factor in personality disorder development; but it was not a focus of Rogers in the way that inflexible perceptions and overgeneralization were. Addressing the superego and repressed id would be a psychodynamic approach to personality disorder development, not a characteristic of the humanist school of Carl Rogers.*

---

**195.**

In the past month, the parents of a typically developing infant have noticed that their baby has started to seem much more interested in his surroundings than before. He frequently stops nursing to look around, and he begins putting various objects in his mouth as a way of exploring.

Using object relations theory as a guide, how old is this infant?

**Five months**

One year

Two months

Nine months

*Correct answer: Five months*

*Object relations theorists frame development as a series of changing relationships between the self and the other. By the end of the first three months of life, most babies see themselves as fused with their mothers or other primary caregiver and cannot distinguish between the self and the other. During this stage, babies see the world as objects that are either good or bad.*

*Once a typically developing infant reaches four months, the separation-individuation phase begins. For the next several months, the infant will become increasingly interested in their surroundings and will begin to acknowledge the value of "objects" other than their mother.*

---

**196.**

Coercive, reward, expert, referent, and legitimate are the five distinct bases of what term?

**Social power**

Minority influence

Persuasion

Conflict

---

*Correct answer: Social power*

*Coercive, reward, expert, referent, and legitimate are the five distinct bases of social power. French and Raven (1959) developed these bases to explain that social influence is the outcome of the exertion of social power from one of these five bases.*

*Minority influence occurs when the point of view is consistent, flexible, clear, and aligned with current social trends; it is not viewed as having these five distinct bases. Persuasion is the process of guiding someone toward the adoption of some attitude by some rational or symbolic means; persuasion and conflict also do not have these bases.*

---

**197.**

You were told to appear for a meeting at 1 p.m. It is currently 1:15 p.m., and the rest of the group has not arrived. You become annoyed and mildly angry because your co-workers do not value your time.

This is an example of which attribution bias?

**Fundamental attribution error**

Actor-observer effect

Self-serving bias

Culture bias

---

*Correct answer: Fundamental attribution error*

*The fundamental attribution error occurs when we overvalue personal explanations for behavior and undervalue situational explanations. For example, a traffic accident, not a disregard for your time, may have caused the rest of your group to show up late to the meeting.*

*The actor-observer effect occurs when we attribute dispositional factors to others' behavior while attributing situational factors to our own behavior. The self-serving bias is the tendency to attribute dispositional factors for success and external factors for failure. Culture bias refers to judging by standards inherent to one's culture.*

---

**198.**

Which of the following psychologists developed field theory, which posits that behavior is affected both by a person **and** their environment?

**Lewin**

Pavlov

Zimbardo

Milgram

---

*Correct answer: Lewin*

*Lewin (1936) developed field theory, which posits that behavior is affected both by a person and their environment. He was the first social psychologist to recognize the importance of the environment.*

*Pavlov is known for his classical conditioning experiments and research.*

*Zimbardo and Milgram studied individuals' willingness to obey authority even amidst a conflicted personal conscience.*

---

**199.**

The Cass Identity Model (1979) was the first model to do what?

**Normalize the process of sexual identity development**

Explain racism development

Outline the developmental stages of a family

Acknowledge the importance of sex in human development

---

*Correct answer: Normalize the process of sexual identity development*

*The Cass Identity Model was the first model to normalize the process of sexual identity development rather than pathologize being homosexual. It includes six stages: identity confusion, identity comparison, identity tolerance, identity acceptance, identity pride, and identity synthesis.*

*The Cass Identity Model is not concerned with racism or family development. It is also not concerned with the importance of sex in human development.*

---

**200.**

Which of the following suggests that crowds increase positive experiences and make unpleasant experiences more negative?

**Density intensity hypothesis**

Crowding theory

Avoidance-avoidance conflict theory

Double approach-avoidance conflict theory

---

*Correct answer: Density intensity hypothesis*

*The density intensity hypothesis (Deaux & Wrightsman, 1988) suggests that crowds increase positive experiences and make unpleasant experiences more negative. This is one attempt to explain the effects of crowding on individuals.*

*Crowding theory alludes to the state of mind that occurs when people are surrounded by many other people. Avoidance-avoidance conflict theory refers to when an individual must choose between two equally unattractive goals. Double approach-avoidance conflict theory refers to the act of choosing between two goals that both have attractive and unattractive qualities.*

---



**201.**

How many principles of persuasion are defined by Cialdini (2001)?

**Six**

Two

Three

Twelve

---

*Correct answer: Six*

*Persuasion is the process of guiding someone toward the adoption of some attitude by some rational or symbolic means. Cialdini (2001) defines six principles of persuasion: reciprocity, commitment, social proof, authority, liking, and scarcity. These principles then contribute to someone's chance of being influenced by a persuader.*

---

**202.**

According to Darwin, which of the following is the driving force for mating adaptations?

**Same-sex competition**

Power

Location

Similar genetic makeup

---

*Correct answer: Same-sex competition*

*Charles Darwin's sexual selection theory posits that the combination of same-sex competition and preferential mate choices is the driving force for mating adaptations. However, many psychologists today believe that mating patterns in humans are markedly different from those of the animals upon which Darwin's theories are based.*

*The remaining answer options are incorrect, as Darwin did not cite power, location, or similar genetic makeup as driving forces for mating adaptations.*

---

203.

Which of the following is the correct definition of reactance?

**When someone feels as if their choices are taken away and the reaction is the opposite of what is desired**

The exertion of influence over another person

When a person submits to a request from an authority

The process of guiding someone toward the adoption of some attitude by some rational or symbolic means

---

*Correct answer: When someone feels as if their choices are taken away and the reaction is the opposite of what is desired*

*Reactance is when a person feels their choices are being taken away, and the reaction is the opposite of what is desired. The Milgram shock experiments, in which people administered shocks to others at much greater levels than expected, is one example of reactance.*

*Social power is the exertion of influence over another person. Obedience is when a person submits to a request from an authority. Persuasion is the process of guiding someone toward the adoption of some attitude by some rational or symbolic means.*

---

**204.**

According to the self-psychology theory, key factors in healthy personality development include which of the following?

**Empathy and optimal frustration**

Altruism and egoism

Narcissism and empathy

Being nurtured and nurturing others

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*Correct answer: Empathy and optimal frustration*

*According to the self-psychology theory, key factors in healthy personality development include empathy and optimal frustration. The self-psychology theory also postulates that unmet developmental needs can lead to illnesses or personality disorders.*

*The remaining options are not key factors in healthy personality development according to self-psychology theory.*

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# Part 1-Knowledge, Domain 4: Growth and Lifespan Development

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Part 1-Knowledge, Domain 4: Growth and Lifespan Development

**205.**

According to dynamic systems theory, an integrated system with which components guides the mastery of new skills?

**Mind, body, and physical and social worlds**

Self, parents, and others

Microsystem, mesosystem, exosystem, and macrosystem

Id, superego, and ego

---

*Correct answer: Mind, body, and physical and social worlds*

*Dynamic systems theory states that an integrated system composed of a child's mind, body, and physical and social worlds is responsible for guiding their mastery of new skills. A change in any of these realms can interrupt the entire system, prompting reorganization.*

*Dynamic systems theory does not state that an integrated system should be composed of self, parents, and others. The microsystem, mesosystem, exosystem, and macrosystem are levels of systems as defined by Bronfenbrenner (1979) as part of his bioecological systems theory. The id, superego, and ego are elements of an individual's psyche as defined by Freud's psychoanalytic theory.*

---

**206.**

What plays a central role in the selection, maintenance, and strengthening of connections between neurons over time?

**Experience**

Genetics

Environment

Good health

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*Correct answer: Experience*

*Experience is vital to the strengthening and maintenance of connections between neurons over time. Each time a neuron is used, it forms new bonds and connections with other cells and becomes more functional.*

*Genetics affects an individual's ability to learn new information, but without experience, there would be no opportunities for new neurological connections to be made. Normal physical development and good health are helpful in normal neurological development, but experience is the most important factor.*

---

**207.**

The beginning of formal operational thought tends to occur simultaneously with which other developmental milestone?

**Transition into middle school**

Entrance into kindergarten

Graduation from high school

Birth of a child

---

*Correct answer: Transition into middle school*

*School transitions mark major developmental milestones in children's lives. The transition from elementary to middle school or junior high, when students are around age 11 or 12, also marks the beginning of formal operational thought. During this time, individuals develop skills such as deductive reasoning, planning, and logical thought.*

---

**208.**

Bronfenbrenner (1979) emphasizes the influence of what type of factors on individual development?

**Environmental**

Biological

Dynamic

Physiological

---

*Correct answer: Environmental*

*Bronfenbrenner emphasizes the influence of environmental factors on individual development. His bioecological model describes four layers of ecological systems that influence an individual: microsystem, mesosystem, exosystem, and macrosystem.*

*Bronfenbrenner was a strong proponent of the idea that environmental factors, not biological or physiological factors, strongly impact development. The ecological systems that impact a person's development might be dynamic, but this is not a central theme of his theory.*

---



209.

In contrast to Piaget, which psychologist believed that social interaction and cultural context greatly shape the thinking processes of children?

Vygotsky

Freud

Bronfenbrenner

Thelen

Correct answer: Vygotsky

*Vygotsky's theory of development (1978) asserts that instruction, social interaction, and cultural context all play major roles in shaping children's thinking. Like Piaget, Vygotsky also believed that children play an active role in their understanding of the world.*

*Freud is known for his psychosexual theory of development as well as psychoanalysis. Bronfenbrenner is known for the ecological systems theory, which posits that four different ecosystems, nested within each other, influence an individual's development. Thelen developed dynamic systems theory, which states that a child's mind, body, physical, and social worlds combine to create an integrated system that leads to skill mastery.*

---

**210.**

Darren has had a manic episode but has never experienced episodes of depression. According to the DSM-5-TR, which of the following statements about his diagnosis is most accurate?

**Darren could meet the diagnostic criteria for bipolar I disorder.**

Darren could meet the diagnostic criteria for bipolar II disorder.

Darren should be diagnosed with schizoaffective disorder, since he's never had a depressive episode.

Darren should be diagnosed with other specified bipolar and related disorder since he's never had a depressive episode.

*Correct answer: Darren could meet the diagnostic criteria for bipolar I disorder.*

*To be diagnosed with bipolar I disorder, a person must have one or more episodes of mania. If Darren has met the criteria for a manic episode, he could be diagnosed. To be diagnosed with bipolar II disorder, Darren would need to meet criteria for a hypomanic episode as well as for a major depressive episode. If someone has had a manic episode, they cannot be diagnosed with bipolar II disorder. So, Darren would meet criteria for bipolar I disorder rather than bipolar II disorder.*

*The presence of a depressive episode is not required for a diagnosis of bipolar I disorder, so schizoaffective disorder isn't the most accurate diagnosis, based on the description given. Finally, the fact that Darren has never had a depressive episode does not preclude a diagnosis of bipolar I disorder, so he does not have to be diagnosed with other specific bipolar and related disorder.*

---

**211.**

During which stage of Piaget's cognitive development can a child use words and images to understand the world?

**Preoperational**

Sensorimotor

Concrete operational

Formal operational

*Correct answer: Preoperational*

*During the preoperational stage (ages 2 to 7 years), children use words, images, and drawings to understand the world and develop their sense of reason. However, children at this age can only perform actions conducted physically and not abstractly.*

*Piaget's first stage of cognitive development—the sensorimotor stage—occurs from birth to age 2. During this time, young children and babies coordinate their sensory experiences with physical actions. During the concrete operational stage (ages 7 to 11 years), children can reason logically in specific or concrete examples. The formal operational stage (ages 11 to 15 years) is the final stage of Piaget's theory and is characterized by abstract, idealistic, and logical thinking.*

---

**212.**

Which of the following models is the dominant approach in current psychological development?

**Interactional model**

Environmental model

Trait model

Medical model

---

*Correct answer: Interactional model*

*In current research, the interactional model is the dominant approach to psychological development. The interactional model posits that an individual's characteristics and the environment contribute to a person's development.*

*The environmental model views development as occurring as a function of the environment acting continuously on an individual. The trait model predicts later outcomes based on earlier status features. Trait models are often also called medical models.*

---

**213.**

The sensorimotor stage of Piaget's cognitive development occurs during what age range?

**0-2 years**

2-7 years

7-11 years

1-4 years

*Correct answer: 0-2 years*

*Piaget's first stage of cognitive development occurs from birth to age 2. During this time, young children and babies coordinate their sensory experiences with physical actions. By the end of the sensorimotor stage, a child can employ simple symbols.*

*The preoperational stage takes place from 2 to 7 years of age and is when children begin to use mental representations to understand the world. During the concrete operational stage (ages 7 to 11 years), children can reason logically in specific or concrete examples. The age range of 1 to 4 years does not represent one of Piaget's distinct stages; instead, this range would include both the sensorimotor and preoperational stages.*

---

**214.**

What term refers to the scaling of support an instructor provides a student according to their increasing skill level?

**Scaffolding**

Zone of proximal development

Exosystem

Concrete operations

*Correct answer: Scaffolding*

*Vygotsky (1978) used the term scaffolding to describe the scaling of support an instructor gives a student according to their increasing skill level. Vygotsky's theory focuses on the importance of social interaction and culture in promoting a child's learning.*

*Also from Vygotsky's work is the concept of the zone of proximal development (ZPD), which refers to tasks that are too difficult for a child to complete on their own, but that the child can learn with assistance from an adult or a more skilled child. The exosystem is a concept from bioecological systems theory; it involves all systems that exert influence on a person indirectly via the microsystem. Concrete operations or the concrete operational stage is a part of Piaget's theory of cognitive development. During this stage, children develop the capacity to reason logically when working with concrete examples.*

---

**215.**

According to dynamic systems theory, development is viewed as which of the following?

**Nonlinear**

Biological

Linear

Stage-like

---

*Correct answer: Nonlinear*

*Dynamic systems theory (Thelen, 2006) views development as a nonlinear process rather than a step-by-step process. Development occurs because an individual is influenced by all sorts of systems, and components are constantly reorganizing to work together again.*

*Dynamic systems theory recognizes the impact of biological factors but focuses on all aspects of development, including the environment.*

---

**216.**

Which of the following is defined as any characteristic associated with a higher probability of a negative outcome?

**Risk**

Trait

Genotype

Teratogen

---

*Correct answer: Risk*

*A risk is any characteristic associated with a higher probability of a negative outcome. Risk factors are predictors of negative outcomes within a population, and these are established by studying groups of people. For example, high blood pressure is a risk factor for heart attack and stroke.*

*A trait is a genetically determined characteristic of an individual. An individual's genotype consists of the genes inherited from their parents. A teratogen is a substance that can negatively affect fetal development.*

---



**217.**

During which stage of Erikson's psychosocial development is it particularly important for individuals to play games in order to feel a sense of competence and learn how to negotiate losses?

**Industry vs. inferiority**

Autonomy vs. shame and doubt

Identity vs. role confusion

Initiative vs. guilt

*Correct answer: Industry vs. inferiority*

*Erikson is known for his conceptualization of development as a series of stages when a specific conflict must be resolved in order to progress to the next stage. Children ages 6 to 11 are typically in the stage of industry versus inferiority when they enter school and must cope with social and academic demands. During this stage, success leads to feelings of competency, while failure leads to feelings of inferiority. Children in this stage gravitate toward board games and other forms of playful competition in order to master skills needed to move into the next stage of development—identity versus role confusion.*

---

**218.**

An adult female in her 20s grew up in a physically abusive home and was placed in a series of foster homes with caretakers who neglected her physical and emotional needs. Currently, this woman copes with any type of stress in her life by socially withdrawing and refusing to interact with anyone unless absolutely necessary.

According to research on the hypothalamic-pituitary-adrenal (HPA) axis, how are this woman's past trauma and her current response to stress most likely connected?

**The woman's HPA axis was dysregulated when she was a child due to chronically high cortisol levels, and now her ability to regulate stress is insufficient.**

The woman's HPA axis is damaged, so she has reduced cortisol levels, leading her to withdraw during stressful situations rather than responding adaptively.

The woman's HPA axis was damaged due to lack of social engagement with others, and now she is developing a personality disorder.

The woman's HPA axis has likely weakened, so she must overcompensate by internalizing her behaviors.

*Correct answer: The woman's HPA axis was dysregulated when she was a child due to chronically high cortisol levels, and now her ability to regulate stress is insufficient.*

*Children who are exposed to chronically high levels of stress secrete abnormally high levels of cortisol, which leads to dysregulation of the HPA axis over time. Long-term overactivation of the stress response system has been linked to depression in adulthood. This inability during childhood to regulate emotions often continues through adulthood, when individuals either display externalized behaviors, such as aggression, or internalized behaviors, such as social withdrawal.*

*The other options here are not correct.*

---

**219.**

A child who has just learned the word "car" refers to bicycles and trucks as "cars" as well. What term from cognitive psychology refers specifically to the process occurring in this situation?

**Assimilation**

Schema

Accommodation

Object permanence

*Correct answer: Assimilation*

*According to Piaget, children are "little scientists" who actively construct their cognitive understanding of the world. One process that can occur while children are developing cognitively is assimilation, in which children incorporate a new experience into their existing mental models. In this case, the child has an existing mental model for cars, and he incorporates bicycles and trucks into this model.*

*A schema is part of this process, but it doesn't specifically describe the situation in the question. A schema is simply a mental model or structure that a child uses to organize knowledge. Accommodation occurs when a child adapts their schemas to make room for new experiences. Object permanence refers to a young child's ability to understand that an object still exists, even if it is out of sight.*

---

**220.**

Proximodistal development refers to growth that moves outward from which part of the body?

**Center**

Bottom

Upper

Limbs

---

*Correct answer: Center*

*Proximodistal development refers to growth that moves from the center of the body outward. For example, physical development of children is proximodistal as they gain control over their legs and arms before they gain control of their fingers and toes.*

*Cephalocaudal development occurs from head to tail.*

---

221.

Which of the following is **not** a criticism of Piaget's cognitive developmental theory?

**Cognitive development is more stage-like and discontinuous than Piaget thought**

New skills in one area do not always translate to new skills in another area

The theory shows an over-reliance on the physical and motor skills of infants

Learning through perception and sensation is largely ignored

---

*Correct answer: Cognitive development is more stage-like and discontinuous than Piaget thought*

*There are several popular criticisms of Piaget's cognitive developmental theory. However, Piaget did describe his theory in terms of abrupt stages rather than continuous development, so critics have not asserted that cognitive development is more stage-like and discontinuous than Piaget thought. If anything, current psychologists see growth and development as more gradual and continuous.*

*Piaget's theory of cognitive development is criticized because new skills in one area do not always translate to new skills in another area. Piaget relied heavily on infants' physical and motor skills to explain his ideas, and he tended to ignore that babies and children learn through perception and sensation.*

---

**222.**

Theory of Mind is all the following **except**:

**The opposite of metacognition**

Frequently absent or under-developed in those with autism

Correlated with cognitive and language abilities

A concept that develops in early childhood

---

*Correct answer: The opposite of metacognition*

*Theory of mind is an understanding and awareness of one's own thought processes, as well as the ability to understand that others' thought processes may be different. Individuals with autism often are not able to take on others' perspectives.*

*Theory of mind is correlated with cognitive and language abilities and develops in early childhood. It is synonymous with metacognition or thinking without thinking.*

---

**223.**

A father just lost his job, which allows him to spend more time at home with his child. According to Bronfenbrenner, this represents a change in which of the child's systems?

**Exosystem**

Superego

Techno-subsystem

Microsystem

*Correct answer: Exosystem*

*According to Bronfenbrenner's model of bioecological development (1979), the exosystem includes contexts with which the individual does not directly interact that indirectly influence development. In this example, a father whose work circumstances have changed will indirectly impact the child because family income might decrease and the child will see the father more often.*

*An individual's superego is the part of the psyche that provides moral standards by which the individual must operate. The techno-subsystem refers to influences from media devices such as television and the internet. The microsystem consists of immediate environments such as schools and neighborhoods.*

---

**224.**

Trait models are ways to use earlier status features to predict a later outcome and are also known as which of the following?

**Medical models**

Environmental models

Interactional models

Critical periods

*Correct answer: Medical models*

*Trait models, also known as medical models, are ways to use earlier status features to predict a later outcome. These traits can be genetic features, temperaments, or other factors that seem more malleable and flexible.*

*Environmental models view development as occurring as a result of environmental forces acting on the individual. Interactional models take both characteristics of the child and the environment into account to explain current and future behaviors. Critical periods refer to the belief that people might have different developmental trajectories depending on the timing of an environmental experience or lack thereof.*

---



**225.**

The hypothalamic-pituitary-adrenal (HPA) axis is responsible for which brain function?

**Regulating stress hormones**

Controlling primal urges, such as hunger

Dictating the need for emotional support

Developing complex motor behaviors

---

*Correct answer: Regulating stress hormones*

*The HPA axis is responsible for controlling cortisol in the body. Cortisol, a stress hormone, is released when an individual is under stress and helps them respond to the trigger. Sustained levels of stress over time can result in dysregulation of the HPA axis and increased anxiety and stress.*

*The HPA is not responsible for controlling primal urges, dictating the need for emotional support, or developing complex motor behaviors.*

---

**226.**

According to Piaget's theory of cognitive development, by what age might an infant repeat an action because they like the sound it makes?

**8 months**

18 months

12 months

2 months

---

*Correct answer: 8 months*

*According to Piaget's theory of cognitive development, the secondary circular reaction substage of sensorimotor development lasts from the ages of 4 to 8 months. During this stage, the infant becomes more aware of the world and is able to repeat a simple action, such as shaking a rattle or making a noise, because they like the sound that it makes.*

---

**227.**

A seven-year-old child has a quiet and reserved personality, rarely tries new things, and has difficulty separating from their parents. Most developmental psychologists would say that this character trait developed as a result of what?

**The interaction between biology and the environment**

Genotype

Their parents

Their natural temperament

*Correct answer: The interaction between biology and the environment*

*Most developmental psychologists would currently say that a child's character traits, such as personality, develop as a result of the interaction between genotype (i.e., biological makeup) and the environment. For example, this child may be naturally inclined to be more reserved; then, perhaps as a result of being an only child, this trait never changed.*

*A person's genotype is their biological composition, as determined by the set of chromosomes inherited from their parents. Both the child's environment and their biology contributed to their personality.*

---

**228.**

According to current developmental research, what two components are necessary for psychological development to occur?

**Biology and environment**

Emotion and cognition

Self and others

Food and water

---

*Correct answer: Biology and environment*

*According to current developmental research, both biology and the environment are necessary for psychological development to occur. In the past, many developmental psychologists argued over which was more important, but the general consensus is that nature and nurture are equally important.*

*Emotion and cognition and self and others are important concepts when considering psychological development, but they are not considered necessary for psychological development to occur. Food and water are most important for physical, not psychological, development.*

---

**229.**

Gender constancy (i.e., the idea that gender is permanent) is understood by children as young as what age?

**6 years**

3 years

10 years

13 years

---

*Correct answer: 6 years*

*By age 6 or 7 years, children begin to understand the concept of gender constancy. Prior to this age, children think of gender identity only as a label and a way to discriminate between male and female. Very young children do not have the ability to understand that gender is permanent.*

---

**230.**

Which of the following theories would maintain that a newly walking child has experienced more than just a physical change?

**Dynamic systems theory**

Cognitive development theory

Bioecological systems theory

Sociocultural theory

---

*Correct answer: Dynamic systems theory*

*Dynamic systems theory explains development as a result of all domains shifting and changing due to a change in another domain. When a child learns to walk, they are going through a step in physical development, but this change affects their cognitive and perceptual input as well as the experiences of others.*

*Piaget's cognitive development theory focuses on the mental and cognitive worlds of children rather than their physical changes. Bronfenbrenner's bioecological systems theory (1979) emphasized the influence of environmental factors and systems on individual development and did not address the physical or cognitive changes experienced by children. Vygotsky's sociocultural theory (1978) focuses on the importance of social interaction, not physical development, in shaping children's thinking.*

---

**231.**

Children who have been abused or neglected may have which of the following issues in relation to emotions?

**They may have trouble discriminating between different emotions**

They may experience more shame and guilt than other children

They may only understand negative emotions

They may avoid positive emotions

---

*Correct answer: They may have trouble discriminating between different emotions*

*Children who have been abused or neglected have more trouble than other children with discriminating between emotions. This may be due to impaired emotional understanding as a result of family relations lacking warmth, support, and healthy modeling.*

*Children with depressed mothers may experience more shame and guilt than other children. Children who have been mistreated most likely understand both positive and negative emotions but have more difficulty than other children understanding the differences between specific feelings.*

---

**232.**

What is one risk factor for premature birth?

**Maternal age**

Elevated levels of folic acid

Use of any medications during pregnancy

The vertex position

---

*Correct answer: Maternal age*

*Premature birth occurs in babies born before 37 weeks gestation. There are several risk factors for premature birth, including maternal age, lack of spacing between pregnancies, maternal or fetal distress, and structural abnormalities in the uterus.*

*Supplemental folic acid intake is recommended during pregnancy due to the risk of spina bifida in infants born to mothers whose folic acid intake is insufficient; elevated folic acid levels have not been linked to premature birth. Instead, it is folic acid deficiency that is linked to problems. Some medications are safe to use during pregnancy, so use of any medications is not a risk factor for preterm birth. The vertex position describes a baby who is head-down and back facing, which is the ideal position for childbirth.*

---



**233.**

Which of the following senses is the least developed at birth?

**Sight**

Touch

Smell

Taste

---

*Correct answer: Sight*

*Of the five senses, sight is the least developed sense at birth. Vision in humans develops quickly, however, and reaches near maturity by six months.*

*Research shows that hearing, touch, taste, and smell are all well developed at birth.*

---

**234.**

Which concept is defined as sensitivity to the environment and the degree to which development is able to be modified due to experience?

**Plasticity**

Continuity

Risk

Resilience

---

*Correct answer: Plasticity*

*Plasticity is sensitivity to the environment and the degree to which development is able to be modified due to experience. This can be observed in various situations when certain aspects of development can be fixed or changed over time.*

*Continuity is the notion that development is a gradual process of change. Risk is a characteristic associated with an elevated probability of an undesirable outcome. Resilience is the ability of an individual to withstand challenges that threaten their development.*

---

**235.**

What is the **first** age period that characterizes major transitions in human development?

**Prenatal**

Infancy

Early childhood

Latency

---

*Correct answer: Prenatal*

*The first age period to characterize major transitions in human development is the prenatal period, which spans from conception to birth. When an individual is in utero, significant changes take place, and the individual can be influenced by both biology and the environment.*

*The six age periods that characterize major transitions in human development are, in order: the prenatal period, infancy, early childhood, middle childhood, adolescence, and adulthood.*

---

**236.**

All the following are reasons that children are being raised by their grandparents in the United States, **except**:

**Decreased rate of adolescent pregnancy**

Increased parental drug use

Longer life expectancy

Increased rates of divorce

---

*Correct answer: Decreased rate of adolescent pregnancy*

*In the United States, one reason the number of children being raised by grandparents has increased over recent years is the increased rate of adolescent pregnancy. The US has the highest teen pregnancy and birth rates of any industrialized nation despite declines since the 1990s.*

*Additional reasons that grandparents are raising grandchildren in the United States include the increased rates of divorce and more parental drug use. Life expectancy has also been increasing, leading to older Americans being able to care for grandchildren later in life.*

---

**237.**

Which of the following statements about memory is most accurate?

**Semantic memory remains stable over a lifetime**

Working memory is so short-term that it is subconscious

Generic memory and episodic memory are the same

Long-term memory consists solely of recognition memory

---

*Correct answer: Semantic memory remains stable over a lifetime*

*Semantic memory, which includes recall of general facts and knowledge, tends to stay stable over the course of a lifetime. Another type of memory, called procedural memory, tends to remain stable as well.*

*Working memory is short-term, but it involves conscious awareness. Generic memory is memory of common action sequences, which is different from episodic memory, which refers to the ability to recall specific events. Long-term memory includes both recognition memory and recall memory.*

---

**238.**

Which of the following is not true about psychological development?

**Development occurs passively**

Development builds upon itself

Development is a lifelong process

Development involves an interaction of biology and environment

---

*Correct answer: Development occurs passively*

*Development is not a passive process. Children actively shape their development by choosing the contexts to participate in and subjectively appraising each context.*

*The other statements about development are true. Development is a cumulative process, meaning it builds upon itself. Earlier development lays the groundwork for future development. Development is a lifelong process, occurring from birth through death. Finally, development is the result of interactions between a person's genes (biology) and their environment. The way that genes contribute to behavior will depend upon a person's environment.*

---

**239.**

According to the DSM-5-TR, a decline in memory is associated with all the following except:

**Intellectual developmental disorder**

Major depressive disorder

Neurocognitive disorders

Generalized anxiety disorder

*Correct answer: Intellectual developmental disorder*

*Memory performance is a complicated concept that relies on various factors, such as reference to the memory throughout the lifespan. According to the DSM-5-TR, anxiety, depression, and neurocognitive disorders are all associated with a decline in memory performance.*

*Intellectual developmental disorder involves a deficit in intellectual functions, which can include reasoning, problem-solving, abstract thinking, academic learning, and judgment. These deficits are coupled with deficits in adaptive functioning, which make it difficult for a person to be independent and socially responsible. Deficits with intellectual developmental disorder begin during the developmental period. Since the deficits associated with intellectual developmental disorder begin during the developmental period, they do not represent a decline in cognitive functions like memory.*

---

**240.**

What is the pathway that connects a person's past to their future?

**Developmental trajectory**

Discontinuity

Social learning theory

Plasticity

---

*Correct answer: Developmental trajectory*

*The pathway that connects a person's past to their future is known as their developmental trajectory. Development is an interplay between the environment and biology and occurs throughout one's lifespan, not just in childhood.*

*Discontinuity refers to the idea that development can include periods of rapid change and the sudden development of new thoughts and behaviors. Social learning theory posits behaviors are learned by observing others. Plasticity refers to the sensitivity to the environment engendered by experience. Plasticity refers to the extent to which the developmental course can change.*

---



**241.**

According to Rothbart and Bates, extraversion/surgency, negative affectivity, and effortful control are three dimensions of what?

**Temperament**

Attachment

Moral development

Self-regulation

*Correct answer: Temperament*

*Temperament is an individual's characteristic way of responding and has been the focus of much research over the past 50 years. Rothbart and Bates (2006) propose that temperament can be grouped into three dimensions: extraversion/surgency, negative affectivity, and effortful control or self-regulation.*

*The concept of attachment, an emotional bond between a child and his primary caregivers, was developed by Bowlby (1969) and Ainsworth (1979); the three major types of attachment in their work are secure, avoidant, and ambivalent/resistant. Moral development (Kohlberg, 1976) can be broken into stages that define different forms of moral thinking by individuals. Self-regulation refers to a child's ability to regulate their stress levels and was not studied by Rothbart and Bates.*

---

**242.**

A major criticism of Bronfenbrenner's bioecological systems theory (1979) is the lack of focus on which two factors?

**Cognitive and biological**

Physiological and biological

Cognitive and developmental

Physiological and developmental

---

*Correct answer: Cognitive and biological*

*Bronfenbrenner's theory explains human development in the context of a person's environment. He uses several different systems to explain the environmental factors at play in an individual's development. A major criticism of this is the lack of focus on both cognitive and biological factors.*

*Criticisms of Bronfenbrenner's theory do not include the lack of focus on physiological or developmental factors.*

---

**243.**

Which psychologist saw children as "little scientists" who constantly work to explore, manipulate, and make sense of their environments?

**Piaget**

Vygotsky

Freud

Apgar

*Correct answer: Piaget*

*Piaget's cognitive developmental theory (1954) states that children are constantly trying to make sense of their environments by exploring and manipulating their environments. Piaget asserted that adults are not more intelligent than children but that their form of thinking is different, as they have an enhanced understanding of the world.*

*Vygotsky is known for sociocultural cognitive theory (1978), which emphasizes the importance of social interaction and cultural context in shaping children's thinking. Freud developed the theory of psychosexual development. Apgar is responsible for developing an assessment for measuring the health of a newborn baby.*

---

**244.**

The "beaker test," as described in Piaget's cognitive developmental theory, demonstrates which concept?

**Conservation**

Transference

Object permanence

Resilience

*Correct answer: Conservation*

*The "beaker test" is used to demonstrate the concept of conservation in various stages of development. In the preoperational stage of Piaget's theory of cognitive development, as water is transferred from one beaker to another taller and thinner beaker, children state that there is more water in the taller beaker. However, once children reach the concrete operational stage, they understand that the amount of water remains the same despite the size and shape of the beaker.*

*Transference refers to a defense mechanism in which the individual directs feelings about one person onto another. Object permanence first takes place in the sensorimotor stage and is the understanding that objects continue to exist even if they cannot be seen, heard, or touched. Resilience is the ability of an individual to withstand challenges.*

---

**245.**

Which of the following is the most accurate statement about children from divorced families?

**Most children from these families do not have significant adjustment problems**

A majority of children from these families have significant adjustment problems

Adolescent males from divorced families are particularly vulnerable to depression

Children from divorced families are less likely to have externalizing problems but more likely to have internalizing problems

---

*Correct answer: Most children from these families do not have significant adjustment problems*

*While children from divorced families may be at greater risk of problems like academic difficulties, depression, delinquency, and substance misuse, not all children from divorced families are negatively affected. In fact, a majority of children of divorce do not experience significant adjustment problems.*

*When it comes to depression risk, adolescent females with divorced parents are particularly vulnerable. Children from divorced families are at increased risk of both internalizing and externalizing problems.*

---

**246.**

According to the DSM-5-TR, children with short attention spans, impaired general intelligence, and emotional/behavioral disorders may have which condition?

**Fetal alcohol syndrome**

Attention deficit/hyperactivity disorder

Bipolar I disorder

Autism spectrum disorder

*Correct answer: Fetal alcohol syndrome*

*According to the DSM-5-TR, neurobehavioral disorder associated with prenatal alcohol exposure (ND-PAE; more commonly known as fetal alcohol syndrome [FAS]), is characterized by problems with attention, poor functional communication skills, emotional/behavioral disorders, and impaired general intelligence. FAS occurs in a small percentage of children whose mothers drank alcohol during pregnancy and can also include facial abnormalities.*

*Attention deficit/hyperactivity disorder (ADHD) is a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning but is not associated with impaired intelligence. Bipolar I disorder is characterized by the presence of a manic episode causing marked impairment and is not related to attention span or impaired intelligence. Autism spectrum disorder is characterized by deficits in the areas of social communication and social interaction, as well as restrictive or repetitive patterns of behavior or interests; individuals with autism can have average or above-average intelligence.*

---

**247.**

Which statement is **true** about the relational future of a child who has poor relationships and attachments early in life?

**There is no guarantee that the child will have poor relationships later**

The child will have unhealthy relationships in later life

The environment will play less of a role in the child's relationships later in life

Genetics will play a greater role in the child's relationships later in life

---

*Correct answer: There is no guarantee that the child will have poor relationships later*

*While someone who may have had negative experiences with caregivers early in life may continue to have relationship difficulties later, there is no guarantee that this will take place. Due to the interaction between biology and the environment, additional factors apply when discussing individual development. For example, the individual may have positive experiences later in life that contribute to improved relationship skills.*

---

**248.**

How does Sameroff's transactional model regard development?

**As the accumulation of reciprocal social interactions over time**

As the unfolding of identity across the lifespan

As the acting-out of primary attachment relationships in social settings

As the impact of chronic stress affecting the HPA axis throughout the lifespan

---

*Correct answer: As the accumulation of reciprocal social interactions over time*

*Sameroff's transactional model regards development as a result of reciprocal social interactions occurring over time between an individual and their surroundings. This model places equal emphasis on the individual and the environment and emphasizes that deficits within the individual, such as cognitive delays, can impact development as well as deficits in interpersonal relationships, such as being raised in an emotionally abusive household.*

---



**249.**

During what stage do the organs of a fetus develop?

**Prenatal**

Meiosis

Latency

Postnatal

---

*Correct answer: Prenatal*

*During the prenatal period, an embryo's cells begin to form organs and body parts while in utero. Generally, by the end of the prenatal period, the fetus is prepared to be born into the outside world.*

*Meiosis is the process by which reproductive cells divide. Latency refers to the period of development between the ages of five and 11 years. Postnatal refers to any period following the birth of a baby.*

---

**250.**

A child who is able to positively adapt to and recover from challenges that pose a threat to stability and development is said to have which of the following?

**Resilience**

Protective factors

Plasticity

Trauma

*Correct answer: Resilience*

*Resilience is the ability of an individual to withstand or recover from significant threats or challenges to development. Resilience is a fluid concept, as some individuals are resilient and can recover from serious setbacks, whereas others cannot.*

*While protective factors buffer against risk and contribute to healthy development, this is not the best response, since resilience more closely matches the scenario described herein. Plasticity describes the extent to which a person's developmental course can change in response to the environment. Finally, a child may positively adapt to trauma, but the scenario described herein refers to resilience and not trauma itself.*

---

**251.**

Kennedy was exposed to abusive parenting during her first few years of life, suffering several injuries as a result of physical abuse from her mother. She has been placed in foster care, where she shows seemingly strange behaviors with her foster parents. When distressed, Kennedy shows odd behaviors, such as freezing or approaching her foster parents with her back turned to them.

What sort of attachment style does Kennedy have?

**Disorganized**

Secure

Avoidant

Ambivalent/resistant

*Correct answer: Disorganized*

*Attachment refers to an emotional connection between a child and their primary caretaker. Healthy attachments develop when caretakers respond to a child's needs. There are multiple different attachment styles, of which disorganized is one. Children with a disorganized attachment style show atypical behaviors when distressed and have often been exposed to caretakers who are frightening or abusive. The disorganized attachment style aligns with the description given of Kennedy.*

*Secure attachment styles develop in children whose caretakers respond consistently to their needs. Children with secure attachments seek closeness to their caretakers and are easily comforted when distressed.*

*Children with avoidant attachment styles have caretakers who show little to no response when the child is distressed. These children do not show distress when caretakers depart, and they show little reaction upon a caretaker's return.*

*Children with an ambivalent/resistant attachment style are distressed when caretakers depart but reluctant to accept comfort from the caretaker upon their return.*

---

**252.**

What protects a developing fetus from bacteria but not viruses?

**Placenta**

Umbilical cord

Teratogens

Thalidomide

---

*Correct answer: Placenta*

*The placenta—the sac of tissue that surrounds the fetus—protects the fetus from many bacteria, but it does not always protect from viruses. This is why some viruses, such as HIV or rubella, can be passed to the fetus from the mother during pregnancy.*

*The umbilical cord is the structure that attaches the fetus to the placenta and carries essential nutrients to the fetus during pregnancy; it does not protect the fetus from bacteria or viruses. Teratogens are substances that can have a negative impact on fetal development. Thalidomide is a medication; it does not protect the developing fetus and is in actuality a teratogen.*

---

**253.**

When does the **most** intensive period of language development occur in humans?

**0-3 years of age**

5-11 years of age

Prenatal period

3-5 years of age

---

*Correct answer: 0-3 years of age*

*The most intensive period of language development in humans occurs from birth to three years of age. At this time, the brain is developing rapidly, and children are learning the rules of phonology, semantics, and syntax.*

*Language development begins during prenatal development with the fetus's hearing, but this is not the most critical period of language development. Language development is important throughout an individual's entire life, but it is most critical during the first three years.*

---

**254.**

Most current psychologists would agree that borders between major domains in development can be described as which of the following?

**Fuzzy**

Clear

Nonexistent

Firm

---

*Correct answer: Fuzzy*

*Today, most psychologists would agree that the borders between the major domains of development—physical, cognitive, and socioemotional—are fuzzy rather than firm or clear. Each domain is its own category; however, the domains influence each other constantly.*

*Borders are not nonexistent, as each domain includes something different. Physical development includes genetic, hormonal, neurocognitive, motor, sensory and perceptual, and health and nutrition. Cognitive development includes sensation, attention, memory, and more. Social-emotional development includes attachment, emotions, self-concept, and more.*

---

**255.**

All the following are true about prospective parents of both planned and unplanned pregnancies **except**:

**They are typically in their early twenties**

They experience mixed emotions and have romantic ideals about raising a child

They tend to report a decrease in marital satisfaction after the birth of a child

They struggle to develop as an individual

---

*Correct answer: They are typically in their early twenties*

*The average age at which women have their first child is around age 25 or 26, no matter whether the pregnancy is planned or unplanned. Prospective parents of both planned and unplanned pregnancies often experience mixed emotions and have romantic ideals about raising a child, tend to report a decrease in marital satisfaction after the birth of a child, and struggle to develop as an individual due to increased role confusion.*

---

**256.**

Which of the following milestones typically appears later than the others?

**Standing alone**

Crawling

Sitting without support

Walking with assistance

---

*Correct answer: Standing alone*

*Motor milestones begin with sitting without support, then standing with assistance, hands-and-knees crawling, walking with assistance, standing alone, and finally walking alone. Some children reach some motor milestones before others; however, there is a specific order in which milestones occur as each point builds on previous milestones.*

---



**257.**

All the following are ecological systems identified by Bronfenbrenner (1979) except:

**Ecosystem**

Mesosystem

Macrosystem

Exosystem

---

*Correct answer: Ecosystem*

*Bronfenbrenner's bioecological model of human development includes four systems within each other: macrosystem, exosystem, mesosystem, and microsystem. Each of these levels of systems influences the person in various ways.*

*"Ecosystem" is not one of the specific systems defined by Bronfenbrenner as having an environmental impact.*

---

**258.**

During which stage of Piaget's cognitive development do children believe in animism?

**The preoperational stage**

The sensorimotor stage

The concrete operational stage

The simple reflexes stage

---

*Correct answer: The preoperational stage*

*Animism is the belief that inanimate objects have lifelike characteristics. According to Piaget's theory of cognitive development, children ages two to four years believe in animism and often attribute lifelike qualities to objects. This belief in animism occurs during the preoperational stage of cognitive development.*

*The other options are incorrect. The sensorimotor stage occurs from birth to 2 years and involves the use of sensory experiences and physical actions to learn about self and the world. The simple reflexes substage is the part of the sensorimotor stage during which an infant uses rooting and sucking reflexes. The concrete operational stage occurs from ages 7 to 11 and involves the ability to use logical reasoning in concrete situations.*

---

**259.**

Spina bifida is a birth defect that can occur due to which of the following?

**Malnutrition in pregnancy**

Contaminated water during pregnancy

Nicotine poisoning during pregnancy

Exposure to lead paint in pregnancy

---

*Correct answer: Malnutrition in pregnancy*

*During prenatal development, malnutrition can cause several serious birth defects, including spina bifida. Folic acid is one nutrient that pregnant people should take in supplement form to avoid unwanted birth defects.*

*Nicotine and lead are both teratogens, substances that can have a negative impact on fetal development. Nicotine exposure during the prenatal period can result in low birth weight and a higher likelihood of fetal mortality. Lead exposure has been associated with low birth weight and impaired neurodevelopment. Contaminated water may also contain some teratogens, but exposure would likely not result in spina bifida.*

---

260.

All the following are criticisms of Ainsworth's Strange Situation Procedure **except**:

**The Strange Situation approaches attachment from a bidirectional perspective**

The Strange Situation places too much emphasis on attachment to the mother

The Strange Situation does not consider cultural variations in attachment

The Strange Situation takes place in an unfamiliar setting

*Correct answer: The Strange Situation approaches attachment from a bidirectional perspective*

*Ainsworth's Strange Situation Procedure (1979) observed interactions between children and their mothers and then classified attachment into three categories: secure, avoidant, and ambivalent/resistant. The Strange Situation Procedure is criticized for approaching attachment from a unidirectional, not a bidirectional, perspective in that only the child's (and not the parent's) response is taken into consideration.*

*Many other criticisms of the Strange Situation exist. These include the fact that the observations took place in an unfamiliar environment, did not take cultural differences into account, and did not consider the ways the child's behavior may have affected the mother.*

---

**261.**

Which of the following is the best definition of a teratogen?

**Any substance that can negatively affect fetal development**

Any substance that leads to birth complications

Substances linked to pre-term birth

Substances that enhance fetal development

---

*Correct answer: Any substance that can negatively affect fetal development*

*A teratogen is any substance that can have a negative effect on fetal development, such as alcohol, drugs, nicotine, and aspirin. The effects of teratogens can affect physical development. Some effects are immediately recognizable, but others may emerge later in development.*

*The other options are not the best definition of a teratogen.*

---

**262.**

A child psychologist has been asked to see a six-year-old girl who has recently been taken out of her biological mother's custody and placed into foster care. Although the girl was not being abused, her mother suffers from depression and was unable to tend to her child's needs. According to the research, which of the following is **most likely** to be true about the girl?

**She is more likely than other children to experience feelings of shame and guilt**

She is less likely than other children to be aggressive

She is more likely than other children to develop a difficult temperament

She is less likely than other children to ask for help

*Correct answer: She is more likely than other children to experience feelings of shame and guilt*

*Research shows that secondary emotions (i.e., being exposed to the emotions of those around us) can have a significant impact on our emotional development. Children of depressed mothers may struggle to understand and appropriately express emotions and are more likely than other children to experience feelings of shame and guilt. This psychologist will need to help the girl verbalize her experiences with her mother and learn how to separate her own emotions from her mother's.*

---

**263.**

Which of the following is an accurate definition of attachment?

**The process of adults responding appropriately to a child's needs from a young age**

The ability of young children to self-regulate their stress responses

The process of moral development in young children

A child's behavioral and response style to new situations

---

*Correct answer: The process of adults responding appropriately to a child's needs from a young age*

*Attachment is the process of adults responding appropriately to a child's needs from six months to two years of age. It describes the emotional bond between a child and their primary caregiver(s) that endures over a lifetime. Attachment is extremely important to a child's development and can impact an individual's relationships, perceptions, and interactions with other people throughout the lifespan.*

*The ability of young children to regulate their stress responses is called self-regulation. Attachment is not the process of moral development in young children; moral development can be explained using Kohlberg's stage theory (1976). A child's behavioral and response style to new situations is part of Ainsworth's Strange Situation Procedure (1979), which was used to identify what type of attachment a child has to their caregiver but is not a definition of attachment itself.*

---

**264.**

Which of the following is not true of theory of mind?

**It is an innate ability from birth.**

It is correlated with cognitive and language abilities.

It is related to metacognition.

It is linked to social interaction with adults and older children.

---

*Correct answer: It is an innate ability from birth.*

*Theory of mind, which is the ability to understand that others' thoughts are different from one's own, is not an innate ability from birth. The ability develops rapidly during early childhood.*

*All the other statements here about theory of mind are true.*

---



**265.**

Many researchers agree that adolescents tend to engage in more risk-seeking behaviors than children or adults for what reason?

**Rapid development of the amygdala and orbitofrontal cortex**

Development of the lateral prefrontal cortex

A deficit of neurotransmitters in the brain

An overdeveloped frontal lobe

---

*Correct answer: Rapid development of the amygdala and orbitofrontal cortex*

*Brain development is closely linked to the ability to self-regulate throughout the lifespan. During adolescence, the areas of the brain that are reward-seeking (the amygdala and orbitofrontal cortex) develop rapidly, which may explain why many adolescents engage in frequent risky behaviors.*

*During adulthood, executive functioning improves with the development of the lateral prefrontal cortex, and individuals are better able to control their impulses and evaluate the risks and benefits of various actions.*

---

**266.**

Which of the following terms refers to tasks that are too difficult for a child to complete independently, but that they can learn with assistance from an adult or more skilled child?

**Zone of proximal development**

Scaffolding

Ecological systems

Concrete operations

*Correct answer: Zone of proximal development*

*The zone of proximal development (ZPD) refers to tasks that a child may not be able to complete independently but can be learned with others' guidance. This is part of Vygotsky's sociocultural cognitive theory of development (1978). The lower limit of the ZPD includes the skills that the child performs independently, and the upper limit is the child's capability with the help of an instructor.*

*Closely related to ZPD, scaffolding refers to an instructor changing the level of support they offer to a child as their skill level increases. Ecological systems are a concept from Bronfenbrenner's systems theory, which focuses on the contribution of environmental factors and systems to an individual's development. The concrete operations stage is from Piaget's theory of cognitive development. This is the stage from ages 7 to 11 when children can reason logically when working with concrete information.*

---

**267.**

The Selective Optimization with Compensation (SOC) model describes how many factors that are critical across the lifespan?

**Three**

Seven

Ten

Two

---

*Correct answer: Three*

*Baltes and colleagues (1980, 1998) developed the SOC model, which describes three factors that are critical across the lifespan: selection of goals, optimization of activities to pursue these goals, and adjustment of goals. The premise of SOC is that the utilization of these three factors helps provide the basis for adaptive functioning and positive development.*

---

**268.**

Which of the following is central to Esther Thelen's theory?

**Dynamic processes**

Bioecological systems

Selective optimization

Zone of proximal development

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*Correct answer: Dynamic processes*

*Esther Thelen is known for her development of dynamic systems theory, which posits that all components of an individual (cognitive, emotional, physical, and social parts) work together so the individual can gain new skills. A change to any of these components results in a dynamic reorganization that allows the individual to work in better, more complex ways.*

*During transitions in an individual's life, particularly during childhood, dynamic processes are particularly important.*

---

**269.**

A period of development during which time something specific must or must not occur is known as what type of period?

**Critical**

Plasticity

Continuous

Trajectory

---

*Correct answer: Critical*

*A critical period in development is a time when something specific must or must not occur in order for normal development to proceed. There are few critical periods in human development, and those that do occur are mostly in prenatal development.*

*Plasticity refers to the sensitivity to the environment engendered by experience; it is not a type of period. Continuous does not refer to a period of development. Developmental trajectory simply refers to the progression of behavior over time.*

---

**270.**

How many pairs of chromosomes do most people inherit from their parents?

**23**

25

12

46

---

*Correct answer: 23*

*Most humans inherit 23 pairs of chromosomes from their biological parents, with one set of 23 chromosomes from each parent, for a total of 46 chromosomes. This is known as a person's genotype, and the entirety of their biological information is found on these chromosomes.*

---

271.

Which of the following theories states that development is characterized by periods of rapid change and the sudden emergence of new behaviors and thoughts?

**Discontinuous**

Continuous

Environmental

Interactional

---

*Correct answer: Discontinuous*

*Discontinuous theory states that development is characterized by periods of rapid change and the sudden emergence of new behaviors and thoughts. Discontinuous theories are also called stage theories.*

*Continuous theory posits that development is a gradual process. Environmental models see development as occurring as a function of an individual's surroundings acting on the individual. The interactional approach takes into account the active role of both the individual and the environment in development.*

---

**272.**

A child who is able to use pretend play but who does not understand the concept of conservation is in which stage of Piaget's cognitive development?

**Preoperational stage**

Sensorimotor stage

Concrete operational stage

Formal operational stage

*Correct answer: Preoperational stage*

*According to Piaget's cognitive developmental theory, children progress through four different stages of cognitive development. From ages 2-7, children are in the preoperational stage, and they use mental representations in the form of language, pictures, and drawings to make sense of the world. They engage in magical thinking and pretend play, and they are egocentric.*

*It is not until the concrete operational stage that children are able to think logically about concrete information. During this stage, they develop an understanding of conservation, which enables them to recognize that when the appearance of an object changes, its basic properties do not. For instance, if water is poured from a short, wide glass and into a tall, skinny glass, the same amount of water remains.*

*During the sensorimotor stage, from birth to two years of age, a young child learns about the world by coordinating sensory experiences with physical actions. The formal operational stage, which begins around 11 years of age and continues to adulthood, is characterized by the ability to engage in abstract thought.*

---



**273.**

What is the significance of Theory of Mind in childhood?

**It is associated with cognitive and language abilities**

It explains the impact of early trauma

It explains cultural differences between children

It develops slowly over time in early childhood

---

*Correct answer: It is associated with cognitive and language abilities*

*Theory of Mind is the understanding of what the mind is, how it works, and why it works the way it does. A child's own Theory of Mind must begin with the awareness that others' thoughts are different from their own. In early childhood, Theory of Mind is correlated with cognitive and language abilities.*

*Theory of Mind does not explain the impact of early trauma or cultural differences between children. It does not develop slowly over time in early childhood; instead, it develops rather rapidly.*

---

274.

All the following are ways that malnutrition can lead to poverty except:

**Obesity**

Lower school achievement

Lower cognitive development

Loss of income

*Correct answer: Obesity*

*Malnutrition is responsible for over one-third of all child deaths in the world, as children who are malnourished have reduced appetites and absorb less nutrition. Malnutrition is relatively common in the United States and leads to an increased rate of diseases and poor growth. Malnutrition does not lead to poverty through an association with obesity.*

*In addition to the impact on an individual's physical condition, malnutrition can lead to lower cognitive and academic performance. Loss of income may also result due to more frequent illnesses.*

---

**275.**

How do reproductive cells reproduce?

**Meiosis**

Prenatal development

Mitosis

Cognition

*Correct answer: Meiosis*

*Meiosis is the process by which reproductive cells (sperm and eggs) reproduce. Each cell produced by meiosis has a total of 23 chromosomes. The process of meiosis includes crossing over, reshuffling, dividing into two, and dividing again.*

*Mitosis is thought of as ordinary cell reproduction when a cell divides to create a copy, and each resulting cell receives a full copy of all 46 chromosomes. Prenatal development refers to the development that occurs after an embryo implants into the uterus, and physical changes happen as a result of mitosis as various cells throughout the body divide. Cognition is the mental action of acquiring knowledge or understanding and is not related to the reproduction of cells.*

---

**276.**

A psychologist is meeting with a client for individual therapy. The client struggles to form meaningful friendships and romantic relationships with others and cannot understand why it is so difficult. When exploring the client's childhood, the psychologist discovers that the client's father died when they were six weeks old, and the client's mother was severely depressed for the first three years of the client's life.

Which of the following is the most likely explanation for the client's difficulties with relationships?

**The client is likely to have attachment problems that contribute to relationship dysfunction.**

The client is choosing partners with a different attachment style from their own, causing conflict.

Because there is a strong genetic component to depression, the client most likely suffers from depression, which is negatively impacting relationships.

The client lacked appropriate language development before the age of three due to his mother's depression and has difficulty communicating.

*Correct answer: The client is likely to have attachment problems that contribute to relationship dysfunction.*

*Attachment refers to the emotional bond between a child and primary caregivers. Healthy, secure attachment depends on at least one relationship in the first two years of life with a primary caregiver who is responsive and sensitive. Individuals' models for relationships depend heavily on the attachment formation during early childhood.*

*This client may find that as they explore their early relationship with their mother, they will gain awareness of the various reasons that make relationships difficult. The other options are not the best answer. Perhaps the client is choosing partners with a different attachment style, but it appears that attachment problems in general are causing relationship dysfunction. The client could also suffer from depression because of genetics, but attachment problems are more likely to cause the dysfunction. While delayed language development could be a problem in early childhood, this is likely to have resolved by adulthood.*

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# Part 1-Knowledge, Domain 5: Assessment and Diagnosis

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Part 1-Knowledge, Domain 5: Assessment and Diagnosis

277.

Which theory focuses on the examination of individual items in test development?

**Item Response Theory**

Item Review Theory

Item Rater Theory

Item Reliability Theory

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*Correct answer: Item Response Theory*

*Item Response Theory (IRT) focuses on individual items in test development. In IRT, relationships between the construct being measured and individual test responses are examined across multiple levels. Test developers rely on item difficulty, item discrimination, and the probability that an item is answered correctly by guessing.*

*The remaining options are all fabricated terms.*

---

**278.**

Aptitude tests are often used for which of the following?

**Job placement programs**

IQ tests

Academic achievement assessments

Neuropsychological assessments

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*Correct answer: Job placement programs*

*Aptitude tests typically include subtests that assess an individual's aptitude (potential to learn different skills). They are often used for job placement programs or vocational counseling. One example is the General Aptitude Test Battery, developed by the United States Employment Service.*

*Aptitude tests are not used to test an individual's intelligence quotient (IQ); they are not measures of academic achievement or a form of neuropsychological assessment.*

---

**279.**

A third-grade student has been having difficulty following directions for the past several weeks. At times, he becomes so frustrated that he threatens to hurt the teacher or other students and has thrown chairs at the teacher twice, leading to brief periods of suspension.

What type of assessment is most likely to help school administrators understand possible reasons behind the student's behaviors?

**Functional behavioral assessment**

Cognitive testing

Direct observation

Self-report measure

*Correct answer: Functional behavioral assessment*

*Functional behavioral assessments are useful when problematic behaviors need to be evaluated. Functional behavioral assessments consist of defining the problematic behavior, determining the antecedents that precede the behaviors, and describing the consequence of the behaviors and/or the reason the behaviors occur. Once this information is collected, a behavioral intervention plan can be developed and implemented in an effort to decrease the problematic behaviors.*

*Cognitive testing could reveal if the child has a deficit in intellectual abilities, but this is unlikely to be sufficient to help school administration determine the reason behind the student's behaviors. The use of direct observation is more common in work settings, and also would not be specific enough to determine the cause of the student's behaviors; a functional behavioral assessment would be more thorough and better suited for this situation. A self-report measure can be used to assess a range of symptoms, but this is not the most appropriate choice here. These measures involve symptom-based questionnaires, which likely would not be the best option for a child with behavioral problems. Informant report measures are critical when working with children, and a self-report measure alone would not be sufficient to understand the child's behaviors.*

---

280.

All the following are benefits of direct observations **except**:

**The results can be compared to those of other children for comparison**

They give information about a child's behavior in many settings

They help determine the accuracy of informant reports

The psychologist can gather accurate information about the antecedents and consequences of a child's behaviors

---

*Correct answer: The results can be compared to those of other children for comparison*

*Direct observations occur when psychologists gather information about a child by watching and listening to them. Because direct observations are catered toward the child and often less structured than other assessments, the results are not easily compared to those of other children.*

*Direct observations have many benefits. They give information about a child's behavior in many settings, they help determine the accuracy of informant reports, and the psychologist can gather accurate information about the antecedents and consequences of a child's behaviors.*

---



**281.**

Which of the following would not be reflective of appropriate methods of engaging in differential diagnosis?

**Choosing one diagnosis and finding evidence that supports this diagnosis**

Obtaining information from informants

Interviewing the patient to formulate a clinical impression

Generating multiple hypotheses about potential diagnoses

*Correct answer: Choosing one diagnosis and finding evidence that supports this diagnosis*

*Differential diagnosis involves considering multiple potential diagnoses that would explain a patient's symptoms. When engaged in differential diagnosis, the psychologist formulates multiple hypotheses about potential diagnoses. Choosing one diagnosis and finding evidence that supports it would not be part of the differential diagnosis process. The psychologist should consider multiple diagnoses and evaluate them systematically.*

*The other answer options are part of the differential diagnosis process.*

*Obtaining information from informants can help the psychologist choose among multiple potential diagnoses.*

*Interviewing the patient is also an essential source of information.*

*Finally, it is important to generate multiple hypotheses about potential diagnoses, and then come to a decision about the best diagnosis or diagnoses.*

---

**282.**

The Woodcock-Johnson IV Tests of Cognitive Abilities is primarily used in which setting?

**Educational**

Inpatient psychiatric

Clinical

Forensic

*Correct answer: Educational*

*The Woodcock-Johnson IV Tests of Cognitive Abilities is an assessment of intelligence that has solid psychometric properties. It is primarily used in educational settings in conjunction with the Woodcock-Johnson IV Tests of Achievement.*

*While the Woodcock-Johnson IV assessments might be used in an inpatient psychiatric setting or a clinical setting, they are most commonly used in educational settings to assess students' abilities. They could perhaps be used in forensic settings to assess intelligence and academic abilities, but their most common use is in school settings.*

---

**283.**

How many axes are included in the DSM-5 assessment format?

**None**

Five

Three

Six

*Correct answer: None*

*The DSM-5 assessment format is based on a nonaxial system. Unlike the DSM-IV-TR, which included five separate axes, the DSM-5 allows for one or more diagnoses with separate notations for psychosocial factors. The DSM-5 format is more in agreement with ICD guidelines than previous versions.*

---

**284.**

All of the following are current forms of the Wechsler intelligence scale, **except**:

**Wechsler Scale for Adults and Children, Fifth Edition**

Wechsler Adult Intelligence Scale, Fourth Edition

Wechsler Intelligence Scale for Children, Fifth Edition

Wechsler Preschool and Primary Scale of Intelligence, Fourth Edition

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*Correct answer: Wechsler Scale for Adults and Children, Fifth Edition*

*There are several forms of the Wechsler intelligence scale, including the Wechsler Adult Intelligence Scale, Fourth Edition; the Wechsler Intelligence Scale for Children, Fifth Edition; and the Wechsler Preschool and Primary Scale of Intelligence, Fourth Edition. Each version of the Wechsler is designed to give an understanding of capability across domains.*

*There is no existing version of the Wechsler that can be given to both adults and children.*

---

**285.**

What theory states that a person's score on an assessment reflects the sum of their true score plus a degree of independent measurement error?

**CTT**

IRT

Test-retest reliability

ICC

*Correct answer: CTT*

*CTT is one of two main theories that inform the development of measurement tools used for psychological assessment. It states that an assessment score includes both a true score as well as a component of error.*

*IRT focuses on relationships between the construct being measured and individual items on a test.*

*Test-retest reliability is not a theory. This is just the degree to which scores on an assessment are stable over time.*

*Finally, ICC refers to a mathematical function that shows increasing proportions of correct answers for an item when a person has higher levels of the ability or trait that an assessment measures.*

---

**286.**

Which of the following is the most accurate statement about the use of computer and Internet-related technology for completing psychological assessments?

**There are benefits to these assessment methods, but psychologists must proceed with caution due to potential drawbacks.**

These methods show no benefit and should not be used.

Internet- and computer-based assessment methods improve confidentiality in all cases.

Psychologists can be confident that computer-based assessment methods are always more valid than face-to-face assessment.

*Correct answer: There are benefits to these assessment methods, but psychologists must proceed with caution due to potential drawbacks.*

*Computers and Internet technology can be used to conduct and score assessments. There are benefits associated with conducting assessments in this way, but there are also drawbacks, including ethical issues, threats to confidentiality, and issues related to people using the Internet for self-diagnosis. Despite drawbacks, early findings with technology-based assessment methods show positive responses.*

*It would be inaccurate to state that Internet- and computer-based assessment methods show no benefits, since there are positive outcomes associated with them.*

*It would also be incorrect to say these methods improve confidentiality in all cases, since there are potential threats to protected health information, such as data breaches, when using computers for assessment.*

*Finally, validity can be compromised with computer-based assessments, so it would not be correct to state that psychologists can always be confident that these methods are more valid than face-to-face assessment.*

---

**287.**

The Stanford-Binet Intelligence Scales, Fifth Edition is appropriate for individuals in what age range?

**2-85 years**

5-12 years

5-21 years

21 years and older

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*Correct answer: 2-85 years*

*The Stanford-Binet Intelligence Scales, Fifth Edition (SB-5) is appropriate to administer to individuals who are two to 85 years of age. It generates a full-scale IQ score and various domain scores. The SB-5 has high internal consistency reliability scores between the full scale and domain scores falling above 0.90.*

---

**288.**

Which of the following would be the task most likely to be performed at an assessment center?

**Assessments of job-related behaviors and skills**

Assessments of general intelligence for the purposes of determining eligibility for special education services

Neuropsychological assessments

Assessments of problematic behaviors for the purpose of developing and evaluating the effectiveness of a behavioral intervention plan

---

*Correct answer: Assessments of job-related behaviors and skills*

*Assessment centers evaluate behaviors and skills related to the content of a specific job. They may also evaluate problems likely to arise on the job. Assessment of job-related behaviors and skills is the task most likely to be performed at an assessment center.*

*The other options listed here are not likely to be performed at an assessment center, as these tasks are not the purpose of such a center.*

---



289.

What is the Battery for Health Improvement - Second Edition (2003) designed to do?

**Assess psychological issues that impact the treatment of those with medical disorders**

Find ways to use psychological approaches to increase compliance with medical treatment

Find a correlation between poor physical health and poor mental health

Collect information from children and adults to determine the reasons behind psychiatric hospitalizations

---

*Correct answer: Assess psychological issues that impact the treatment of those with medical disorders*

*The Battery for Health Improvement - Second Edition (2003) is designed to assess psychological issues that impact the treatment of adults ages 18 to 65 with medical disorders. The results of the BHI-2 can then be used to develop treatment plans and, hopefully, increase treatment adherence.*

*The BHI-2 is not designed to find ways to use psychological approaches to increase compliance with medical treatment, find a correlation between poor physical health and poor mental health, or collect information from children and adults to determine the reasons behind psychiatric hospitalizations.*

---

**290.**

Which of the following assessments should be a part of an evaluation for every client?

**Suicide risk**

Risk for violence/aggression

Presence of malingering

Racial and ethnic identity

*Correct answer: Suicide risk*

*Any evaluation of a client should include a suicide risk assessment. Suicide risk assessments involve the clinician asking patients about the presence of current or past suicidal ideation and behaviors. These assessments can be administered as brief questionnaires or integrated into ongoing treatment.*

*An assessment of the risk of future violence or aggression may be appropriate or warranted in some cases, but unless there is a concern of dangerousness, this type of assessment typically wouldn't be conducted, and especially not with every client. Symptom validity tests can assess the presence of malingering by evaluating the examinee's level of effort and investment in the psychological testing. These tests are not used with every client assessment but may be helpful if a psychologist is concerned about malingering, especially in forensic settings. Assessments of racial and ethnic identity should occur when working with clients from culturally and linguistically diverse backgrounds, but they aren't required for every client assessment.*

---

**291.**

You are meeting with an adult client for the first time because of social anxiety. During the intake interview, the client mentions that he was hospitalized three years ago for telling his psychiatrist at the time that he was thinking of killing himself. In the office, he laughs and makes a comment about how "everyone just wants to take everyone else so seriously these days."

Which of the following is the best way to proceed in assessing this client for suicide risk?

**Acknowledge that sometimes what people say is not what they mean, but be sure to conduct an assessment of suicide risk**

Agree with the client in order to build rapport and plan to ask him in future sessions about suicidal thinking

Tell the client that suicide is not a joke and suggest hospitalization or a safety contract

Examine the seriousness of the past suicide threat

*Correct answer: Acknowledge that sometimes what people say is not what they mean, but be sure to conduct an assessment of suicide risk*

*Psychologists should be aware of how to assess suicide risk thoroughly and appropriately for clients without offending them. In this situation, you should take a moment to validate and acknowledge the client's feelings about his hospitalization but also emphasize the importance of honesty. Explicitly ask him if he has had recent thoughts of wanting to die and, depending on his answer, continue to assess the degree of risk.*

*Since assessment of suicide risk should be a part of every evaluation conducted with a client, it's important to ask about suicidal thinking during the current session. Recommending hospitalization or a safety contract without further assessment would be too abrupt, as further assessment is needed to determine the level of risk. While an assessment of suicide risk requires a clinician to examine the seriousness of the current suicide threat, examining the seriousness of the past threat is not as relevant as examining the current risk. It does not appear that the client is currently threatening suicide, so the past threat would be one risk factor considered in the overall assessment of current suicide risk.*

---

**292.**

Which of the following measurements is primarily used in clinical research?

**Achenbach System**

Children's Depression Inventory

BASC-2

Beck Depression Inventory

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*Correct answer: Achenbach System*

*The Achenbach System of Empirically Based Assessment generates three primary index scores: Total Problems, Internalizing Problems, and Externalizing Problems. It is primarily used in clinical research. Its reliability is fair, but it should not be used independently for determining diagnoses due to the low psychometrics of some of the scales.*

*The Children's Depression Inventory (CDI) and the Beck Youth Inventories - Second Edition are used as mood assessment tools for children. The BASC-2 is used to assess behavioral problems, externalizing problems, and school problems.*

---

**293.**

A psychologist is defining a problem behavior, determining the antecedents and consequences of the behavior, and outlining the consequences and purposes of the behavior. This psychologist is conducting which of the following?

**Functional behavioral assessment**

Direct observation

Ecological assessment

Norm-referenced assessment

*Correct answer: Functional behavioral assessment*

*A functional behavioral assessment is used to evaluate problematic behaviors in hopes of developing effective interventions. It consists of defining a problem behavior, determining the antecedents and consequences for the behavior, and outlining the consequences and purposes of the behavior.*

*Direct observation is the process of directly gathering information about someone's behaviors; a functional behavioral assessment is more specific than direct observation, and it is a functional behavioral assessment that is described in the scenario here. An ecological assessment uses observation to evaluate both physical and psychological factors that influence behavior in a specific environment. A norm-referenced assessment is a standardized test that compares a person's performance to that of a specific sample of people, most likely based upon age.*

---

**294.**

Which type of validity can impact how an examinee approaches a test?

**Face validity**

Inter-rater validity

Concurrent validity

Predictive validity

---

*Correct answer: Face validity*

*Face validity involves the examinee's perception of the validity of a test while taking it. It can impact how the examinee approaches a test. A lack of face validity can lead to a lack of confidence in the test's effectiveness.*

*There is a concept called inter-rater reliability but not inter-rater validity. Concurrent validity is the process of examining the correlation between a new measure and an existing measure at the same time to assess the criterion of interest. Predictive validity is the extent to which scores on a test predict a specific criterion score.*

---

**295.**

A child psychologist is concerned about an eight-year-old child she recently saw for an intake session. The child found it difficult to transition from one task to another, rarely made eye contact with the psychologist, played with blocks the entire time, and frequently stopped playing to wave his fingers in the air.

Which assessment is most appropriate for this psychologist to use for this child?

**Gilliam Autism Rating Scale**

The Achenbach System of Empirically Based Assessment

Behavior Assessment for Children - Second Edition

Wechsler Intelligence Scale for Children - Fifth Edition

*Correct answer: Gilliam Autism Rating Scale*

*The Gilliam Autism Rating Scale (GARS) is used for the assessment of autism spectrum disorder, which is marked by impaired social interaction, repetitive and restricted areas of interest, and limited verbal and nonverbal communication. This child is showing symptoms that are common for individuals with autism, so it would make sense for the psychologist to administer the GARS, which requires input from parents and caregivers.*

*The other answer choices here are not correct. The Achenbach System of Empirically Based Assessment evaluates total problems, internalizing problems, and externalizing problems. The Behavior Assessment System for Children (BASC) measures adaptive behavior, internalizing problems, externalizing problems, behavioral symptoms, and school problems. The Wechsler Intelligence Scale for Children measures cognitive abilities.*

*The GARS is the best answer choice because it specifically assesses for autism. The Wechsler Intelligence Scale might be a suitable complement to the GARS to assess for cognitive delays, but the GARS is the most appropriate for evaluating autism.*

---

**296.**

An assessment of general cognitive capability is based on the psychological theories of which two factors?

**Skill and capacity**

Biology and environment

Attention and ability

Mood and attention

---

*Correct answer: Skill and capacity*

*Any assessment of general cognitive capability is based on psychological theories of skill and capacity. These measures involve testing across multiple domains of cognitive functioning such as general intellectual ability, attention, verbal/language skills, and other skill sets.*

*Intelligence test batteries, such as the Wechsler scales, are not based on biology, the environment, attention, ability, or mood. Their focus is to collect information about an individual's skills and capacity.*

---



**297.**

What is one advantage of using parallel forms of a test?

**Practice effect is minimized**

Practice effect is maximized

Internal consistency is minimized

Internal consistency is maximized

---

*Correct answer: Practice effect is minimized*

*The alternate form reliability coefficient is generated by administering two or more forms of a given test to the same group and then correlating the results across test forms. Alternate tests have the same construct and similar content. One of the benefits of using parallel tests is that practice effect, the memory of previous measures, is minimized.*

*Internal consistency reliability is based on the scores obtained by an individual during one administration of a test and does not apply to the concept of using parallel tests or multiple administrations of the same test.*

---

**298.**

What is one reason that a psychologist may choose to administer a nonverbal measure of intelligence?

**The test taker does not speak English as a primary language**

The test taker is too young to have a wide vocabulary

The test taker asks to take the test nonverbally

The test taker has lower verbal intelligence

*Correct answer: The test taker does not speak English as a primary language*

*A psychologist may choose to administer a nonverbal measure of intelligence to someone who is unable to use language effectively, who does not speak English as a primary language, or who is lower functioning. Nonverbal measures include the Leiter International Performance Scale-Revised and the Universal Nonverbal Intelligence Test.*

*There are many verbal measures of intelligence that can be administered to individuals as young as two years old, even if they do not yet have a wide vocabulary. Asking to take a non-verbal form of a test is not a reason to administer such a test in place of a verbal assessment. Having lower verbal intelligence in and of itself is not a reason to administer a non-verbal test. Someone who has lower verbal abilities may have higher intelligence in other domains, such as fluid reasoning.*

---

**299.**

View the *supporting details* to answer the following question.

The variable here is being assessed on what level of measurement?

**Ordinal scale**

Interval scale

Nominal scale

Ratio scale

*Correct answer: Ordinal scale*

*The Likert scale provides a 5-point range of answers, and examinees are instructed to select one answer that reflects the intensity of their attitude or behavior. This type of measurement assesses variables on the ordinal scale, which allows a researcher to rank order responses as being greater than or less than one another. On an ordinal scale, the magnitude of differences between responses is unknown.*

*An interval scale not only allows for rank ordering but also allows the researcher to determine the magnitude of differences between responses. This is because each unit of measurement is equal to every other unit in the range of responses. What an interval scale lacks is a true zero point. A nominal scale categorizes qualitative variables such as political party affiliation, but there is no rank order. A ratio scale has equal intervals as well as a true zero point, which indicates the absence of the variable. Height and weight are examples of variables measured on the interval scale.*

---

**300.**

In an attempt to understand the relationships between the individual and the construct being measured, who examines these three parameters: item difficulty, item discrimination, and the chance that a question is answered correctly by guessing?

**Test developers**

Examinees

Raters

Auditors

*Correct answer: Test developers*

*Test developers must look at several aspects of a measurement to understand the construct being measured and individual test responses. Item difficulty, item discrimination, and the chance that a question is answered correctly by guessing are all factors that are examined.*

*The remaining options are incorrect. Examinees, raters, and auditors are not responsible for examining factors to determine the relationship between the individual and the construct being measured.*

---

**301.**

Which of the following would be a potential drawback of the categorical approach to diagnosis in the DSM-5?

**It produces heterogeneity between cases in the same diagnostic category.**

This approach shows variable success when applied to clinical presentations of disorders.

Such an approach may not allow for labeling of disorders for billing and insurance purposes.

This approach requires classification of disorders based on quantification of characteristics.

---

*Correct answer: It produces heterogeneity between cases in the same diagnostic category.*

*Categorical approaches to diagnosis in the DSM-5 produce heterogeneity between cases in the same diagnostic category. This occurs because individuals must only meet subsets of criteria from a larger list in order to meet diagnostic criteria for a given disorder. This means there are multiple different presentations possible for the same diagnosis.*

*The fact that the approach shows variable success and may not allow for labeling of disorders for billing and insurance are drawbacks associated with the dimensional approach to diagnosis.*

*Finally, allowing for classification of disorders based on quantification of characteristics is a benefit of the dimensional approach.*

---

**302.**

What is one benefit of an unstructured interview?

**It allows the clinician to examine information from the interview further**

It eliminates problems related to reliability

It is more efficient than a structured interview

It comes with a standardized scoring system

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*Correct answer: It allows the clinician to examine information from the interview further*

*An unstructured interview is a way clinicians can gain information from clients, parents, teachers, and others. An unstructured interview is typically open-ended, and frequently has only a loose structure that allows for flexibility, rapport building, and the ability to explore information that arises. The benefit of this is that the clinician can more deeply explore information that arises during the interview, given the flexibility.*

*In contrast, a structured interview is a standardized method of gathering information from the interviewee. Structured interviews eliminate many problems related to reliability and are more efficient than unstructured interviews. Since unstructured interviews are open-ended and flexible, a standardized scoring system is not possible.*

---

**303.**

Individual risk assessments attempt to determine which of the following?

**Whether an individual poses a current threat to others**

Whether an individual posed a past threat to others

Whether an individual posed a past threat to themselves

Whether an individual poses a current threat to themselves

---

*Correct answer: Whether an individual poses a current threat to others*

*Individual risk assessments attempt to determine whether there is a threat that a person, currently or in the future, will engage in violent or aggressive behavior.*

*Retrospective assessments can more readily assess past actions and indicate why certain individuals continue to engage in aggressive acts. Risk to self is more properly addressed by suicide risk assessments.*

---

**304.**

In what year was homosexuality removed from the Diagnostic and Statistical Manual (DSM) as a diagnostic category?

**1974**

1980

1994

2013

*Correct answer: 1974*

*In 1974, the seventh printing of the DSM-II removed homosexuality as a diagnostic category. The DSM continues to be revised every few years to account for current research and updated beliefs about mental disorders.*

*The remaining options are incorrect. In 1980, the DSM-III was published, and it included numerous changes, such as a multiaxial diagnostic system. 1994 marked the publication of the DSM-IV, which was released after a three-stage empirical process. Finally, the DSM-V was published in 2013, and it included a major reorganization of the diagnostic classification system.*

---



**305.**

Which of the following is most accurate about the contribution of technology to the field of mental health practice?

**Technology has brought both benefits, as well as risks, to the mental health field.**

The contribution of technology to the mental health field has been entirely positive.

Technology does not benefit mental health clients because of confidentiality concerns.

Researchers are still determining whether technology brings any benefits to the mental health field.

---

*Correct answer: Technology has brought both benefits, as well as risks, to the mental health field.*

*The increased use of computers and other forms of technology in mental health practice has benefited the field in some ways, but it also presents challenges. These challenges include the potential for compromised validity, threats to protected health information, and misuse of the internet for purposes of self-diagnosis. However, the benefits of technology include greater ease of record keeping, better care coordination, and more accurate computer scoring programs.*

*While technology has certainly brought benefits to the mental health field, given some of the risks, such as threats to protected health information, it would not be accurate to say that technology's contribution has been entirely positive. Additionally, given the numerous benefits of technology, it would also be inaccurate to state that confidentiality concerns prevent technology from being beneficial. While research is still ongoing, there is plenty of evidence to suggest that technology brings benefits to the mental health field.*

---

**306.**

Visual Puzzles, Figure Weights, and Cancellation are subtests that are relatively new to which assessment?

**WAIS-IV**

WISC-V

Gilliam Autism Rating Scale - Third Edition

WPPSI-IV

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*Correct answer: WAIS-IV*

*The Wechsler Adult Intelligence Scale - Fourth Edition generates a full-scale IQ score for individuals ages 16 to 89. The WAIS-IV introduced several neuropsychologically informed subtests, which were made optional because they were outside of the general intelligence factor model that primarily informs the format and content of the assessment.*

---

**307.**

What is a specific method of assessment that operationalizes and characterizes the presence and impact of a select behavior?

**Functional behavioral assessment**

Ecological assessment

Norm-referenced test

Criterion-referenced test

*Correct answer: Functional behavioral assessment*

*A functional behavioral assessment (FBA) is a specific method of behavioral assessment that operationalizes and characterizes the presence and impact of a select behavior. It also describes what influences the behavior and suggests ways to intervene. Key components of an FBA include defining a problem behavior, determining the antecedents that precede the behavior, and outlining the consequences of the behavior.*

*An ecological assessment gathers information about an individual's environmental factors; it involves the observation of physical and psychological factors that affect a person's behavior within an environment. A norm-referenced test is a standardized measure that compares a specific person's score to the typical performance in a specified group of participants. A criterion-referenced test is most often used in vocational and educational settings to assess skill or knowledge to determine whether a person has mastered a skill or subject.*

---

**308.**

All the following are examples of self-report or informant measures **except**:

**Stanford-Binet**

Children's Depression Inventory

Personality Assessment Inventory

Connors Third Edition

*Correct answer: Stanford-Binet*

*Self-report measures are symptom-based questionnaires completed through structured or semi-structured interviews. They include tools that collect information about a variety of topics. Informant measures are similar in that they rely on the input of others but are completed by parents, teachers, or other caretakers rather than the person being tested. The Stanford-Binet is a standardized nonverbal cognitive measure, which is not a self-report measure.*

*The Children's Depression Inventory (CDI), Personality Assessment Inventory (PAI), and Connors Third Edition are all examples of questionnaires.*

---

**309.**

What is the study of psychological measurement?

**Psychometrics**

Assessment

Inferential statistics

Null hypothesis significance testing

---

*Correct answer: Psychometrics*

*Psychometrics is the study of psychological measurement. It also includes the assessment of intelligence, abilities, personality traits, and various other aspects of an individual. Psychometrics primarily focuses on the development and validation of measurement instruments used in the field of psychology.*

*Assessment is the process of gaining information about an individual in order to facilitate informed decision-making. Inferential statistics are used to test a hypothesis about population parameters, based upon sample data. Null hypothesis significance testing is the most common method of testing a hypothesis in the field of psychology. This method is used to determine whether an intervention has an effect on a population.*

---

**310.**

Which of the following is the most accurate statement about the use of measures of general intelligence with individuals who have cultural or language barriers to assessment?

**There are several assessments of general intelligence that can be used with culturally and linguistically diverse groups.**

There are no available assessments of general intelligence for use with culturally and linguistically diverse groups.

Culture and language do not affect assessments of general intelligence, so you can use these measures with all groups without risk of invalid results.

Assessments of general intelligence should never be used with culturally and linguistically diverse groups due to concerns related to validity.

---

*Correct answer: There are several assessments of general intelligence that can be used with culturally and linguistically diverse groups.*

*When language and cultural differences introduce bias into the assessment process, there are assessment tools that can be used to reduce this bias. For instance, the Leiter International Performance Scale and the Universal Nonverbal Intelligence Test can both be utilized when language barriers are a problem. Both assessment tools are nonverbal and considered to be culturally unbiased.*

*The other statements here are not accurate, since there are assessments that can be used with culturally and linguistically diverse groups.*

*Furthermore, it would be inaccurate to state that culture and language do not affect assessments of general intelligence, since language and cultural differences can introduce bias.*

*Finally, it would be incorrect to state that assessments of general intelligence should never be used with diverse groups, since there are valid assessment tools available to be used with culturally and linguistically diverse groups.*

---

311.

Which scoring system is the **most** widely used for the Rorschach Inkblot Test?

Exner

Coding

Strong

Millon

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*Correct answer: Exner*

*The Exner System (2003) is used to score the Rorschach Inkblot Test based on a set of criteria, which include location, determinants, content, and popular. Despite this scoring system, research showing whether the Rorschach is reliable and valid is inconclusive.*

*The remaining options are not examples of scoring systems used in conjunction with the Rorschach.*

---

**312.**

Which type of assessment involves obtaining an understanding of the physical and psychological variables that impact an individual's behavior in a particular setting?

**Ecological**

Behavioral

Criterion-referenced

General intelligence

*Correct answer: Ecological*

*An ecological assessment attempts to obtain an understanding of the physical and psychological variables that impact an individual's behavior in a particular setting. These variables include physical aspects of the environment, the interaction and communication patterns in the environment, and the opportunities contained within the environment.*

*A behavioral assessment gathers information about the behaviors that occur and the events that precede and follow the behavior. A criterion-referenced test is used to assess where an individual stands with regard to a certain domain of skill, status, or functioning. A general intelligence assessment attempts to gather information about an individual's overall cognitive functioning.*

---



**313.**

Which of the following assessment types involves an attempt to assess past aggression in order to explain an ongoing propensity toward future behavior?

**Retrospective assessments**

Prospective evaluations

Individual risk assessments

Future risk assessments

---

*Correct answer: Retrospective assessments*

*Retrospective assessments involve an attempt to assess past aggression in order to explain an ongoing propensity toward future behavior. These can help formulate treatment plans and guide intervention aimed at preventing future aggression.*

*Prospective evaluations are risk assessments used to examine whether aggression will occur in the future and what it may look like. Individual risk assessments attempt to determine whether there is a threat that a specific person will engage in aggressive behavior. "Future risk assessments" is a fabricated term.*

---

**314.**

General Occupational Themes, Basic Interest Scales, Personal Style Scales, and Occupational Scales are all included in what vocational assessment tool?

**Strong Interest Inventory**

Kuder Occupational Interest Survey

Campbell Interest and Skill Survey

Self-Directed Search

*Correct answer: Strong Interest Inventory*

*The Strong Interest Inventory (1997) is a vocational assessment tool that includes scales across four domains. These four domains are General Occupational Themes, Basic Interest Scales, Personal Style Scales, and Occupational Scales.*

*The Kuder Occupational Interest Survey (1939) is a self-report of vocational interest that measures the similarity between an individual and others employed in a given occupation. The Campbell Interest and Skill Survey (1992) yields scores related to occupational orientation. The Self-Directed Search (1979) is a self-report questionnaire that compares the test taker's answers to a variety of occupational profiles.*

---

**315.**

The use of a behavioral assessment in conjunction with what other tool can provide a good source of information about an examinee?

**Direct observation**

Standardized testing

Self-report

Psychometrics

*Correct answer: Direct observation*

*Direct observation and behavioral assessment, when used together, can provide a useful and comprehensive understanding of an individual. Direct observation can be used to provide "snapshots" of someone's behavior, and a behavioral assessment can give a picture of someone's behavior over time.*

*Standardized testing and self-reports are useful in many situations, but direct observation is a more effective way of gathering information about the examinee and how they interact with the environment. Psychometrics refers to the field of study concerned with the techniques of psychological measurement.*

---

**316.**

Which of the following would be most appropriate for use by a school psychologist seeking to assess a child's behaviors in order to support the development of an individualized educational plan?

**The Behavior Assessment System for Children**

Asperger Disorder Scale

The Beck Depression Inventory

The Beck Youth Inventories

*Correct answer: The Behavior Assessment System for Children*

*The Behavior Assessment System for Children (BASC) measures adaptive skills, behaviors, internalizing and externalizing problems, and school problems. It is the best choice for a school psychologist seeking to evaluate the behaviors of a child to support an individualized educational plan (IEP). It includes teacher and parent scales and can identify a variety of behavioral problems that might negatively impact educational performance.*

*The Asperger Disorder Scale is used to assess behavioral problems in children, but it is specific to autism spectrum disorder symptoms. This is not the best option, as it would not give a full assessment of behavioral problems that could impact school performance.*

*The Beck Depression Inventory is not an appropriate option, as it is used to assess depression in adults and is not appropriate for school-aged children.*

*The Beck Youth Inventories are appropriate for assessing depression in children, but it is not the best option since this test only assesses depression symptoms, not comprehensive behavioral symptoms.*

---

**317.**

You administer a depression screening to a patient on a Monday, and then again on a Friday. The patient's scores on these two separate days have a rather low correlation of 0.4.

The depression screening is lacking:

**Test-retest reliability**

Internal consistency reliability

Split-half reliability

Inter-rater reliability

*Correct answer: Test-retest reliability*

*Reliability reflects whether an assessment produces consistent results. Test-retest reliability, a specific type of reliability, is a reflection of the stability of scores. In this scenario, you have shown that the depression screening lacks test-retest reliability. Two scores given at two different times did not produce consistent results, as evidenced by the low correlation between two scores.*

*Internal consistency reliability is not described here. This type of reliability is based on one test administration, and determines whether items within the assessment are consistent.*

*Split-half reliability is one type of internal consistency reliability, and it is calculated by splitting test items in half and calculating the correlation between them.*

*Inter-rater reliability is the degree to which two different examiners arrive at consistent scores. There are not two different examiners in the example given, so this is not the correct answer.*

---

**318.**

All of the following are examples of broad stratum abilities included in the Cattell-Horn-Carroll theory **except**:

**Language development**

Quantitative reasoning

Short-term memory

Auditory processing

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*Correct answer: Language development*

*The Cattell-Horn-Carroll theory includes nine broad stratum abilities to assess various areas of intelligence. These include crystallized intelligence, fluid intelligence, quantitative reasoning, reading and writing ability, short-term memory, long-term storage and retrieval, visual processing, auditory processing, and processing speed.*

*Language development is not one of these categories.*

---

**319.**

All the following are risk factors for suicide as identified by Joiner, Walker, Rudd, and Jobes except:

**Past criminal behavior**

Impulsivity

Overall symptom presentation

Predispositions

---

*Correct answer: Past criminal behavior*

*Joiner, Walker, Rudd, and Jobes (1999) identified seven risk factors for suicide, which include previous suicidal behavior, types of current suicidal ideation and symptoms, precipitant stressors, overall symptom presentation, self-control and impulsivity, predispositions, and protective factors. Past criminal behavior is not one of these risk factors.*

---

**320.**

In what type of setting is a response to intervention (RTI) **most** often used and for what purpose?

**In schools to address learning and behavior problems**

In private practice to define treatment goals

In career counseling to determine individuals' motivation for certain types of employment

In group therapy to enhance the therapeutic alliance between group members

---

*Correct answer: In schools to address learning and behavior problems*

*RTIs are a way to measure treatment effectiveness. RTIs are often used in schools to address learning and behavior problems and use both short-term and long-term goals that are frequently assessed to determine the efficacy of interventions.*

*One benefit to RTI is the accountability factor, as both the student and those providing the intervention are held accountable.*

---



**321.**

Which term refers to an individual's potential to learn a given task?

**Aptitude**

Ability

Achievement

Intelligence

---

*Correct answer: Aptitude*

*Aptitude refers to an individual's potential to learn a given task and differs from ability, which refers to measures of knowledge acquired in specific settings, such as school. One example of an aptitude test is the Armed Services Vocational Aptitude Battery, which seeks to determine whether an individual is qualified to enroll in the armed services and addresses aptitude for specific jobs within the military.*

*Ability is an individual's capacity to perform a specific task and includes both aptitude and achievement. Achievement refers to the measures of knowledge acquired in specific settings. Intelligence is generally thought of as the ability to acquire knowledge and skills.*

---

**322.**

Which of the following descriptions fits both the Cattell-Horn Model and Carroll's Three Stratum Model?

**Positing that there is more than one type of intelligence**

Suggesting that cognitive abilities are best explained by examining individual differences

Including eight broad factors that comprise intelligence

Focusing on individuals' general intelligence factor

---

*Correct answer: Positing that there is more than one type of intelligence*

*The Cattell-Horn Model of intelligence posits that there are two main types of intelligence: fluid and crystallized. Carroll's Three Stratum Model posits that intelligence can be measured according to narrow cognitive abilities, eight broad factors (which include both fluid and crystallized intelligence), and a general intelligence factor. The Cattell-Horn-Carroll Integrated Model is a combination of these and is commonly used to conceptualize and describe intelligence.*

---

**323.**

What process is defined as the act of distinguishing a particular disorder from other disorders that have similar symptoms?

**Differential diagnosis**

Hypothesis

Provisional diagnosis

Classification

*Correct answer: Differential diagnosis*

*A differential diagnosis involves making several hypotheses based on the current problems, the client's history, any collateral information gathered, and the clinical impression. The clinician must also rule out other disorders based on substance etiology and other medical conditions.*

*Throughout the differential diagnosis process, the psychologist will make multiple hypotheses about possible diagnoses and then evaluate them systematically to come to a decision about the diagnosis. A provisional diagnosis may be made when information is lacking to make a firm diagnosis, but there is enough evidence that the full criteria for the disorder will be met once the information is gathered. Classification refers to how various mental disorders are categorized.*

---

**324.**

Which test is designed to evaluate multiple domains of neuropsychological development?

**NEPSY-II**

Kaufman Test

MMPI-2

MCMI-IV

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*Correct answer: NEPSY-II*

*The NEPSY-II (Developmental NEuroPSYchological Assessment) is designed to evaluate multiple domains of neuropsychological development. It is administered to individuals from preschool through adolescence and yields six domain scores.*

*The remaining options are incorrect, as none of them are neuropsychological assessments. The Kaufman Test of Educational Achievement, Second Edition emphasizes core academic skill development. The MMPI-2 and MCMI-IV are personality assessments.*

---

**325.**

Which of the following is the most accurate statement about the Beck Depression Inventory?

**It can be used to assess depression symptoms among adults in both psychiatric and non-psychiatric populations.**

It lacks reliability and validity with adult populations.

It is the most widely-used assessment of mood concerns in children.

It is commonly used with children, but there are concerns about its validity.

---

*Correct answer: It can be used to assess depression symptoms among adults in both psychiatric and non-psychiatric populations.*

*The Beck Depression Inventory is used to assess depression symptoms in people aged 18 and above. It is used in both psychiatric and non-psychiatric populations.*

*The other statements about the Beck Depression Inventory are not correct.*

*It has strong reliability and validity.*

*It is not a widely-used assessment of mood concerns in children, since it is intended to be used with people aged 18 and up.*

---

**326.**

What did the ruling in *Dusky v. United States* (1960) determine?

**That a person accused of a crime must have the ability to consult with a lawyer and understand legal proceedings**

That a person can be determined to be "not guilty by reason of insanity"

That a person can plead "guilty but mentally ill" in criminal proceedings

That a psychologist can testify that a defendant had diminished capacity when committing a crime

---

*Correct answer: That a person accused of a crime must have the ability to consult with a lawyer and understand legal proceedings*

*Competency to stand trial refers to a defendant's ability to understand and complete legal proceedings. The requirement for a person accused of a crime to have competency to stand trial comes from the US Supreme Court ruling in Dusky v. United States (1960). The psychologist's role is to conduct a competency evaluation and then describe any aspects of the individual that might impact their capacity to understand the proceedings against them.*

*Not guilty by reason of insanity (NGRI) is a defense used in a specific trial involving a person claiming mental illness as a reason for the crime. This is a separate issue from competency to stand trial. The American Law Institute (ALI) Test is usually the standard for determining criminal responsibility. The concepts of "guilty but mentally ill" and diminished capacity are separate from competency to stand trial.*

---

**327.**

The Beck Youth Inventories, Second Edition, can assess for which of the following?

**Suicidal ideation**

Attention difficulties

Psychosis

Autism spectrum disorder

---

*Correct answer: Suicidal ideation*

*The Beck Youth Inventories, Second Edition (2005) assess symptoms of depression, including suicidal ideation. These can be used along with other measurements, such as the Children's Depression Inventory, to assess specific concerns regarding mood in children.*

*The remaining options are incorrect. Beck's research centered on an etiological model of depression, so all of his psychological evaluations address depression and related characteristics, such as suicidal ideation. These inventories do not assess specifically for attention difficulties, psychosis, or autism spectrum disorder.*

---

**328.**

You have been asked to see a five-year-old boy for an intake session. For billing purposes, you must include a diagnosis on your assessment after the first session. You have very minimal information from the boy's parents before you meet and only know that he has been a "behavior problem" at home. During the intake interview, the child explores all the toys in your room, often dumping them on the floor before moving to the next item. He agrees to play a board game but quickly becomes frustrated when he loses a turn and picks another activity. When asked whether he worries about anything, the boy states "nothing" but says that his father makes him "really mad." Later in the session, the boy gives you vivid descriptions of his frequent nightmares. Each time you ask a question about his family, the boy quickly answers and then seems to have difficulty staying on topic.

All the following will most likely be included as a differential diagnosis by the end of the session **except**:

**Conduct disorder**

Attention deficit hyperactivity disorder

Unspecified anxiety disorder

Oppositional defiant disorder

*Correct answer: Conduct disorder*

*While it is difficult to diagnose clients after meeting them only once, you can likely narrow possible diagnoses based on your knowledge of their behavior, previous treatment, and their typical presentation. The boy in this situation could have ADHD, as he presented as distractible and rather hyperactive; an anxiety disorder, as he is having nightmares and seems to avoid questions about his family; or another disruptive behavior disorder like oppositional defiant disorder due to his "behavior problems."*

*Conduct disorder is too extreme for this client based on his age and the severity of his behaviors.*

---



**329.**

Which of the following would be the best scale for determining suicide risk?

**The Beck Hopelessness Scale**

The Hare Psychopathy Checklist-Revised (PCL-R)

Historical, Clinical Risk Management-20 (HCR-20)

Battery for Health Improvement-Second Edition (BHI-2)

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*Correct answer: The Beck Hopelessness Scale*

*The Beck Hopelessness Scale (1993) is used to identify the risk of suicide. Other suicide assessments include the Suicidal Ideation Questionnaire and the Suicidal Behavior History Form.*

*The Hare Psychopathy Checklist-Revised (PCL-R) and the Historical, Clinical Risk Management-20 (HCR-20) are utilized to evaluate the risk of aggression and violence. The Battery for Health Improvement-Second Edition (BHI-2) is a broad measure of health, used to determine how psychological issues might affect evaluation and treatment of medical problems.*

---

**330.**

Which of the following models proposes two types of intelligence: fluid and crystallized?

**Cattell-Horn Model**

Carroll's Three Stratum Model

Stanford-Binet Model

Wechsler Model

---

*Correct answer: Cattell-Horn Model*

*The Cattell-Horn Model is one of the most prominent models of intelligence. It posits that there are two types of intelligence-fluid and crystallized. The Cattell-Horn Model is part of the CHC (Cattell-Horn-Carroll) theory of intelligence.*

*Carroll's Three Stratum Model proposes categories that explain individual differences in intelligence: narrow cognitive abilities, a general intelligence factor, and a set of eight broad factors. The Stanford-Binet Intelligence Scales-Fifth Edition and the Wechsler scales are two specific intellectual batteries used to assess cognitive functioning. There is no specific "Stanford-Binet Model" or "Wechsler Model."*

---

**331.**

Which of the following is true of the Rorschach Inkblot test?

**There are concerns about its psychometric properties.**

It is the most valid personality assessment available.

It is widely used to determine whether a person has psychopathic traits.

It is commonly taught in professional psychology programs to prepare graduates to use it in clinical settings.

*Correct answer: There are concerns about its psychometric properties.*

*The Rorschach Inkblot Test is an unstructured personality assessment that makes interpretations about a person's personality based on their responses to inkblot stimuli. There is controversy surrounding the use of this assessment, as there are concerns about its psychometric properties. Research regarding its reliability and validity has produced inconsistent results.*

*The other answer options are not true.*

*There are concerns about the reliability and validity of the Rorschach Inkblot Test, so it is not accurate to state that it is the most valid personality assessment available.*

*It would also be inaccurate to say that it is widely used to determine whether a person has psychopathic traits, because research assessing its ability to differentiate psychopaths from non-psychopaths has produced inconsistent results.*

*Finally, it is not true that this assessment tool is commonly taught in professional psychology programs. Most programs provide limited instruction on the use of the Rorschach due to concerns about its validity.*

---

**332.**

According to Classical Test Theory, an individual's score is composed of which elements?

**The individual's true score and error**

The individual's absolute score

The standard deviation from the mean

The average of all test takers' scores as compared to the individual's

---

*Correct answer: The individual's true score and error*

*Classical Test Theory (CTT) was developed by Charles Spearman in the early 20th century and is composed of the individual's true score on an assessment along with an "independent measurement error component." The individual's true score refers to the average score the individual would achieve if given infinite administrations of the test.*

---

**333.**

Many measures have been developed over the past 20 years to examine the relationship between mental health and which other type of health?

**Physical**

Emotional

Environmental

Social

*Correct answer: Physical*

*Over the past 20 years or so, new research has emerged that examines the relationships between mental and emotional disorders and physical health. Only a few measures are used clinically, and most of them are devoted to a particular domain or focus of interest.*

*Emotional health and mental health are closely tied together, and this relationship has been explored for more than 20 years. "Environmental health" is a vague term and has not been addressed in the past 20 years by new psychological measures. Social functioning can play an important role in mental health and be closely linked to it, but the best answer to this question is physical health, as the latter half of the 20th century and the start of the 21st century have seen an increase in assessment tools that look at the relationship between health and behavior, particularly for use in primary care medicine.*

---

**334.**

Which of the following terms refers to unstructured personality assessments?

**Projective testing**

Norm-referenced testing

Vocational assessments

Aptitude measures

---

*Correct answer: Projective testing*

*Projective testing is the use of unstructured personality assessments to establish diagnostic clarification. The individual is asked to respond to ambiguous stimuli, and the rater then classifies the received information. One example of projective testing is the Rorschach Inkblot Test.*

*Norm-referenced testing is a form of standardized assessment that compares an individual's score to the expected or typical score for people of the same age. Vocational assessments and aptitude measures are interchangeable, and they assess an individual's ability or potential to learn a certain skill.*

---

**335.**

Which organization publishes the DSM-5?

**American Psychiatric Association**

World Health Organization

American Psychological Association

American Medical Association

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*Correct answer: American Psychiatric Association*

*The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) is published by the American Psychiatric Association. It provides criteria to diagnose both children and adults with specific mental health disorders.*

*The World Health Organization (WHO) is a branch of the United Nations concerned with public health and recognizes the International Classification of Diseases (ICD), not the DSM-5, as the standard diagnostic tool for clinical purposes. The American Psychological Association accredits doctoral programs in psychology and provides the Ethical Principles of Psychologists and Code of Conduct, but is not involved in the publication of the DSM-5. The American Medical Association is not involved in the publication of the DSM-5.*

---

**336.**

The degree to which test scores are consistent is known as which of the following?

**Reliability**

Validity

Fairness

Test bias

*Correct answer: Reliability*

*Reliability is the degree to which test scores are consistent. It is used to determine whether certain tests reflect an individual's true score. Reliability coefficients are denoted with the letter  $r$  and range from 1.00 (perfect reliability) to 0.00 (no reliability).*

*Validity is the degree to which an item measures what it is meant to measure. Fairness is simply the degree to which a test is used fairly to classify a certain criterion. It involves factors such as equitable treatment in testing. Test bias is a factor within a test that results in systematic variation or error, which causes impartial measurement among different groups.*

---



**337.**

Which of the following would not be a consideration when engaged in the differential diagnosis process, utilizing the DSM-5?

**Subtypes of schizophrenia**

Diagnostic categories

Cultural considerations

Subsets of criterion

*Correct answer: Subtypes of schizophrenia*

*When engaged in the differential diagnosis process using the DSM-5, a clinician would never consider subtypes of schizophrenia. These subtypes were eliminated with the DSM-5, so the clinician would never need to consider which subtype best describes the patient's symptoms.*

*The DSM-5 contains several diagnostic categories. A clinician would consider diagnostic categories when engaged in differential diagnosis, as several different categories could potentially explain a patient's symptoms.*

*Since culture can affect symptom presentation, it would be reasonable to include cultural considerations in the differential diagnosis process.*

*Finally, the diagnostic categories in the DSM-5 include polythetic criterion sets, but a person must meet only a subset of items from this longer list to be diagnosed. So, clinicians would consider subsets of criterion when engaged in the differential diagnosis process to determine the best diagnosis.*

---

**338.**

The Social Responsiveness Scale would most likely be used to assess for which of the following conditions?

**Autism spectrum disorder**

Antisocial personality disorder

Psychosis

Social phobia

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*Correct answer: Autism spectrum disorder*

*The Social Responsiveness Scale is used with parents and caregivers to assess for autism spectrum disorder. Other measures used to assess for autism include the Gilliam Asperger Disorder Scale, the Gilliam Autism Rating Scale, and the Social Communication Questionnaire.*

*The Social Responsiveness Scale would not typically be used to assess for antisocial personality disorder, psychosis, or social phobia.*

---

**339.**

Which of the following is the largest drawback of behavioral analysis?

**You may experience the observer effect.**

You may have to observe the behavior across environments.

You must measure a target behavior prior to intervention.

You must continually monitor behavior throughout the course of the intervention.

---

*Correct answer: You may experience the observer effect.*

*When engaged in behavioral analysis, you may experience the observer effect. This occurs when participants know they're being observed, and they change their behavior. This can lead to invalid results.*

*Observing a behavior across environments is not a drawback of behavioral analysis. In fact, it is ideal to observe a target behavior across environments.*

*Measuring a target behavior prior to intervention is also not a drawback of behavioral analysis. It is simply part of the process of behavioral analysis.*

*Continually monitoring behavior throughout the course of an intervention is also part of the process and not a drawback.*

---

**340.**

You select a representative sample of U.S. adults to try to learn about the prevalence of certain mental health disorders. You determine whether each individual in your study has a mental health disorder based on an unstructured interview.

What is the problem with this method?

**There will be concerns about reliability and validity.**

There is no problem with this method.

There is no opportunity for open-ended responses.

You won't be able to collect enough information from the people you interview.

*Correct answer: There will be concerns about reliability and validity.*

*Unstructured interviews are not standardized, so using them as the sole factor in determining a diagnosis is not ideal. Due to the lack of standardization, there are concerns about the reliability and validity of unstructured interviews. Semi-structured and structured interviews reduce concerns associated with reliability and validity. Using unstructured interviews to determine base rates of mental health disorders would not be ideal, because your findings may not be reliable and valid.*

*It would be incorrect to state that there is no problem with this method, since there are concerns with reliability and validity.*

*Unstructured interviews do provide the opportunity for open-ended responses, so this option is not correct.*

*Finally, unstructured interviews allow you to collect an extensive amount of information, because they are open-ended and allow the examiner to further explore responses that come up during the interview.*

---

**341.**

Which type of validity consists of both concurrent validity and predictive validity?

**Criterion**

Construct

Face

Content

*Correct answer: Criterion*

*Concurrent validity is the process of examining the correlation between a new measure and an existing measure at the same time to assess the criterion of interest. Predictive validity is the extent to which scores on a test predict a specific criterion score. Criterion validity is made up of both concurrent and predictive validity. It provides information regarding the extent to which the test score on a measure can estimate someone's performance on a specific criterion.*

*Construct validity refers to the extent to which a test is associated with the trait it claims to assess. Face validity involves the examinee's perception of the validity of a test while taking it and can impact how the examinee approaches a test. Content validity describes how well a test includes a range of information needed to test the measured construct.*

---

**342.**

Which of the following is true of inkblot testing?

**The testing occurs in two phases**

All of the inkblots in the inkblot test are black and grey

The test is a structured personality assessment

The testing has demonstrated high reliability and validity

---

*Correct answer: The testing occurs in two phases*

*The Rorschach Inkblot Test is a well-known projective assessment that consists of 10 inkblot cards. Individuals are asked to describe what they see and then answer the examiner's questions regarding their responses. There are several different scoring systems for the Rorschach, although Exner's scoring system is the most widely used at this time.*

*The Rorschach Inkblot Test is administered in two phases. During phase one, an examinee is given the cards in a specific order and is instructed to freely describe what they see. During the second phase, the examiner uses structured questioning to obtain additional information.*

*While half of the 10 inkblots in the test are black and grey, three contain pastel colors, and two contain red portions. The Rorschach Inkblot test is considered an unstructured personality assessment. Research into its reliability and validity has been conducted, but results have been inconsistent.*

---

**343.**

Which of the following is recognized as a universally accepted classification system?

**ICD**

DSM-5

DSM-IV

WHO

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*Correct answer: ICD*

*The International Classification of Diseases (ICD) is recognized as the universally accepted classification system used by medical professionals. It is used for the classification of physical and mental disorders, as well as for purposes of reimbursement from health insurance companies.*

*The DSM-5 has criteria required to diagnose mental health disorders in children and adults. It is mostly used in the United States and is not universally accepted. The DSM-IV is a former version of the DSM-5 and is not used by clinicians any longer. The World Health Organization (WHO) is an agency of the United Nations concerned with issues of public health.*

---

**344.**

Which of the following is an aspirational goal of testing?

**Fairness**

Bias

Validity

Reliability

---

*Correct answer: Fairness*

*Test fairness refers to the extent to which a test is used fairly to classify a specific criterion. In the psychological field, fairness is an aspirational goal of testing. This can be achieved through careful and diligent attention to both validity and reliability.*

*Bias refers to the presence of a factor within a test that causes systematic variation, leading to impartial measurements across groups. Validity is the degree to which an item measures what it is meant to measure. Reliability is the degree to which test scores are consistent and is used to determine whether certain tests reflect an individual's true score.*

---



**345.**

What is the **main** focus of the WIAT-III?

Reading

Aptitude

Intelligence

Language

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*Correct answer: Reading*

*The Wechsler Individual Achievement Test-Third Edition (WIAT-III) focuses mainly on reading, mathematical operations, and written expression. It is used to assess academic achievement in people aged 4 to 50 years.*

*The WIAT-III does not focus on language skills or intelligence but on achievement. Aptitude refers to an individual's potential to learn and is not assessed by the WIAT-III.*

---

**346.**

You want to determine if an adult client has a potential neurological disorder, because he is having difficulty with speech and perception. Which of the following assessment tools would you most likely use?

**The Halstead-Reitan Neuropsychological Test Battery**

The NEPSY-II

The Wechsler Intelligence Scale

The Differential Ability Scale

*Correct answer: The Halstead-Reitan Neuropsychological Test Battery*

*The Halstead-Reitan Neuropsychological Test Battery contains several measures that can be used to determine if a patient has a neurological insult. Measures in the Halstead-Reitan assess abilities including sensory-perceptual abilities, speech sounds perception, and aphasia. This would therefore be the most appropriate assessment for an adult who has difficulty with speech and perception, if the goal is to determine if there is a neurological disorder.*

*The NEPSY-II is utilized to assess neuropsychological development from preschool through adolescence. This assessment tool would therefore not be appropriate for an adult.*

*The Wechsler Intelligence Scale is an assessment of overall intellectual functioning and would not be the best choice for assessing for a neurological disorder. It may be used alongside the Halstead-Reitan.*

*The Differential Ability Scale is a measure of cognitive abilities. It is not the best option for assessing neurological functioning.*

---

**347.**

According to the DSM-5, all the following are reasons why a provisional diagnosis might be made by a mental health professional, **except**:

**The patient has symptoms below the diagnostic threshold, and the clinician does not believe symptoms will reach the diagnostic threshold when more information is obtained**

Information is lacking to make a diagnosis, but it is thought that the criteria will be met when the information is obtained

The information the patient is giving is lacking in content, but the patient still seems to meet the criteria for a disorder

A patient has symptoms that align with a particular disorder, but the minimum time requirement has not been met

*Correct answer: The patient has symptoms below the diagnostic threshold, and the clinician does not believe symptoms will reach the diagnostic threshold when more information is obtained*

*According to the DSM-5, a provisional diagnosis can be made by a mental health professional when:*

- *Information is lacking to make a diagnosis, but it is thought that the criteria will be met when the information is obtained*
- *The information the patient gives is lacking in content but the patient still seems to meet criteria for a disorder*
- *A patient has symptoms that align with a particular disorder, but the minimum time requirement has not been met*

*When a patient has symptoms below the diagnostic threshold that are generally consistent with the clinical presentation of a disorder, a professional may give the patient a diagnosis of Other Specified Disorder or Unspecified Disorder.*

*Clinicians should always carefully and methodically ensure that clients meet diagnostic criteria before labeling them with a mental disorder. If patients do not meet the diagnostic threshold, and it is not believed they will with additional information, the clinician should opt for the Other Specified Disorder or Unspecified Disorder diagnosis.*

**348.**

When organizations monitor behavior to promote best practices, this process is called:

**Benchmarking**

Behavioral analysis

RTI

Observer effect

*Correct answer: Benchmarking*

*When organizations monitor behavior to promote best practices, the process is called benchmarking. The goal is to encourage behaviors that fit within best practices while eliminating behaviors that interfere with the organization's efficiency, growth, and productivity.*

*Behavioral analysis is the process of observing and measuring specific behavior in an individual.*

*RTI, or response to intervention, is generally used to address behavioral and learning difficulties in school settings. RTI involves ongoing progress measurement to determine whether treatment planning and services are effective.*

*Finally, the observer effect refers to a situation that occurs when people know they are being observed, so they change their behavior. This does not apply here.*

---

**349.**

Which of the following is the most accurate statement about the way mental health disorders are classified in the DSM-5?

**It uses a categorical approach to diagnosis, but there is no singular presentation of a particular diagnosis.**

It uses a categorical approach to diagnosis, meaning there is a singular presentation of each diagnosis.

It uses a dimensional approach to diagnosis, which is the superior approach.

It uses a dimensional approach to diagnosis, despite expert opinion that the categorical approach is superior.

---

*Correct answer: It uses a categorical approach to diagnosis, but there is no singular presentation of a particular diagnosis.*

*The DSM-5 uses a categorical approach to diagnosis. However, this does not mean there is a singular presentation of each diagnosis. People must meet only a subset of criteria in a polythetic criteria set to be diagnosed, so there are several different presentations of each diagnosis.*

*As stated above, there are multiple presentations of each diagnosis, so it would be incorrect to state there is a singular presentation for each diagnosis.*

*The DSM-5 uses a categorical rather than a dimensional approach to diagnosis.*

*The dimensional approach is not superior, as it shows variable success.*

---

**350.**

Which of the following would not be a rationale that supports using a categorical classification system for diagnosing mental health disorders?

**To allow for classification of mental health disorders based on quantification of characteristics**

To allow for labeling of disorders for the purpose of billing

Because it is a stronger choice than the dimensional approach

To allow for heterogenous presentations of the same diagnostic category

---

*Correct answer: To allow for classification of mental health disorders based on quantification of characteristics*

*Categorical approaches to diagnosis do not allow for classification of mental health disorders based on quantification of characteristics. Dimensional approaches allow for this.*

*The other options listed are all reasons to use a categorical approach.*

---

**351.**

All of the following are possible sources of test error **except**:

**The individual**

The rater

The environment

The test form

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*Correct answer: The individual*

*Standardized test measurements are not perfect, and there is always a certain degree of possible error. The individual is not considered to be a valid form of test error unless the individual deliberately manipulates the test.*

*Potential sources of test error include test forms, environmental circumstances, the rater, and many other sources. When calculating test scores, psychologists should always take into account the possibility of error from a variety of sources.*

---

**352.**

Which of the following terms refers to an individual's knowledge base or range of acquired skills?

**Crystallized intelligence**

Fluid intelligence

Recall intelligence

Occupational intelligence

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*Correct answer: Crystallized intelligence*

*Crystallized intelligence refers to an individual's knowledge base or range of acquired skills and is dependent on cultural exposure. Fluid intelligence refers to nonverbal and non-culturally based abilities such as new learning.*

*Recall intelligence and occupational intelligence are both fabricated terms.*

---



**353.**

You apply a behavioral intervention to reduce problem behaviors in a child with ADHD. Both before and after employing the intervention, you observe him in the classroom setting. You divide your 45 minutes in the classroom into five-minute blocks of time, and during each time block, you record whether or not the child talks out of turn or leaves his seat. Your goal is for the number of time blocks during which the child talks out of turn or leaves his seat to decrease in response to your intervention.

What sort of observational assessment are you using in this example?

**Time-sampling method**

Narrative recording assessment

Rating recording

FBA

*Correct answer: Time-sampling method*

*Time-sampling methods of observation begin with a clear, objective operational definition of a behavior. This allows the observer to effectively identify and monitor a behavior during an observation. While observing using the time-sampling method, the observer divides the observation period into short-time intervals and notes whether the behavior occurs during each time interval. The method described in the question is the time-sampling method.*

*A narrative recording assessment simply provides a running record of a person's behavior during an observation.*

*A rating recording rates a behavior in terms of intensity or duration.*

*An FBA defines a behavior and then identifies its antecedents to determine the function of a problem behavior.*

---

**354.**

Realistic, Investigative, Artistic, Social, Enterprising, and Conventional are vocational interest domains **most** closely associated with whose work?

Holland

Strong

Binet

Wechsler

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*Correct answer: Holland*

*John Holland is well-known for his significant contributions to the field of vocational interest. His model is based on the belief that there are six dimensions of vocational interest arranged around a hexagon: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional.*

---

**355.**

Which type of psychological assessment is administered to a representative sample of a group to establish norms?

**Standardized**

Self-report

Unstructured interview

Criterion-referenced

---

*Correct answer: Standardized*

*A standardized assessment is given to a representative sample of a particular group, such as children ages six to nine, to establish norms. The norms then define the typical pattern of responses that the test is expected to obtain.*

*Self-report measures include symptom-based questionnaires and surveys or interviews. Unstructured interviews are open-ended and allow for flexibility, but they are not standardized. Criterion-referenced assessments evaluate a person's performance in a particular skill or area of functioning, to measure learning or mastery.*

---

**356.**

All of the following are domains identified by Holland's theory of vocational interest **except**:

**Financial**

Artistic

Social

Investigative

---

*Correct answer: Financial*

*Assessments of vocational interest have been used in the field of psychology since the early 1900s. Holland's theory of vocational interest (1997) involves six dimensions configured around a hexagon: realistic, investigative, artistic, social, enterprising, and conventional. Financial is not one of these dimensions.*

---

**357.**

A college professor of philosophy has a reputation for deliberately tricking students on exams. When students see the exams, the questions do not appear to be measuring students' knowledge of the course material, but the professor deceptively words questions in ways that do actually assess how well students comprehend the material.

Which of the following is most likely lacking in the exams used in this example?

**Face validity**

Content validity

Construct validity

Concurrent validity

*Correct answer: Face validity*

*Rather than referring to whether an assessment accurately measures certain information, face validity refers to the test taker's perception of how well the test measures what it is supposed to measure. Although this professor's exams appear to lack validity, they actually do measure the information learned in the course. Face validity is important because it can impact how much confidence test takers have in the validity of the test and can affect their willingness to take assessments seriously.*

*Content validity refers to the degree to which a test includes the full range of information required to test the concept being measured. There is nothing in this scenario that suggests that a full range of information was not included. Construct validity measures whether a test is correlated with the trait it is supposed to assess. The information provided does not suggest that the exams are lacking construct validity. Finally, concurrent validity refers to whether a new measure for a construct of interest correlates with an already established measure. This form of validity is not addressed in the example given.*

---

**358.**

Which theory is based on Spearman's research and is defined as the view that an individual's score on a test is the sum of a true score plus an error component?

**Classical Test Theory**

Item Response Theory

Generalizability Theory

Internal consistency reliability

*Correct answer: Classical Test Theory*

*The Classical Test Theory (CTT) refers to the belief that an individual's score on a test is composed of both the true score and error. The error term in CTT is a random error and is not correlated with the raw score or the true score.*

*Item Response Theory focuses on the examination of individual items in test development. Generalizability Theory conceptualizes error in a way that allows for the evaluation of both error and the reliability of measurement procedures. Internal consistency reliability is calculated to determine the consistency of the items within the measure.*

---

**359.**

Which measure of intelligence includes Verbal Comprehension, Visual-Spatial, Working Memory, Fluid Reasoning, and Processing Speed indices as subfactors?

**WISC-V**

The Leiter International Performance Scale-III

The WJ-IV

Kaufman Assessment Battery for Children-II

*Correct answer: WISC-V*

*The Wechsler Intelligence Scale for Children, Fifth Edition (WISC-V) contains five subfactors, including the Verbal Comprehension Index, Visual-Spatial Index, Working Memory Index, Fluid Reasoning Index, and Processing Speed Index.*

*The Leiter International Performance Scale, Third Edition, is used to assess intelligence in individuals who are unable to use language effectively, or who do not speak English as their first language. It does not require verbal comprehension skills. The WJ-IV (Woodcock-Johnson IV Tests of Cognitive Abilities) is a cognitive assessment based primarily on the CHC theory of cognitive abilities, which includes nine broad abilities. It is often administered in educational settings alongside the Woodcock-Johnson Tests of Achievement. The Kaufman Assessment Battery for Children-II produces scores across five scales: Simultaneous, Sequential, Planning, Learning, and Knowledge.*

---

**360.**

In terms of psychological assessment, what is the difference between sensitivity and specificity?

**Sensitivity is the proportion of people identified as having a specific trait, and specificity is the proportion of people identified as not having the trait**

Sensitivity is the extent to which a measurement is able to collect the information it is meant to collect, and specificity is the range of severity of individual characteristics

Sensitivity is the ability of a measurement to elicit certain information from test-takers, and specificity is the ability of raters to accurately interpret the results

Sensitivity assesses psychological problems, and specificity assesses problems in the environment

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*Correct answer: Sensitivity is the proportion of people identified as having a specific trait, and specificity is the proportion of people identified as not having the trait*

*Sensitivity is the proportion of people identified as having a specific trait, and specificity is the proportion of people identified as not having the trait. These are important concepts to consider when a measure is used to diagnose people with a certain condition.*

*Validity, not sensitivity, is the extent to which a measurement is able to collect the information it is meant to collect. Sensitivity is not related to eliciting certain information from test-takers, and specificity does not refer to the ability of raters to accurately interpret results. Both sensitivity and specificity refer to psychological exams; sensitivity does not assess psychological problems, however, and specificity does not assess environmental problems.*

---



**361.**

The G Theory conceptualizes an individual's score on a certain measurement as which of the following from among an infinite number of administrations of the measurement?

**Sample**

Mean

Median

Validity

*Correct answer: Sample*

*The G Theory (Generalizability Theory) is an extension of the Classical Test Theory, which assumes that a score on a measurement is a combination of the true score plus error. However, the G Theory conceptualizes the score as a sample from among an infinite number of administrations and attempts to identify potential sources of errors.*

*The mean is the average score of a group of individuals on an exam. The median is the halfway number within a set of numbers. Validity refers to the extent to which items on a test measure what they are meant to measure.*

---

**362.**

In terms of deciding whether an individual is not guilty by reason of insanity, which criterion has been adopted by the majority of jurisdictions in the United States?

**The American Law Institute Test**

The American Psychological Association Test

The WISC-V

The degree to which a person is dangerous to themselves and society

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*Correct answer: The American Law Institute Test*

*Criteria set forth by the American Law Institute (1962) are used to decide whether an individual is not guilty by reason of insanity (NGRI) by the majority of jurisdictions in the United States. These criteria allude to whether the individual was aware of their behavior at the time of the crime.*

*All of the remaining answers are incorrect. There is no such thing as the American Psychological Association Test, and the WISC-V is a specific intellectual battery designed to assess cognitive functioning. Although court systems do consider the degree to which a person is dangerous, the NGRI defense is used when determining how responsible a person is for a crime.*

---

**363.**

Which type of evaluation would be best to predict the future risk of dangerousness?

**Prospective evaluations**

Retrospective assessments

Suicide evaluation

Structured interviews

*Correct answer: Prospective evaluations*

*Prospective evaluations are used to describe, in legal terms, "an individual's propensity to commit dangerous acts." These are risk assessments used to examine whether aggression will occur in the future and what it will look like. Such an evaluation is prospective, as it predicts future behavior.*

*Retrospective assessments involve an attempt to assess past aggression in order to explain an ongoing propensity toward future behavior to prevent future aggression. This type of assessment would not specifically evaluate future risk of dangerousness, since retrospective assessments look at past behavior. Retrospective assessments are more geared toward understanding the ongoing risk of aggression and developing treatment plans to lower the risk, whereas a prospective evaluation is a specific risk assessment that examines a person's likelihood of committing a dangerous act in the future. As such, "prospective evaluations" is the best answer here.*

*Suicide evaluation should be a part of all evaluations of clients, whether it is a diagnostic evaluation or part of ongoing treatment. Suicide evaluation is separate from the risk of future dangerousness, which is concerned with aggressive or dangerous acts. While suicidal behavior does demonstrate aggression toward self, assessments of dangerousness are more concerned with violence toward others.*

*Strutured interviews are used to assess many psychological traits, but there are no structured interviews that show strong predictive validity for assessing future dangerousness, so this is not the best answer here.*

---

**364.**

Which type of psychological assessment is **most** commonly given in educational settings?

**Criterion-referenced**

Norm-referenced

Self-report

Direct observation

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*Correct answer: Criterion-referenced*

*Criterion-referenced tests are most often given in educational settings to assess progress in or mastery of a subject. Criterion-referenced tests include end-of-course testing, driving tests, and others.*

*Norm-referenced tests compare an examinee's performance to the performance of a group of participants. Self-report assessments require the interviewee to answer surveys or questionnaires. Direct observation is the process of gathering information about someone. While all of these might be used in educational settings, criterion-referenced assessments are the most common.*

---

**365.**

Which of the following pieces of legislation was passed in 1984 and requires proof that the accused did not know what they were doing at the time of a crime?

**The Insanity Defense Reform Act**

The Rogers Criminal Responsibility Act

The Not Guilty by Reason of Insanity Act

The Americans with Disabilities Act

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*Correct answer: The Insanity Defense Reform Act*

*The Insanity Defense Reform Act was passed in 1984 and requires proof that the accused did not know what they were doing at the time of a crime. This places the burden of proof on the accused and applies in all federal jurisdictions.*

*The Rogers Criminal Responsibility Assessment Scales (1984) is not legislation but does facilitate the process of evaluating whether a defendant had the mental capacity to intend to commit a crime. Not guilty by reason of insanity (NGRI) refers to the defense used in a specific trial involving a person claiming mental illness as the reason behind the crime. The Americans with Disabilities Act (1991) prohibits employers from discriminating against qualified individuals with disabilities.*

---

**366.**

Which of the following vocational measures was the **most** recently developed?

**The Campbell Interest and Skill Survey**

The Strong Vocational Interest Inventory

The Kuder Occupational Survey

Holland's theory of vocational interest

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*Correct answer: The Campbell Interest and Skill Survey*

*The Campbell Interest and Skill Survey was developed in 1992 and is the most recent addition to vocational interest inventories. It includes scales similar to Holland's six dimensions (Realistic, Investigative, Artistic, Social, Enterprising, and Conventional), as well as Basic and Occupational Scales.*

*The Strong Vocational Interest Inventory was published in 1927. The Kuder Occupational Survey was developed in 1939. Holland's theory of vocational interest was developed in the 1950s and influenced Holland's research throughout the remainder of the 20th century.*

---

**367.**

Which of the following is a personality measure that is appropriate for adults and has an adolescent version available as well?

**PAI**

WISC-V

GATB

Rorschach

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*Correct answer: PAI*

*The Personality Assessment Inventory (PAI) is a personality measure for adults ages 18 and above. It has 22 scales including validity scales, clinical scales, interpersonal scales, and scales that examine variables related to treatment. An adolescent version for children ages 12 to 18 is also available.*

*The WISC-V is a measure of general intelligence, not personality. The GATB is not a personality assessment, but an assessment of aptitude. The Rorschach Inkblot Test is a projective test, but it has only one version that can be used with both adults and adolescents.*

---

**368.**

Why should you consider base rates of a disorder when making a diagnosis?

**Because it's a part of the differential diagnosis process**

Because you cannot diagnose a disorder with low base rates in the population

Because some disorders are more common than others

Because most patients do not want to be diagnosed with a rare mental health disorder

*Correct answer: Because it's part of the differential diagnosis process*

*Differential diagnosis is the process of considering multiple possible diagnoses and then deciding upon the best diagnosis or diagnoses that describe(s) a patient's symptoms. During this process, the clinician generates multiple hypotheses about potential diagnoses. Part of this process is considering the base rates of a disorder within a population.*

*The other answer options are not reasons a clinician would consider base rates of a disorder when making a diagnosis.*

*Rare disorders can be diagnosed if warranted.*

*Some disorders are more common than others, but this is not the specific reason to consider base rates of a disorder.*

*Finally, some patients may be worried about the stigma associated with a rare mental health disorder, but this is not the primary reason to consider base rates of a disorder.*

---



**369.**

Which of the following limitations should be considered when using the General Aptitude Test Battery when assessing job-related skills?

**It may not be valid across different races.**

There are no limitations associated with this assessment; it is reliable and valid across groups.

It is not a timed test, so it cannot assess efficiency of task completion.

It only assesses verbal aptitude.

*Correct answer: It may not be valid across different races.*

*The General Aptitude Test Battery was developed by the U.S. Employment Service. It assesses:*

- *General intelligence*
- *Verbal aptitude*
- *Numerical aptitude*
- *Spatial aptitude*
- *Form perception*
- *Clerical perception*
- *Motor coordination*
- *Finger and manual dexterity*

*There are limitations of the General Aptitude Test Battery, including concerns related to validity across races.*

*Furthermore, the General Aptitude Test Battery is actually a timed test, and it may produce different results for those with slow processing speed or impairment of fine motor skills.*

*Finally, the General Aptitude Test Battery assesses more than just verbal abilities. As noted above, it assesses numerous areas, including general intelligence.*

---

**370.**

Which of the following was the first standardized intelligence test?

**Binet-Simon Scale**

Woodcock-Johnson

Kaufman Assessment Battery for Children

Wechsler Intelligence Scale for Children

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*Correct answer: Binet-Simon Scale*

*The Binet-Simon Scale was developed in the early 1900s and was the first standardized intelligence test. It was used to identify children with an intellectual disability enrolled in French schools.*

*The remaining options are incorrect. The first versions of the Wechsler Intelligence Scale for Children (1949), the Woodcock-Johnson Tests of Cognitive Abilities (1977), and the Kaufman Assessment Battery for Children (1983) were all developed after the Binet-Simon Scale.*

---

**371.**

What should you do if you are working with a person from a culturally or linguistically different group, and you need to complete an assessment of intelligence?

**Use an assessment tool like the Leiter-3.**

Use a translator.

Forgo the assessment due to the cultural/language barrier.

Consult with a supervisor.

---

*Correct answer: Use an assessment tool like the Leiter-3.*

*The best choice when working with a client with a cultural or language barrier is to select an appropriate assessment tool. The Leiter-3 has been established as an assessment of cognitive abilities that is free of cultural bias and less likely to be affected by language differences. Using this tool would allow you to complete the assessment while minimizing the impact of cultural or language barriers.*

*Using a translator is not the best option, as this can come with risks.*

*Forgoing the assessment is also not the best option, as this would mean the client's need for assessment would not be met.*

*Consulting with a supervisor is a suitable option when you're uncertain about a practice-related decision, but since there are culturally-appropriate assessment tools available, the best option is to choose one of these tools.*

---

**372.**

Which term refers to the development and use of measures to assess an examinee's level of investment and effort during testing?

**Symptom validity testing**

Content validity

Concurrent validity

Internal consistency

---

*Correct answer: Symptom validity testing*

*Symptom validity testing (SVT) refers to the development and use of measures to assess an examinee's level of investment and effort during testing. This has become an increasingly common topic of conversation among psychologists as forensic testing has become more popular.*

*Content validity indicates how well a test includes a range of information needed to test the construct that is being measured. Concurrent validity examines the correlation between a new measure and an established measure administered at the same time to assess the criterion of interest. Internal consistency is calculated to determine the consistency of items within the measure.*

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# Part 1-Knowledge, Domain 6: Treatment, Intervention, Prevention, and Supervision

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Part 1-Knowledge, Domain 6: Treatment, Intervention, Prevention, and Supervision

**373.**

A strong therapeutic alliance that allows clients to feel accepted and emotionally understood by the psychologist would be **least** important to which of the following therapeutic orientations?

**Behaviorism**

Analytical psychology

Existential therapy

Psychodynamic therapy

---

*Correct answer: Behaviorism*

*In most models of therapy, the most important component is the development of a strong therapeutic alliance, which requires the psychologist to be nonjudgmental and accepting in hopes of gaining the client's deep trust. For these models, the therapist-client relationship is the agent of change. Both Jung's analytical psychology and psychodynamic therapy would rely to some degree on Freud's notions of transference and/or countertransference, which make use of the relationship between client and therapist even when it is problematic. Existential therapy, with its focus on engaging with a client's sense of freedom and responsibility, also depends on the therapeutic bond.*

*Behaviorism, the therapeutic orientation most concerned with the causes and means of conditioned behavior, is focused on concrete interventions and observations of effects as the means of change.*

---

**374.**

What is the main treatment focus for therapies based upon the principle of systematic desensitization?

**PTSD**

Anorexia nervosa

Borderline personality disorder

ADHD

*Correct answer: PTSD*

*In vivo exposure and virtual reality therapy have been used in treating PTSD and other trauma-related disorders, as they seek to allow a safe environment in which to process symptoms. These exposure therapies help clients to come face-to-face with progressively more upsetting trauma triggers, such as flashbacks and memories, through a process called systematic desensitization. This process involves the creation of a fear hierarchy, which outlines progressively distressing stimuli, which a client is exposed to either in-vivo (in real life) or via virtual reality methods.*

*These methods are not particularly called for in cases of anorexia nervosa, borderline personality disorder, and ADHD.*

---

**375.**

A 19-year-old male was referred by his mother, who shared her concern that he may have depression. For the past three months, he has lost about 50 pounds and is now underweight, has seemed sad, and always seems preoccupied and cannot concentrate well. In addition, he usually complains of feeling "exhausted" when he gets home from work each evening and lies in bed and watches television until he falls asleep for the night. Although the client endorses all these symptoms, he tells you that his behavior is not bothersome to him and that, as long as he keeps his job, he is satisfied with his situation.

Even though you agree with the client's mother about his depressed mood, why can you **not** diagnose him with major depressive disorder?

**The client is not particularly distressed and has been able to keep his job**

The client has not been experiencing symptoms long enough

The client's mood is not depressed, just sad

The client does not meet four or more criteria for major depressive disorder

---

*Correct answer: The client is not particularly distressed and has been able to keep his job*

*According to the DSM-5-TR, your client has been experiencing symptoms for longer than the minimum time required for a diagnosis (two weeks). He also meets four of the following symptoms: weight and/or appetite changes (yes); sleep disturbance (yes); fatigue or reduced energy (yes); difficulty concentrating (yes); psychomotor agitation or retardation; feelings of worthlessness; and thoughts of suicide.*

*However, in order to be given a diagnosis, your client must be experiencing distress or impairment due to his symptoms, and he is not yet bothered by his situation enough to cause a change in functioning.*

---

**376.**

As a manager, you believe that your subordinates are hard workers, and they can be relied upon to do their jobs. You value their input and encourage them to be autonomous.

What management style do you follow?

**Theory Y**

Theory X

Theory Z

Theory A

*Correct answer: Theory Y*

*There are several different approaches to management. Theory Y states that manages work from the assumption that people are hard-working and capable of making positive contributions to the workplace.*

*Theory X is in contrast to theory Y. In theory X managers believe workers are naturally lazy and need to be controlled to be productive.*

*Theory Z managers believe that consensual decision making is important.*

*Theory A is based on individualistic American values.*

---



**377.**

According to the DSM-5-TR, which of the following must be true for an individual to be diagnosed with a substance use disorder?

**The person must show at least two symptoms**

The person must be using illegal substances

The person must have been using substances for at least one year

The person must show tolerance and withdrawal

*Correct answer: The person must show at least two symptoms*

*According to the DSM-5-TR, for an individual to be diagnosed with a substance use disorder, they must show at least two symptoms of the disorder. A substance use disorder is characterized by a problematic pattern of use that results in clinically significant impairment or distress. This impairment or distress can manifest in the form of 11 different symptoms, but a person must show only two symptoms to be diagnosed.*

*Individuals do not need to be taking illegal substances to be diagnosed with a substance use disorder; alcohol and caffeine are legal substances that can be misused. Substance use disorder diagnosis requires a person to meet criteria within a 12-month period but does not require symptoms to be present for at least 12 months. While tolerance and withdrawal are two diagnostic criteria for substance use disorders, there are other criteria, and these two do not have to be met for diagnosis.*

---

**378.**

What term refers to the inference of causal relationships where they do not exist?

**Parataxic mode**

Prototaxic mode

Syntaxic mode

Effect mode

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*Correct answer: Parataxic mode*

*Harry Stack Sullivan (1953) identified three modes of cognition. In the parataxic mode, one infers causal relationships where they do not really exist. The prototaxic mode describes a more primitive mental state similar to infancy. The syntaxic mode describes logical, rational cognition.*

*The effect mode is a fabricated term.*

---

**379.**

Which of the following would you not expect to discuss in therapy with a client who is a person of color, according to the Integrated Model of racial identity development?

**Their belief that racism is not problematic**

Their feelings of anger about racism

Their desire to spend time only with those of the same race

Their realization that racism can be fought against

---

*Correct answer: Their belief that racism is not problematic*

*The Integrated Model was proposed by John and Joy Hoffman. It provides developmental trajectories for both white people and people of color. The belief that racism is not problematic is part of the resistance stage, or stage 3, for white people. You would not expect to discuss this belief when working with a person of color, based on this model.*

*The other items mentioned are part of the trajectory for people of color, and you could expect to discuss them, according to this model.*

---

**380.**

Which of the following statements is the most accurate on the efficacy of behavioral activation compared to other treatment methods for depression?

**It is equal in effectiveness when compared to both CBT and medication.**

It is as effective as CBT but not as effective as medication.

It performs worse than both CBT and medication in research.

There isn't enough research evidence to compare behavioral activation to other treatments for depression.

---

*Correct answer: It is equal in effectiveness when compared to both CBT and medication.*

*Behavioral activation is a treatment modality for depression. It involves engaging in actions that lead to positive emotional experiences. Research shows it is similar in effectiveness to both CBT and medication.*

*Behavioral activation is as effective as both CBT and medication. Further, it does not perform worse than both.*

*Finally, there is research showing it is just as effective as CBT and medication, so it would be inaccurate to state there isn't enough research evidence to compare behavioral activation to other methods.*

---

**381.**

Which of the following accurately describes the defense mechanism of projection?

**When a person places certain motives they possess on others**

When a person converts unacceptable drives into healthier outlets

When a person deflects unacceptable impulses onto a different target

When a person expresses repressed desires in a way that contrasts with those desires

---

*Correct answer: When a person places certain motives they possess on others*

*Projection is a defense mechanism that occurs when a person places certain motives onto others in an unconscious attempt to reduce anxiety. For example, if a person does not like someone else, they may instead believe that the other person dislikes them.*

*Sublimation occurs when a person converts unacceptable drives into healthier outlets. Deflecting unacceptable impulses onto a different target is displacement. Reaction formation is a contrasting expression of repressed desires, such as a person falling in love with someone who is harming them.*

---

**382.**

Which term refers to the way parents focus on a child's deficiencies rather than their own?

**Detouring**

Triangulation

Negating

Misdirection

---

*Correct answer: Detouring*

*In Structural Family Therapy (SFT), detouring refers to the way parents focus on a child's deficiencies rather than their own. Triangulation refers to drawing a child to one side or the other of a parental argument.*

*Negating and misdirection are not terms used in SFT.*

---

**383.**

According to the DSM-5-TR, social anxiety disorder is also known as:

**Social phobia**

Panic disorder with agoraphobia

Specific phobia

Generalized anxiety disorder

---

*Correct answer: Social phobia*

*According to the DSM-5-TR, social anxiety disorder is also known as social phobia. Social anxiety disorder is an intense fear of social or performance situations that prompts the person suffering from the disorder to avoid the situation or endure it with intense fear and anxiety.*

*A specific phobia is marked by fear or anxiety about a specific object or situation, such as blood or flying. Panic disorder is characterized by recurrent and unexpected panic attacks. When panic disorder occurs with agoraphobia, a person experiences extreme fear when being outside the home alone or in certain spaces, such as crowds, open spaces, or closed spaces. Generalized anxiety disorder refers to excessive and uncontrollable anxiety and worry occurring most of the time for more than six months.*

---

**384.**

Which of the following models of treatment views healthy living as the way one connects to others?

**Adlerian**

Psychoanalytical

Gestalt

Analytical

---

*Correct answer: Adlerian*

*Adlerian psychotherapy views healthy living as the way one connects to others, such as their family, community, and society. Adler also believed a child's perception of their role in the family to be extremely important.*

*The psychoanalytical model views healthy living as moving smoothly through the stages of development rather than becoming stuck in a stage. The Gestalt model views healthy living as learning from experience rather than engaging in repetitive patterns of behavior. The analytical model views healthy living as finding a balance between different aspects of people's lives.*

---



**385.**

Which of the following theories conceptualizes careers by an internal locus of control and the subjective experience of the client?

**Constructivist**

Action

Narrative

Systems

*Correct answer: Constructivist*

*Constructivist theory conceptualizes careers by an internal locus of control and the subjective experience of the client. This approach allows people to take an active role in creating their personal career goals. Clinicians using the constructivist model are able to work with individuals' perceptions of issues in their work lives, adaptation to changes within their environments, and interpretation of career success to enhance career development.*

*Action theory connects individual, social, and other goal-oriented activities with an individual's career. Narrative career counseling engages the client as a personal agent in their career development but also provides opportunities that place the client in real-life scenarios to help them understand their worldview. Systems theory views career development as the result of the interaction between an individual and contextual systems.*

---

**386.**

Which of the following is **not** an example of cognitive therapy?

**Person-centered therapy**

Acceptance and commitment therapy

Dialectical behavioral therapy

Rational-emotive behavioral therapy

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*Correct answer: Person-centered therapy*

*Person-centered therapy, a kind of therapy invented by Carl Rogers, is not a cognitive therapy per se; it focuses on helping a patient reach their potential given the right motivation and tools.*

*Acceptance and commitment therapy, dialectical behavioral therapy, and rational-emotive behavioral therapy are all examples of cognitive therapy. That is, they rely on the examination of the ways thoughts and behaviors interact to repair errors in both.*

---

**387.**

In regard to existential theory, emotions are labeled as all the following **except**:

**Pathological**

Helpful

Genuine

Individualized

---

*Correct answer: Pathological*

*Existential therapy maintains that individuals' perceptions of the world differ, and therapeutic interventions should be viewed within each individual's worldview. Therefore, no emotions are labeled as pathological because they depend on the social and cultural context.*

*Existential therapy recognizes that each individual's experience is different and should be respected. Emotions are therefore regarded as helpful, genuine, and individualized.*

---

**388.**

Which of the following would be the best consultation method for a psychologist seeking guidance about resolving a problem with a specific client?

**Client-centered case consultation**

Behavioral consultation

Program-centered administrative consultation

Advocacy consultation

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*Correct answer: Client-centered case consultation*

*There are several different forms of consultation. Client-centered case consultation is used to assist a consultee with formulating a plan of action for working with a specific client. This is the best option for the given scenario.*

*Behavioral consultation uses classic behavioral techniques to help consultees make changes. This technique involves direct feedback, modeling, and homework. This isn't necessarily the best choice for solving a problem with a specific client. It is often used in educational settings and isn't used, in general, to resolve problems with specific clients.*

*Program-centered administrative consultation aims to improve effectiveness at the program or organizational level and would not be used when consulting about a specific client problem.*

*Finally, advocacy consultation focuses on big picture change rather than a specific client.*

---

**389.**

What is a possible reason a psychologist trained in psychoanalysis might give for why a female patient has anorexia nervosa?

**The patient has repressed memories of her own mother restricting food**

The patient is being rewarded for the behavior of maintaining a low body weight

Something about the patient's environment is contributing to her stress

The patient's parents placed conditions of worth on her, specifically related to body size

---

*Correct answer: The patient has repressed memories of her own mother restricting food*

*Psychoanalysis was developed by Sigmund Freud and posits that clients' current difficulties stem from early childhood conflicts. A psychologist operating from a psychoanalytical viewpoint may postulate that a client who severely restricts food intake to the point of harming their body is acting out feelings in response to past experiences with caregivers. The memories of the mother restricting food could be affecting the patient in the present.*

*The other explanations given here do not fit as well with the presented scenario. Rewards and reinforcements are associated with behavioral theories, not the psychoanalytic approach. Psychologists operating from an environmental or ecological perspective would be likely to emphasize the contribution of environmental stressors. Concerns related to conditions of worth fit with Roger's person-centered therapy.*

---

**390.**

According to Freud's psychoanalytic theory, which of the following plays a role in a person's healing during therapy?

**Repressed material in the unconscious mind**

The collective unconscious

The family constellation

Automatic thoughts

*Correct answer: Repressed material in the unconscious mind*

*According to Freud's psychoanalysis, patients use defense mechanisms to eliminate latent content of the id, which operates according to the pleasure principle and contains aggressive impulses. Freud believed that if the therapist could help patients to confront and process this unconscious content, they would experience catharsis, or emotional release, and therefore have a greater ability to function in a psychologically healthy fashion.*

*The collective unconscious is a concept from Jung's analytical psychology, which states that there are universally known representations of ideas that exist across all of humanity. The family constellation is comprised of a child's birth order and family cultural values, and this concept is important in Adler's individual psychology. Automatic thoughts play a role in Beck's cognitive therapy. Automatic thoughts are those that arise without conscious awareness, and they can be based upon cognitive distortions, or errors in thinking.*

---

**391.**

Which of the following theories emphasizes the family as a dynamic pattern of interpersonal relationships and interrelated interactions?

**Systems theory**

Communication theory

Psychodynamic therapy

Interaction theory

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*Correct answer: Systems theory*

*Systems theory views the family as consisting of a dynamic pattern of interpersonal relationships and interrelated interactions. Communications theory, which also deals with family dynamics, places more emphasis on the way information is processed and transmitted among family members.*

*Psychodynamic theory, based primarily on the work of Freud, is based upon the belief that people have subconscious impulses, mostly related to unresolved childhood issues, that cause distress. Interaction theory is a fabricated term.*

---

**392.**

Which of the following therapeutic ideas emphasizes the existence of a number of nonspecific variables across all theories of psychotherapy?

**Common factors approach**

Transtheoretical model

Synergistic-therapeutic approach

Summary model

---

*Correct answer: Common factors approach*

*The common factors approach (Laska, Gurman, & Wampold, 2014) emphasizes the existence of a number of nonspecific variables, which are pervasive across all theories of psychotherapy and are ultimately responsible for the positive changes that occur as a result of psychotherapy.*

*The transtheoretical model (Prochaska and Norcross, 2010) seeks to bring together different theories and practices of psychotherapy into a unified treatment approach. The synergistic-therapeutic approach and the summary model are fabricated terms.*

---



**393.**

According to the Gestalt theory, what is the goal of therapy?

**To achieve homeostasis**

To reframe thinking patterns

To increase self-esteem

To enhance openness to new experiences

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*Correct answer: To achieve homeostasis*

*Gestalt therapists believe that clients are defined by their environments, social networks, family, and memories. The goal of Gestalt therapy is for the client to achieve homeostasis—a balance between physical and internal mechanisms—which can be achieved through a variety of techniques.*

*The goal of cognitive therapy is to reframe maladaptive thinking patterns. Person-centered therapy can lead to increased self-esteem and increased openness to new experiences, among other things.*

---

**394.**

According to the DSM-5-TR, what is an episode of at least one week of irritable or elevated mood accompanied by inflated self-esteem, a decreased need for sleep, pressured speech, racing thoughts, distractibility, excessive goal-directed activity, and increased risk-taking behaviors?

**A manic episode**

A depressive episode

A hypomanic episode

Anhedonia

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*Correct answer: A manic episode*

*According to the DSM-5-TR, a manic episode consists of at least one week of irritable or elevated mood accompanied by inflated self-esteem, a decreased need for sleep, pressured speech, racing thoughts, distractibility, excessive goal-directed activity, and increased risk-taking behaviors. A diagnosis of bipolar I disorder requires the occurrence of at least one manic episode in a person's lifetime.*

*A depressive episode includes symptoms such as depressed mood most of the day, a diminished interest in activities or ability to feel pleasure (also known as anhedonia), weight loss, sleeping problems, and fatigue. A hypomanic episode has criteria similar to a manic episode, except that it requires an individual to exhibit symptoms for at least four consecutive days rather than one week.*

---

**395.**

You are working as the director of a community mental health center, and many of your clients are low-income individuals with depression. Your agency offers therapy services, and you also employ a psychiatrist who can prescribe psychotropic medications. Stakeholders approach you because they are concerned about the costs of treatment for your client population.

What would you tell them is the best approach to keeping costs low while also delivering quality services to the community?

**Explain that a combination of therapy and medication is the most cost-effective option due to benefits to patients.**

Tell them you allow patients to determine the best treatment, since they tend to engage in their own cost-benefit analysis.

Encourage them to promote therapy-only approaches for clients, since they are lower cost.

Assure them that you're moving toward only offering group therapy since it allows you to serve multiple patients at once.

---

*Correct answer: Explain that a combination of therapy and medication is the most cost-effective option due to benefits to patients.*

*A cost-effectiveness analysis is performed to determine the most cost-effective policies for provision of services. In this case, the best thing you can do to keep costs low is to offer a combination of therapy and medication to patients. While this may cost more than therapy alone, the benefits to patients in terms of reduction in depression symptoms and improvement in quality of life make the combined approach a more reasonable investment for the healthcare system.*

*While patients tend to engage in their own cost-benefit analysis, it's not always based on accurate information.*

*Therapy-only approaches may be cheaper but would not deliver the same benefits as both therapy and medication.*

*Offering only group therapy would not be appropriate, as clients could reasonably require individual services, and group services may not meet their needs. This could result in recidivism, lack of symptom improvement, etc., all of which could increase healthcare costs.*

---

**396.**

An individual wants to find a psychologist who will help him explore his early childhood experiences and relationships with caregivers. He knows that he has trouble with current relationships due to dysfunctional relationships with his parents when he was a child, but he does not know why or in what ways.

What model of treatment would best fit this individual's goals?

**Psychodynamic theory**

Adlerian psychotherapy

Family systems therapy

Existential psychotherapy

*Correct answer: Psychodynamic theory*

*The psychodynamic model of treatment has roots in psychoanalysis, which posits that individuals have unconscious desires, fears, and urges that influence their behavior and ways of experiencing the world. These unconscious factors first develop in early childhood, so a psychologist operating from this model would do a significant amount of exploration into the client's early experiences of caregivers and attachment to better understand how and why he is currently experiencing difficulties.*

*While Adlerian psychotherapy does explore family issues, including birth order of children and inherited cultural values, it is more eclectic in nature and does not focus on family of origin issues to the same extent that psychodynamic theories do.*

*Family systems therapy is not the best answer here, because while it does explore family issues, including patterns of family dynamics passed down through generations, it is not as focused on the subconscious mind, the way that psychodynamic therapy is. Since the scenario here mentions that the client is not aware of why he has dysfunctional relationships with his parents, a method that explores unconscious drives is more appropriate.*

*Existential therapy seems to be the worst fit for the scenario described here, as it does not address family of origin issues. Instead, existential therapy is focused on helping clients to overcome anxiety related to their purpose in life.*

---

**397.**

All the following are disadvantages to the use of technology with psychological interventions **except**:

**Technological interventions do not have a strong research foundation**

Adherence is difficult to measure via technology

The use of technology leads to fewer therapists being present in certain areas

The use of technology limits the ability of those experiencing poverty to access internet-based assessments

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*Correct answer: Technological interventions do not have a strong research foundation*

*The issue of technology and psychological interventions is challenging, as technology can give more people access to treatment and interventions. Although the field is new and research is ongoing, many research projects have demonstrated therapeutic success.*

*Despite the advantages of technology used in conjunction with psychological interventions, adherence and attrition are difficult to measure via the internet, fewer therapists may be present in certain areas due to people being able to access therapists online, numerous ethical issues have arisen, and people experiencing poverty may not be able to benefit from this technology.*

---

**398.**

In which stage of career and life development would you expect a 30-year-old woman to fall, according to Super's theory?

**Establishment**

Maintenance

Growth

Exploration

*Correct answer: Establishment*

*According to Super (1985), people progress through five main stages of career and life development. The establishment stage occurs from ages 25-44 and involves stabilizing and advancing their career path. We'd expect a 30-year-old woman to be in this stage.*

*Growth occurs from ages 4-13 and involves knowledge accumulation about oneself and career possibilities.*

*Exploration occurs from ages 14-24, when people explore and weigh their career options and then implement a career path.*

*The maintenance stage occurs from ages 45-65 and requires a person to maintain their work and adapt as needed.*

---

**399.**

A client's family is interviewed to gather information about the client's strengths and talents. This is an example of what type of assessment?

**Qualitative**

Quantitative

Cognitive

Developmental

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*Correct answer: Qualitative*

*Qualitative assessments gather information by asking open-ended questions and allowing participants to add to the data. An interview of a child's family is qualitative, as it allows the family to provide lots of information in order to give the clinician a better understanding of the child.*

*Quantitative assessments gather numerical or specific data by using close-ended questions and include standardized questionnaires and inventories. Cognitive and developmental assessments are often quantitative as well.*

---

**400.**

All the following therapists are well known for their contributions to family therapy **except**:

**Adler**

Bowen

Minuchin

Haley

*Correct answer: Adler*

*Murray Bowen, Jay Haley, and Salvador Minuchin have all made significant contributions to the field of family therapy. Bowen is known for his conceptualizations of family therapy and ideas regarding the differentiation of the individual from others in the family system. Haley is responsible for the approach to family therapy that attempts to identify a problem and then works within the family's framework to find a solution. Minuchin is known for his contributions to structural family therapy, which focuses on the family as a system.*

*Adler developed an approach to individual psychotherapy that views individuals in a holistic way. Adlerian therapy regards healthy living as governed by the way an individual connects to their family, community, and/or society.*

---



**401.**

According to the DSM-5-TR, which diagnosis would most likely be given if a patient demonstrates intense fear of weight gain and disturbance in body image, but the patient has maintained a healthy body weight for some time?

**Anorexia nervosa with the "in partial remission" specifier**

Anorexia nervosa, restricting type

Anorexia nervosa with the "in full remission" specifier

No diagnosis would be given

---

*Correct answer: Anorexia nervosa with the "in partial remission" specifier*

*According to the DSM-5-TR, anorexia nervosa is characterized by a significantly low body weight, coupled with an intense fear of weight gain, even when the person is underweight. When a person who has previously met diagnostic criteria for anorexia achieves a healthy weight, but continues to show body image disturbance and fear of weight gain, they can be diagnosed with anorexia nervosa, using the specifier of "in partial remission."*

*The restricting type of anorexia is diagnosed when a person achieves weight loss by dieting, fasting, or excessive exercise and has not binged or purged during the previous three months. There is no information here that addresses how the person has achieved weight loss.*

*The full remission specifier is applied to an anorexia diagnosis when someone has previously met diagnostic criteria but has not met any criteria for a sustained time period. Here, the patient still shows body image disturbance and fear of weight gain, despite healthy body weight, so full remission does not apply.*

*It is unlikely that a patient who shows body image disturbance and intense fear of weight gain would be given no diagnosis, since the patient still demonstrates eating disorder symptoms, and particularly those that fall under the anorexia nervosa diagnostic criteria.*

---

**402.**

In psychoanalysis, client problems are said to arise from which of the following?

**The past**

Defense mechanisms

Free association

The environment

*Correct answer: The past*

*Psychoanalysis is the model of psychotherapy proposed by Sigmund Freud in the late 1800s and early 1900s. Freud speculated that a person's thoughts, beliefs, and awareness work on conscious, preconscious, and unconscious levels and that mental health is largely influenced by childhood experience and progression through stages of development. In other words, the present is determined by the past. Therefore, clients in psychoanalysis must be prepared to explore childhood experiences and memories as a way of understanding their own functioning.*

*While Freud did posit that clients use defense mechanisms to cope with unacceptable thoughts and urges, these defense mechanisms are not the cause of client problems but, rather, the response to problems. Free association is the technique that involves a client expressing whatever thoughts come to mind; this is a part of the therapeutic process of psychoanalysis. While the childhood environment could have an influence on client problems, per Freud, the larger focus is on the past in general.*

---

**403.**

You're a hiring manager tasked with selecting job candidates who will perform optimally in the workplace. Which of the following factors should you view as most important in predicting a candidate's future job performance?

**Candidates' performance on tests of general cognitive ability**

Candidates' level of resilience

Information provided by job references

The degree of optimism candidates show toward the job

---

*Correct answer: Candidates' performance on tests of general cognitive ability*

*Research has consistently shown that general cognitive ability is the strongest predictor of successful job performance. Therefore, this is the most important factor for a hiring manager to consider.*

*General cognitive ability has been found to be more important than factors like optimism and resilience for predicting successful job performance.*

*Information provided by job references is also not the correct answer, since general cognitive abilities are the strongest predictor of successful job performance, per research.*

---

**404.**

A client tells you that last week, she was at a high-pressure meeting at work when she suddenly felt dizzy and disoriented. She noticed that her heart was beating fast, she felt short of breath, and was afraid she was dying. These feelings lasted about five minutes and then gradually disappeared. The client has felt overwhelmed by her job at a business firm as well as her responsibilities at home. There have not been any other changes or stressors in her life lately.

What is the most likely reason for this incident?

**Panic attack**

Acute stress disorder

Social phobia

Generalized anxiety disorder

---

*Correct answer: Panic attack*

*Panic attacks are characterized by a clear onset of dramatic somatic symptoms such as a racing pulse, dizziness or weakness, shortness of breath, and an overall feeling of doom. These episodes last less than 10 minutes but can be extremely distressing and often happen suddenly for no clear reason.*

*Acute stress disorder develops after experiencing a traumatic event, during which a person is exposed to actual or threatened death, or serious injury or sexual violence. It involves symptoms including distressing memories, flashbacks, persistent negative mood, avoidance of distressing feelings, and problems with concentration, lasting up to a month after the event.*

*Social phobia, also called social anxiety disorder, involves severe anxiety in situations where one is subjected to social scrutiny, such as when giving a public presentation. Generalized anxiety disorder is characterized by excessive worry occurring most days, accompanied by symptoms including fatigue, irritability, and sleep disturbance.*

---

**405.**

All the following are examples of primary prevention programs to reduce stress in veterans returning from war **except**:

**A program providing education about the dangers of using alcohol to cope with PTSD symptoms**

A program that automatically provides case management for returning veterans

A support network for returning veterans and their families to facilitate readjustment

A screening that is given to all returning veterans to assess for suicide and violence risk

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*Correct answer: A program providing education about the dangers of using alcohol to cope with PTSD symptoms*

*Primary prevention programs aim to lower risk and enhance protective factors. Examples include support networks, case management, and screenings provided to all returning veterans in an attempt to prevent the worsening of symptoms.*

*A program providing education about the dangers of using alcohol to cope with PTSD symptoms is an example of a secondary prevention program.*

---

**406.**

Pre-contemplation, contemplation, preparation, action, and maintenance are all levels of change that a client may experience. Who proposed these levels of change?

**Prochaska and DiClemente**

Adler

Gestalt

Rogers and Jung

---

*Correct answer: Prochaska and DiClemente*

*Some research in the field of psychology has focused on the client's readiness to change and whether that can affect the treatment process.*

*Prochaska and DiClemente (1992) posited a model of change that includes levels of readiness to change: pre-contemplation, contemplation, preparation, action, and maintenance.*

*Adler is known for developing Adlerian psychotherapy, which views dreams, thoughts, emotions, and physical health as working together rather than separately. Gestalt psychologists believe the therapeutic process involves an understanding of the interactions among the client's environment, networks, family, and memories. Rogers is known for person-centered therapy, which focuses on the client as the expert on their experiences. Jung is credited for the development of analytical psychotherapy, which considers the relationship between a client and a therapist as the prototype for the client's basic relationship pattern.*

---

**407.**

According to the theories of Carl Rogers, which of the following is necessary for a client's healing in therapy?

**Overcoming conditions of worth**

Addressing unhealthy defense mechanisms

Discovering the meaning of life

Becoming more psychologically flexible

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*Correct answer: Overcoming conditions of worth*

*Carl Rogers developed person-centered therapy (PCT), which focuses on the client as the expert on their experiences. Person-centered therapy also emphasizes that the client must receive unconditional positive regard from the therapist so that the client can have a corrective emotional experience that allows them to overcome conditions of worth, which are standards a person has had to meet to receive acceptance from others.*

*Rogers' therapy does not address unhealthy defense mechanisms; instead, the defense mechanisms are a part of Freud's psychoanalytic methods. Existential therapy is concerned with discovering the meaning of life, and acceptance and commitment therapy (ACT) focuses on becoming more psychologically flexible.*

---

**408.**

According to person-centered therapy, which of the following is not required to be present for lasting change to occur?

**Confronting existential anxiety**

Unconditional positive regard

Accurate empathy

Corrective emotional experience

---

*Correct answer: Confronting existential anxiety*

*Confrontation of existential anxiety is a component of existential therapy, not Roger's person-centered therapy. Existential anxiety is related to concern about one's life purpose.*

*According to person-centered therapy (PCT), which assumes that the client is the expert on their experiences, unconditional positive regard from the therapist must be present for lasting change to occur. This refers to the therapist accepting and respecting the client, no matter what, without evaluation or judgment. Additional necessary components of person-centered therapy include accurate empathy, as well as an environment that provides a corrective emotional experience by helping a client to change conditions of worth.*

---



**409.**

According to the DSM-5-TR, what is the 12-month prevalence rate of major depressive disorder in the United States?

**7%**

50%

2.5%

16%

*Correct answer: 7%*

*According to the DSM-5-TR, the 12-month prevalence rate of major depressive disorder in the United States is 7%. The prevalence of major depressive disorder is three times as high in 18- to 29-year-old individuals than in those 60 years or older. Fortunately, numerous treatment modalities have been identified as being effective for depression.*

---

**410.**

According to the DSM-5-TR, what is the difference between bipolar I and bipolar II disorders?

**Bipolar I requires a manic episode, and bipolar II requires a depressive episode and a hypomanic episode**

Bipolar I requires a manic episode, and bipolar II requires only a hypomanic episode

Bipolar I requires both a manic and depressive episode, whereas bipolar II requires both a hypomanic and depressive episode

Bipolar I requires both a hypomanic and depressive episode, and bipolar II requires just a manic episode

---

*Correct answer: Bipolar I requires a manic episode, and bipolar II requires a depressive episode and a hypomanic episode*

*According to the DSM-5-TR, bipolar I disorder requires the presence of at least one manic episode. Bipolar II disorder requires the presence of one depressive episode and at least one hypomanic episode.*

*Bipolar I disorder requires the presence of at least one manic episode, whereas bipolar II requires both a hypomanic and a depressive episode. Bipolar I requires only a manic episode and does not require a depressive episode, but a manic episode may be followed or preceded by a depressive episode.*

---

**411.**

Head Start is an example of what type of prevention?

**Primary prevention**

Tertiary prevention

Secondary prevention

Universal prevention

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*Correct answer: Primary prevention*

*Primary prevention programs aim to lower risk and enhance protective factors. Head Start programs seek to intervene with young people and improve outcomes in a comprehensive way before problems that threaten scholastic achievement can manifest.*

---

**412.**

All the following statements are true regarding the incorporation of spirituality into treatment **except**:

**It should only be used with clients who consider themselves very religious**

Evidence shows that spirituality can be protective against disease

It can be used in a broader sense than past applications

It can be used in a variety of creative ways

---

*Correct answer: It should only be used with clients who consider themselves very religious*

*In psychology, it was traditionally thought that spirituality should only be used with clients who were very religious. However, recent research shows that spirituality is protective against disease and can be used in a broader sense than historically thought, as it has been used in therapy with many non-religious individuals.*

---

**413.**

A client is engaging in self-injurious behaviors. When confronted by her therapist, she states that she is unsure about whether she'd like to stop because she doesn't have other coping mechanisms, but she recognizes the behavior is harmful.

This client is in which stage of change?

**Contemplation**

Precontemplation

Preparation

Action

---

*Correct answer: Contemplation*

*According to Prochaska and DiClemente (1992), there are five levels of readiness to change for a client's experience: precontemplation, contemplation, preparation, action, and maintenance. In the contemplation stage, a person recognizes that a problem exists but may have uncertainty toward change. This aligns with what the client in this scenario is feeling.*

*In the precontemplation phase, a person does not recognize their behavior as problematic and is not motivated to change. This client may be unsure about change, but she recognizes that a problem exists, so she has moved beyond precontemplation. In the preparation phase, the person makes the commitment to change and may actively plan how to take action toward change. The action phase refers to the stage during which the client is motivated to change and enacts changes. The client has not yet moved into preparation or action, as she is still unsure about change.*

---

**414.**

Which of the following does not belong to the class of anxiety disorders, according to the DSM-5-TR?

**Obsessive-compulsive disorder (OCD)**

Panic disorder

Agoraphobia

Selective mutism

---

*Correct answer: Obsessive-compulsive disorder (OCD)*

*According to the DSM-5-TR, anxiety disorders share features of excessive fear and anxiety and related behavioral disturbances. Anxiety disorders can be differentiated by examination of the types of situations that are feared or avoided and the content of the associated thoughts or beliefs. Panic disorder, agoraphobia, and selective mutism are all types of anxiety disorders.*

*Obsessive-compulsive disorder (OCD) is not an anxiety disorder; this condition belongs to its own class called obsessive-compulsive and related disorders.*

---

**415.**

Which of the following theories asserts that individuals are defined by their environments?

**Gestalt**

Person-centered

Analytical

Existential

---

*Correct answer: Gestalt*

*Gestalt therapy asserts that people are defined by their surroundings, family, memories, and social networks. The individual is composed of all these pieces and is more than the sum of each one individually.*

*Person-centered therapy asserts that the client is the expert of their experiences, not that they are defined by their environments. Analytical psychotherapy is based on the assumption that symptoms are a product of the client's whole personality, not their environment. Existential therapy assumes individuals' perceptions of the world differ, and therapeutic interventions should be viewed within each individual's worldview rather than their social or cultural context.*

---

**416.**

You're a seasoned psychologist offering supervision services to newer psychologists. You believe that in supervision sessions, psychologists mirror their clients' problems when interacting with you.

From which approach are you operating in your supervision?

**Psychodynamic**

Person-centered

Cognitive-behavioral

Systemic

---

*Correct answer: Psychodynamic*

*The psychodynamic approach to supervision focuses on both the working alliance and parallel process. Parallel process refers to the therapist mirroring client problems or mannerisms when interacting with their supervisor. This is the process described in the question, so you're using the psychodynamic approach.*

*The person-centered approach is derived from Carl Rogers' humanistic approach, which focuses on genuineness, empathy, warmth, and unconditional positive regard.*

*The cognitive-behavioral approach focuses on teaching appropriate therapist behaviors through strategies like offering positive reinforcement.*

*Finally, the systemic approach to supervision looks at the ways that the supervisory relationship mirrors family dynamics.*

---



**417.**

Which of the following interventions has the most research support for treating depression?

**Cognitive therapy**

Prolonged exposure therapy

Dialectical behavioral therapy

Cognitive processing therapy

---

*Correct answer: Cognitive therapy*

*Many evidence-based treatments effectively treat depression, including cognitive therapy. This form of therapy reframes the client's thought processes and challenges automatic responses to their surroundings and relationships.*

*Prolonged exposure therapy is the primary treatment for alleviating PTSD symptoms. Dialectical behavioral therapy is the leading empirically supported treatment for borderline personality disorder. Cognitive processing therapy is used in PTSD treatment; it uses concepts from cognitive therapy to help clients with PTSD overcome thinking patterns that have become distorted in response to trauma.*

---

**418.**

Which of the following is not an accurate statement about positive psychology theory?

**It is part of pop psychology, and there is little evidence supporting its applicability to clinical interventions.**

It is a strength-based approach to human psychology.

It calls for a balanced approach to psychology, in which the psychologist acknowledges strengths rather than focusing solely on pathology or distress.

It is based upon culture-free strengths and virtues associated with thriving.

---

*Correct answer: It is part of pop psychology, and there is little evidence supporting its applicability to clinical interventions.*

*This statement is not accurate. There has been research supporting the effectiveness of interventions based on positive psychology. For example, one study showed that a positive psychology intervention for depression was highly attended, and participants found it to be more satisfying than CBT. Several additional research findings have supported the use of positive psychology interventions.*

*The other statements about positive psychology are true.*

---

**419.**

Which of the following would be the best intervention for a client who is diagnosed with depression and struggles with low-self worth and negative thoughts about their own abilities?

**Beck's cognitive therapy**

Reality therapy

Motivational interviewing

Strategic family therapy

---

*Correct answer: Beck's cognitive therapy*

*Beck's cognitive therapy operates according to the assumption that thoughts affect both emotions and behaviors. Beck's theory was that treatment should help people refute and replace maladaptive thoughts with more balanced ways of thinking. This intervention has been found to be effective for treating depression. It is the best option here, since the client in question is diagnosed with depression and struggles with negative thinking patterns.*

*Reality therapy is not the best choice here. This method views clients as "choosing to depress" rather than living with depression. It also rejects the notion of traditional mental illness. The client is already diagnosed with depression, a traditional mental illness, and this isn't the best choice for this client, especially given that the client struggles with low self-worth. Telling the client they are choosing to depress may not be helpful for this client.*

*Motivational interviewing is also not the best option here. This technique is often used with clients who are not adherent to treatment or who are lacking motivation for change. It is also typically used to treat substance use disorders and gambling problems. The client in question is not said to be lacking motivation, and there are other interventions with more research support for treating depression.*

*Finally, strategic family therapy does not align with the client problem given in the question. Strategic family therapy is utilized to address specific problems occurring within families. This is not relevant to the client in question.*

---

**420.**

Which of the following is **not** one of Yalom's therapeutic factors?

**Confrontative coping**

Installation of hope

Altruism

Catharsis

---

*Correct answer: Confrontative coping*

*Yalom and Leszcz (2008) identified 11 therapeutic factors, or benefits, of group therapy. These factors are installation of hope, universality, learning and conveying information, altruism, corrective recapitulation of one's family of origin, development of social skills, the opportunity to initiate behavior, processing, existential-related concerns, cohesiveness within the group, catharsis, and interpersonal learning.*

*Confrontative coping is a fabricated term.*

---

**421.**

Which of the following would be the best way to approach the therapeutic alliance when working with clients from culturally and racially diverse backgrounds?

**Consider matching clients to therapists who are of the same race/ethnicity, while recognizing this may not always be required.**

Always match clients with therapists who are different from them racially and culturally, to help them understand that they can build working relationships with those who are different from them.

Only match clients with therapists who are of the same race/culture, and refer them elsewhere if you cannot find a match within your organization.

Ignore race and culture altogether, as they are not part of the therapeutic alliance.

*Correct answer: Consider matching clients to therapists who are of the same race/ethnicity, while recognizing this may not always be required.*

*The working or therapeutic alliance refers to the quality of relationship between therapist and client. Having a strong therapeutic alliance is important, regardless of the specific therapy modality a psychologist uses. Matching clients with therapists who are similar to them racially and culturally can be beneficial for building a strong therapeutic alliance, but research has not consistently shown that therapist-client match is necessary for psychotherapy to be effective. So, you should consider matching clients, but also recognize it's not always necessary.*

*Always matching clients with someone different racially and culturally doesn't make sense and may be harmful if you apply this approach across the board.*

*Similarly, it is not necessary to only match clients with someone of the same race and culture, since research doesn't consistently show this is necessary.*

*Finally, it would not be appropriate to ignore culture and race altogether, as they could play a role in the therapeutic alliance.*

*The most balanced approach is to consider matching clients while recognizing it's not always necessary for therapy to be effective.*

---

**422.**

A client who was sexually traumatized by an adult male relative has begun to act aggressively toward her male teachers. This is an example of which defense mechanism?

**Displacement**

Regression

Repression

Sublimation

---

*Correct answer: Displacement*

*Displacement occurs when a person is not able to express feelings toward the direct cause of those feelings, so they release that energy by targeting another person. The child may not have felt safe expressing her aggression directly toward the abuser, so instead, she has directed her aggression toward men onto her male teachers.*

*Regression is a defense mechanism used to reduce tension and frustration by reverting to an earlier stage of development. Repression is a defense mechanism someone might use to build a psychic block to remove troublesome memories from consciousness. It is not uncommon for someone who has been traumatized to use repression until they are psychologically equipped to handle the impact of those memories. Sublimation allows unacceptable thoughts to transform into socially acceptable expressions.*

---

**423.**

Which of the following **best** describes the main goal of acceptance and commitment therapy (ACT)?

**Enhance psychological flexibility**

Observe the self accurately

Reduce psychiatric symptoms

Achieve the client's full human potential

---

*Correct answer: Enhance psychological flexibility*

*Steven Hayes' ACT uses a mindfulness-based approach to enhance a client's psychological flexibility and lead a fuller and more value-consistent life.*

*Although observing the self accurately, reducing psychiatric symptoms, and achieving one's full human potential are all desirable, they are not this treatment modality's main focus.*

---

**424.**

All the following are types of defense mechanisms except:

**Displacement formation**

Regression

Sublimation

Projection

*Correct answer: Displacement formation*

*Freud, who is often credited with the development of psychoanalysis, asserted that the ego, which is the part of personality based in reality, uses unconscious defense mechanisms to cope with repressed urges. Psychoanalysis focuses on the use of defense mechanisms in therapy and how clients use those defenses to cope with stressors. Displacement formation is not a defense mechanism; rather, reaction formation, which involves behaving in the opposite of how one feels, is a defense mechanism.*

*Types of defense mechanisms include displacement, rationalization, projection, reaction formation, regression, sublimation, and repression. Regression is the state of reverting to an earlier stage of development. Sublimation occurs when a person converts unacceptable urges into a socially acceptable form, such as redirecting severe anger into weight lifting. Projection occurs when a person finds certain thoughts or feelings unacceptable and places them on others.*

---



**425.**

Which of the following is true of the effectiveness of acceptance and commitment therapy (ACT) as compared to CBT?

**It is similar in effectiveness to traditional CBT for treating both anxiety and depression.**

It is similar in effectiveness to traditional CBT for anxiety only.

It is similar in effectiveness to traditional CBT for depression only.

It performs worse when compared to CBT for treatment of both depression and anxiety.

---

*Correct answer: It is similar in effectiveness to traditional CBT for treating both anxiety and depression.*

*Acceptance and commitment therapy (ACT) is a newer psychotherapy approach. It teaches components of mindfulness to help clients become more psychologically flexible. It also incorporates acceptance of thoughts and emotions. Research has shown that it is equal in effectiveness to CBT when treating both depression and anxiety.*

---

**426.**

Which of the following types of disorders is psychoanalysis **most** effective in treating?

**Research does not support the conclusion that psychoanalysis is effective**

Depressive disorders

Psychotic disorders

Disruptive, impulse-control, and conduct disorders

---

*Correct answer: Research does not support the conclusion that psychoanalysis is effective*

*One of the most common criticisms of psychoanalysis is its lack of research support (Fonagy, Roth, & Higgit, 2005). This does not mean that psychoanalysis is ineffective or not worthwhile in treatment, but a solid research base appears to be lacking for conclusions about effectiveness overall or with specific disorders.*

*Research has not shown that psychoanalysis is effective in treating depressive disorders; psychotic disorders; or disruptive, impulse-control, and conduct disorders. Other forms of therapy, such as cognitive-behavioral therapy, may be more effective for patients suffering from these disorders.*

---

**427.**

Which of the following has been shown to reduce the overall financial cost of mental illness in communities?

**Psychotherapy**

Medication

Inpatient hospitalizations

Psychological testing

---

*Correct answer: Psychotherapy*

*Psychotherapy has been shown to reduce the overall financial cost of mental illness in communities. This is likely because it is a preventative approach rather than a reactive one. On the individual level, this particular benefit of therapy might be more difficult to see, as the client pays for their therapy. There is also the potential for damage to be done to the client.*

*Medication, inpatient hospitalizations, and psychological testing can be costly and have not been shown to reduce the overall cost of mental illness.*

---

**428.**

The concept of archetypes is commonly associated with which of the following psychoanalytic theorists?

**Carl Jung**

Sigmund Freud

Alfred Adler

Harry Stack Sullivan

---

*Correct answer: Carl Jung*

*Carl Jung is known for contributing the concept of archetypes to psychology.*

**Archetypes** are commonly understood symbols, ideas, and representations across most human populations; such as hero, villain, flood, and chaos.

*Sigmund Freud is better known as the father of psychoanalysis and was not in favor of Jung's ideas about archetypes. Alfred Adler is known for his contribution to family therapy and systems, and Harry Stack Sullivan is known for his concept of cognitive modes.*

---

**429.**

Which model focuses on the idea that behavioral changes are more successful when based on clients' readiness for change?

**Transtheoretical model**

Psychoanalytical model

Adlerian psychotherapy

Analytical psychotherapy

*Correct answer: Transtheoretical model*

*The transtheoretical model (1992) holds that behavioral changes are more successful when based on clients' readiness for change. This model occurs in stages that depend on the client's emotional and psychological states, and the benefit is an overall reduction in cost.*

*The psychoanalytical model is based on the belief that thoughts, beliefs, and awareness work on conscious, preconscious, and unconscious levels. Adlerian psychotherapy is based on the belief that a person's dreams, thoughts, emotions, and physical health act together rather than separately. Analytical psychotherapy considers the client-therapist relationship as a prototype of the client's basic relationship pattern.*

---

**430.**

Which of the following is especially well-known for its use in treating suicidal behavior?

**Dialectical behavior therapy**

Acceptance and commitment therapy

Prolonged exposure therapy

Rational emotive-behavioral therapy

---

*Correct answer: Dialectical behavior therapy*

*Dialectical behavioral therapy was developed for the treatment of borderline personality disorder (BPD), and it includes several skill-building modules. It has been shown to be effective for treating both BPD and suicidal behavior. As such, this is the best answer choice here.*

*The other therapies listed could help someone with suicidal thinking related to a mental health disorder, but they are not especially known for this purpose.*

---

**431.**

Which of the following could be an identified consultee in terms of professional psychology?

**Group of colleagues seeking expertise**

PhD-level psychologist

A psychologist with a master's degree

A psychologist with a bachelor's degree

---

*Correct answer: Group of colleagues seeking expertise*

*A consultant, in psychological development terms, is a professional psychologist, and a consultee is a person or group of people seeking expertise in response to specific needs and objectives. Dynamics are not hierarchical, and consultation is generally a time-limited interaction.*

*A PhD-level psychologist, a psychologist with a master's degree, and a psychologist with a bachelor's degree would all be considered consultants, as these individuals have specialized training in psychology.*

---

**432.**

According to the DSM-5-TR, restriction of energy intake, a fear of gaining weight, and disturbance in one's perception of weight are all symptoms of which condition?

**Anorexia nervosa**

Avoidant/restrictive food intake disorder

Bulimia nervosa

Unspecified feeding or eating disorder

*Correct answer: Anorexia nervosa*

*According to the DSM-5-TR, anorexia nervosa is characterized by a refusal to maintain a normal weight, a fear of gaining weight, and a disturbance in one's perception of weight. Anorexia can be further defined as a restricting type or a binge-eating/purging type.*

*Avoidant/restrictive food intake disorder is characterized by significant weight loss, nutritional deficiency, dependence on oral nutritional supplements, and marked interference with psychosocial functioning. Bulimia nervosa is characterized by recurrent episodes of binge eating and compensatory behaviors to prevent weight gain. Unspecified feeding or eating disorder is diagnosed when a person has characteristic feeding or eating disorder symptoms that cause significant distress or impairment but do not meet the full criteria for another feeding or eating disorder.*

*In the example given, the diagnostic features of anorexia nervosa are met, making this the best answer choice.*

---



**433.**

All the following are tenets of Jungian psychotherapy **except**:

**Cognition**

The soul

The unconscious

Self-improvement

---

*Correct answer: Cognition*

*The four tenets of Jungian psychotherapy, also known as analytical psychotherapy, include the soul, the unconscious, the client-therapist relationship, and self-improvement. Jung believed that people unknowingly adopt beliefs and thoughts from society and that it is important to become aware of these beliefs.*

*Cognition is not one of the four tenets of Jung's form of psychotherapy.*

---

**434.**

According to the DSM-5-TR, which of the following is the strongest risk factor for bipolar disorders?

**Genetics**

Early emotional trauma

Cannabis use

Family conflict

*Correct answer: Genetics*

*According to the DSM-5-TR, genetics strongly influences the risk of bipolar disorder. In some twin studies, genetics have been found to explain 90% of the risk for bipolar disorder. Multiple genes are thought to contribute to the development of bipolar disorder.*

*Child adversity, such as early emotional trauma and family conflict, can both contribute to the development of bipolar disorder. Childhood adversity is also associated with a worse prognosis and earlier onset of bipolar disorder. However, genetics appears to be a stronger contributor. Cannabis use can worsen manic symptoms, but it is not as strong of a risk factor for the development of bipolar disorder as genetics.*

---

**435.**

All the following are examples of secondary prevention **except**:

**Offering a support group for people with depression**

Taking a baby aspirin daily to prevent a heart attack

Regularly screening people at risk for depression

Providing work opportunities for injured or disabled workers

---

*Correct answer: Offering a support group for people with depression*

*A support group for people with depression is an example of tertiary prevention, which focuses on helping people manage and live with long-term illnesses. Tertiary methods can also reduce the negative impact of disease by restoring function and reducing disease-related complications.*

*Secondary preventions occur after an illness or serious risk factors have been diagnosed. The goal of secondary prevention is to slow the disease in its early stages. Taking a baby aspirin daily to prevent a heart attack, regularly screening people at risk for depression, and providing work opportunities for injured or disabled workers are all examples of secondary prevention measures.*

---

**436.**

All the following are techniques employed by cognitive therapists except:

**Confrontation of existential anxiety**

Skills training

Testing core beliefs against reality

Implementation and rehearsal

---

*Correct answer: Confrontation of existential anxiety*

*Confrontation of existential anxiety is employed in existential therapy. This involves dealing with worry about one's purpose or meaning in life and developing an understanding of individual freedom.*

*Cognitive therapists use skills training and implementation and rehearsal to lead to change. They also test clients' core beliefs against reality and challenge clients to change those beliefs and attitudes.*

---

**437.**

According to the DSM-5-TR, all the following are criteria for a diagnosis of major depressive disorder except:

**Decreased need for sleep**

Inappropriate guilt

Significant weight gain or loss

Reduced energy or interest in activities

*Correct answer: Decreased need for sleep*

*According to the DSM-5-TR, decreased need for sleep is not a criterion for major depressive disorder (MDD). This symptom is more indicative of a manic or hypomanic episode occurring in the context of bipolar disorder. Major depressive disorder can result in insomnia or hypersomnia, but it is not specifically associated with a decreased need for sleep. Rather, depression disturbs sleep.*

*Criteria that may qualify someone for MDD diagnosis include depressed mood for most of the day, diminished interest in activities previously enjoyed, weight loss or gain, sleep disturbance, psychomotor agitation or retardation, reduced energy, feelings of worthlessness or guilt, difficulty concentrating, and thoughts of suicide. All other symptoms here, aside from decreased need for sleep, are part of the diagnostic criteria for MDD.*

---

**438.**

Which of the following is not a stage of change identified through motivational interviewing?

**Sustaining**

Contemplation

Pre-contemplation

Action

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*Correct answer: Sustaining*

*Motivational interviewing (MI) seeks to assess and treat individuals by helping them identify their stage of change and move forward. The stages associated with this are pre-contemplation, contemplation, preparation, action, and maintenance.*

*Sustaining is not a stage of change identified by this technique, but it is during the maintenance stage that individuals sustain the changes they've made.*

---

**439.**

According to the DSM-5-TR, antisocial, histrionic, and borderline personality disorders are considered to be a part of which cluster?

**Cluster B**

Cluster A

Cluster D

Cluster C

---

*Correct answer: Cluster B*

*According to the DSM-5-TR, antisocial, histrionic, and borderline personality disorders are considered to be Cluster B disorders. Individuals with these disorders often appear dramatic, emotional, or erratic.*

*Cluster A personality disorders include paranoid, schizoid, and schizotypal disorders; individuals with these disorders appear odd or eccentric. Cluster C personality disorders include avoidant, dependent, and obsessive-compulsive personality disorders; individuals with these disorders appear anxious or fearful. There is no such thing as Cluster D personality disorders.*

---

**440.**

Which of the following types of therapy involves conceptualizing a client's "quality world"?

**Reality therapy**

Gestalt therapy

Existential therapy

Contemplation therapy

---

*Correct answer: Reality therapy*

*William Glasser's reality therapy (2011) rests on a conceptualization of a client's "quality world" (i.e., the set of personal arrangements that will result in the best experience of life).*

*Gestalt therapy addresses a holistic view of a client in their environment. Existential therapy takes a philosophical approach based on genuineness; neither of them involves a "quality world."*

*Contemplation therapy is a fabricated term.*

---



**441.**

Which theorist was **most** concerned with the role of society in the development of personality?

**Erich Fromm**

Erik Erikson

Karen Horney

Harry Stack Sullivan

---

*Correct answer: Erich Fromm*

*Erich Fromm was especially concerned with the role of society in the development of personality. He suggested that negative personality orientations developed as reactions to societal constraints, proposing human beings had the potential to develop more productive personality traits.*

*Erik Erikson is best known for the psychosocial stages of development throughout the lifespan. Karen Horney reacted to Freud's concepts with ideas such as "womb envy" and suggested that general anxiety resulting from poor relationships provoked maladaptive personality. Harry Stack Sullivan is best known for cognitive development in the formation of personality (e.g., "modes of cognition").*

---

**442.**

Psychological interventions can play a major role in all the following areas of life except:

**Artistic talent**

Athletic performance

Stress in the workplace

Organizational development

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*Correct answer: Artistic talent*

*Psychological interventions can play a role in a variety of areas, including athletic performance, coaching, organizational development, burnout, career performance, and human resource management. Psychological interventions can be used to assist not only those who are mentally ill, but also those who hope to build skills in specific areas of their lives.*

*While artists may benefit from psychological treatment at times, research has not shown that psychological interventions can play a major role in artistic talent.*

---

**443.**

Jungian psychology is also known as what kind of psychology?

**Analytical**

Gestalt

Behavioral

Existential

---

*Correct answer: Analytical*

*Jungian psychology is also known as analytical psychology. In analytical psychology, Jung conceptualized the unconscious as composed of the individual and collective unconscious and the presence of archetypes in the human mind.*

*The Gestalt model views healthy living as learning from experience rather than engaging in repetitive patterns of behavior. Behavioral psychology focuses on the antecedents and consequences of behaviors and targets changes to improve the behaviors. Existential psychology relies on the notion that individuals' perceptions of the world differ, and therapeutic interventions should be viewed within each individual's worldview.*

---

**444.**

In psychoanalysis, to what does the term transference refer?

**The client's relationship with the therapist**

The client's ability to transfer past experience into the present

The client's ability to terminate a session

The client's ability to process their thoughts and actions

---

*Correct answer: The client's relationship with the therapist*

*Transference refers to the relationship between a client and a therapist. In psychoanalysis, transference is an extremely important therapeutic tool because it allows the client to explore past experiences through free association that helps the client and the therapist discover hidden problems and conflicts.*

*Transference is not the client's ability to transfer past experience into the present, the client's ability to terminate a session, or the client's ability to process their thoughts and actions.*

---

**445.**

According to the DSM-5-TR, the onset of autism spectrum disorder should occur prior to what age?

**No minimum age requirement**

7 years

1 year

3 years

---

*Correct answer: There is no minimum age requirement*

*According to the DSM-5-TR, there is no minimum age limit for an individual to be diagnosed with autism spectrum disorder (ASD). Generally, ASD is characterized by deficits in social communication and social interaction across multiple contexts. Symptoms typically present between 12 and 24 months of age, although this is not a diagnostic criterion.*

---

**446.**

Which of the following is **not** a term used in Structural Family Therapy (SFT)?

**Circular questioning**

Family map

Enactment

Reframing

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*Correct answer: Circular questioning*

*Salvador Minuchin's SFT uses many terms to describe specific aspects of treatment. A family map refers to the set of rules established between family members; enactment is a roleplay technique meant to illustrate interactions, and reframing seeks to reinterpret the meaning of the behavior.*

*Circular questioning is a technique of comparing different responses to an identical question.*

---

**447.**

According to the DSM-5-TR, which eating disorder is characterized by recurrent episodes of binge eating, inappropriate compensatory behaviors to prevent weight gain, and self-evaluation based on body shape and weight?

**Bulimia nervosa**

Anorexia nervosa

Binge eating disorder

Avoidant/restrictive food intake disorder

*Correct answer: Bulimia nervosa*

*According to the DSM-5-TR, bulimia nervosa is an eating disorder characterized by recurrent episodes of binge eating, inappropriate compensatory behaviors to prevent weight gain, and self-evaluation based on body shape and weight. Bulimia nervosa can be in partial remission if some but not all of the criteria have been met, or in full remission if none of the criteria are met after a previous diagnosis of bulimia nervosa was given.*

*Anorexia nervosa is characterized by the refusal to maintain a normal weight, a fear of gaining weight, and disturbance in one's perception of weight. Binge eating disorder is distinct from bulimia nervosa. While it does involve episodes of binge eating, a person with binge eating disorder does not engage in the recurrent use of compensatory behaviors. Avoidant/restrictive food intake disorder is characterized by significant weight loss, nutritional deficiency, dependence on oral nutritional supplements, and marked interference with psychosocial functioning. Avoidance/restrictive food intake disorder is distinct from anorexia nervosa and bulimia nervosa, because it does not involve a disturbance in the way a person experiences their weight and body shape.*

---

**448.**

In Adlerian psychotherapy, who has the responsibility of providing an example of a healthy person for the client?

**The therapist**

The family

The client's spouse

The client

---

*Correct answer: The therapist*

*Adlerian therapy views dreams, thoughts, emotions, and physical health as working together holistically. Adlerian therapists use future-oriented strategies to emphasize the goals of individuals. In Adlerian psychotherapy, the therapist should provide an example of a healthy person for the client to imitate and aspire to be like.*

---



**449.**

A man who is fearful of coming out as gay begins to engage in advocacy that supports traditional marriage between a man and women. What defense mechanism is he utilizing?

**Reaction formation**

Repression

Projection

Displacement

---

*Correct answer: Reaction formation*

*Reaction formation occurs when one acts in the opposite of how they actually feel in order to cope with a desire or motive that one feels is unacceptable. In this case, the man is gay but fearful of coming out, so he acts in opposition to how he actually feels, supporting the notion of marriage being between only a man and a woman.*

*Repression occurs when a person rejects some sort of content in the mind; for instance, they may have no memory of a specific traumatic event. Projection occurs when a person takes their own unacceptable impulses or feelings and places them upon another person. For example, a person who feels inadequate at work may accuse their partner of being lazy at their job. Finally, displacement is when one takes negative energy and redirects it from one target to another. For instance, a man who cannot take his anger out on his boss may come home and be angry with his children after work.*

---

**450.**

Which of the following are features of panic attacks, according to the DSM-5-TR?

**Fear of dying and symptoms that appear similar to a heart attack**

Repeated distressing thoughts or urges coupled with actions meant to neutralize these thoughts and urges

Fear of a specific object, such as a spider, combined with intense anxiety when faced with the object

Fear of enclosed spaces and worry that one will have panic-like symptoms when in such a space

---

*Correct answer: Fear of dying and symptoms that appear similar to a heart attack*

*According to the DSM-5-TR, panic disorder involves recurrent panic attacks, during which a person has intense discomfort peaking within minutes. During a panic attack, a person experiences symptoms including palpitations, racing or pounding heart, sweating, trembling, shortness of breath, feelings of choking, chest pain, abdominal distress, dizziness, faintness, and chills/heat sensations. A person may also experience numbness, disconnection from reality, fear of death, and a fear of losing control. Panic attack symptoms such as palpitations, chest pain, and racing heart can feel similar to a heart attack.*

*Repeated distressing thoughts combined with actions to neutralize these thoughts is an indicator of obsessive-compulsive disorder. Intense fear of a specific object is a feature of specific phobias. Fear of enclosed spaces occurs with agoraphobia. A person with this anxiety disorder worries that they will be unable to escape or that help will be unavailable if they develop panic-like symptoms when in an enclosed space. Agoraphobia may also present in the form of fear of waiting in line, using public transportation, being in a crowd, or being away from home alone.*

---

**451.**

According to the DSM-5-TR, which of the following **best** describes generalized anxiety disorder (GAD) in men and women?

**GAD is more commonly diagnosed in women than in men**

GAD is more commonly diagnosed in men than in women

There is no difference in the prevalence of GAD between men and women

GAD affects four times as many women as men

---

*Correct answer: GAD is more commonly diagnosed in women than in men*

*According to the DSM-5-TR, generalized anxiety disorder (GAD) is twice as likely to be diagnosed in women than in men. GAD is characterized by excessive, uncontrollable worrying for more than six months. It is best treated by cognitive behavioral therapy, and the prevalence of the diagnosis usually peaks in middle age and declines across the later years of life.*

---

**452.**

All the following are suggested treatments for depression **except**:

**Dialectical behavioral therapy**

Behavioral activation

Interpersonal psychotherapy

Cognitive behavioral therapy

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*Correct answer: Dialectical behavioral therapy*

*Dialectical behavioral therapy is a method of treatment that teaches clients methods of coping with particularly distressing and extreme reactions to life stressors. Dialectical behavioral therapy is most often used to treat borderline personality disorder.*

*There are various treatments suggested for depression; however, cognitive behavioral therapy is used more often than any other form. Other forms include behavioral activation and interpersonal therapy, which focuses on relationships the client has with friends and family.*

---

**453.**

Which of the following would be the least appropriate condition under which to offer telepsychology services in place of in-person services?

**For the convenience of the therapist**

When a client lives in a rural area with few service providers

When clients have mobility issues that make travel difficult

When clients are hesitant to seek therapy

---

*Correct answer: For the convenience of the therapist*

*Much research shows that telepsychology is feasible and creates outcomes similar to those associated with in-person therapy for many clients. However, it should not be provided just for therapist convenience. A therapist should first seek proper training in telepsychology to allow them to maintain the appropriate standard of care and avoid problems like technical issues or confidentiality breaches.*

*The other options are generally appropriate uses of telepsychology.*

*Clients who live in rural areas or who have limitations due to lack of mobility may otherwise be unable to access services, so using telepsychology would be beneficial.*

*Clients who are hesitant to seek therapy may be more comfortable using telepsychology from home, but you also must consider whether they can build rapport from home. Rapport-building may be a challenge in the absence of in-person, face-to-face contact, but telepsychology could still be appropriate, and this scenario is more appropriate than a psychologist using telepsychology merely for their own convenience.*

---

**454.**

A client comes to you after being court-ordered for services by the local juvenile court. The client has two young children, who are at risk of being removed from the home due to the client's severe depression. As a result of depression, the client does not adequately care for or supervise her children. She does not keep the home stocked with food, and her children sometimes wear the same clothing for days due to the client remaining in bed and not grooming or dressing them. Despite these concerns, the client denies that her mental health is a problem. She tells you: "The court is out to get me, and I am completely in control of my mental health."

Which of the following is the best assumption you could make about this client?

**She's in the precontemplation stage of change and would benefit from motivational interventions.**

She doesn't care about her children, and you should encourage the judge to remove them from her home.

She doesn't want treatment and should be discharged from services.

She is in an episode of psychosis, as evidenced by her being out of touch with the reality of the situation.

---

*Correct answer: She's in the precontemplation stage of change and would benefit from motivational interventions.*

*The stage of change a client finds themselves in can influence the best intervention choice for that client. During the precontemplation stage of change, clients are defensive and resistant, and they benefit from interventions that increase their awareness and motivation for change. The client in the description appears to be resistant to change. She is likely in the precontemplation stage of change and would benefit from an intervention like motivational interviewing. This is a safe assumption to make about the client.*

*The other assumptions here are not suitable and would prevent the client from receiving quality interventions to meet her needs.*

*Assuming a client with depression doesn't care about her children isn't a clinically appropriate way to view a client. Instead, the psychologist should help the client reduce mental health symptoms in order to improve parenting abilities.*

*Next, simply assuming the client doesn't want treatment and discharging her from services would mean you're failing to intervene with the client.*

*Finally, assuming a client is in psychosis because of resistance to change would show a professional misunderstanding of psychosis.*

---

**455.**

Which model of treatment asserts that emotional and physiological responses can become maladaptive when incoming stimuli are perceived based on personal biases?

**Cognitive therapy**

Contemplative therapy

Gestalt therapy

Analytical therapy

---

*Correct answer: Cognitive therapy*

*Cognitive therapists believe that emotional and physiological responses can become maladaptive when incoming stimuli are perceived based on personal biases. An individual misperceives a stimulus; therefore, the physiological response is not necessary.*

*Contemplative therapy, Gestalt therapy, and analytical therapy do not focus on how individuals interpret incoming stimuli. Contemplative therapy focuses on various therapies such as yoga and meditation to create balance and well-being. Gestalt therapists believe that individuals are the sum of their environments, family, memories, and social networks. Analytical therapy focuses on the client-therapist relationship to help clients achieve a healthy balance and focus on their present and future goals.*

---



**456.**

Which of the following accurately describes displacement?

**When a person is not able to direct aggression toward the stimulus and therefore targets another**

When a person places certain motives that they possess on others

When someone builds psychic blocks and cannot remember certain experiences

When a person reverts to an earlier developmental stage

---

*Correct answer: When a person is not able to direct aggression toward the stimulus and therefore targets another*

*Displacement is a defense mechanism that occurs when a person is not able to direct aggression toward the stimulus and therefore targets another. For example, if a person has had a bad day at work, they might come home and kick the dog.*

*Projection is a defense mechanism that occurs when a person places certain motives they possess on others. Repression occurs when someone builds psychic blocks and cannot remember certain experiences. Regression occurs when a person reverts to an earlier developmental stage.*

---

**457.**

Which of the following helps clients establish a rapport with a therapist?

**Similarities between the client and therapist**

A significant age difference between the client and therapist

The therapist's self-disclosure

Ethnic differences between the client and therapist

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*Correct answer: Similarities between the client and therapist*

*Clients may build a rapport more easily with therapists who are similar to them in terms of gender or ethnicity than with those who are not. A middle-aged man, for example, may feel more comfortable self-disclosing to a therapist who is also a middle-aged man rather than a young female. However, actual clinical outcomes do not appear to be related to the likeness between client and therapist.*

*A significant age difference and ethnic differences may result in the client taking more time to trust and understand the therapist, although this does not necessarily mean that there is no chance of therapeutic rapport. Therapists should be careful with self-disclosure, as it could jeopardize the therapeutic relationship.*

---

**458.**

Which of the following theories or approaches related to psychological treatment would focus on helping a client to create their own style of life?

**Adlerian Theory**

Cognitive Therapy

Psychodynamic Theory

Acceptance and Commitment Therapy

*Correct answer: Adlerian Theory*

*Alfred Adler postulated that to meet their goals and overcome challenges, people must create their own style of life. He believed that styles of life evolve with time, and that healthy styles of life are associated with healthy and useful social functioning.*

*Cognitive therapy, developed by Aaron Beck, focuses on correcting automatic thoughts and cognitive distortions that lead to distress. Psychodynamic theories are primarily derived from Sigmund Freud's original work with psychoanalysis. These theories focus on unconscious and repressed material, especially from childhood, that contributes to psychological distress. Acceptance and Commitment Therapy (ACT), developed by Steven Hayes, helps clients to become more psychologically flexible by accepting their thoughts and emotions and avoiding the urge to suppress or escape from unwanted thoughts and emotions.*

---

**459.**

You're working with a patient who has cancer, and they've been referred to you for counseling to assist with reducing risky health behaviors. They ask you about the benefits of your services.

What is the best response you could provide?

**Telling the patient that your services could help reduce their psychological distress.**

Telling the patient that psychological treatment could cure their cancer.

Telling the patient that your services are experimental and may or may not have benefit.

Telling the patient that they'll have to ask their doctor about the benefits of your services.

---

*Correct answer: Telling the patient that your services could help reduce their psychological distress.*

*Health promotion programs may utilize risk prevention strategies to assist patients. Patients with health conditions like cancer may be referred to a health promotion program. As a psychologist, you could help a patient with cancer make behavioral changes, such as improving their diet or increasing their exercise. Research shows that risk reduction behaviors can reduce psychological distress in patients with cancer.*

*Telling the patient that your services will cure cancer or that they are experimental would be inaccurate.*

*Telling the patient to ask their doctor about the benefits would not be appropriate, since you need to obtain informed consent from your patients, which includes explaining the benefits of your services.*

---

**460.**

Which family therapy model was developed by Minuchin and focuses on the family as a system rather than on an individual?

**Structural family therapy**

Family systems therapy

Contemplative family therapy

Strategic family therapy

---

*Correct answer: Structural family therapy*

*Structural family therapy was developed by Salvador Minuchin and emphasizes the family as a system rather than focusing on an individual as being problematic. In structural family therapy, the therapist examines structural components of the family, such as communication patterns, and suggests changes in these areas.*

*Family systems therapy was developed by Murray Bowen; it focuses on the differentiation of an individual from their family system. Contemplative therapy typically focuses on individual interventions, such as yoga and meditation, rather than family-based interventions. Strategic family therapy was developed by Jay Haley and Cloé Madanes; it identifies a problem and solves that problem within the framework of the family system.*

---

**461.**

Which school of psychology is responsible for the concepts of introversion and extroversion?

**Analytical psychology**

Psychoanalysis

Cognitive behavioral therapy

Group therapy

*Correct answer: Analytical psychology*

*Carl Jung's analytical psychology parted ways with the older school of psychoanalysis in many ways, one of which was assessing personality along basic traits. The two major traits identified within this school are **introversion**, or an inward-directed personality type, and **extroversion**, or an externally-directed personality type. In its earliest form, this distinction was phrased in terms of where an individual seeks pleasure; either within oneself or outside the self.*

*The psychoanalytic school addressed personality in terms of inner conflict between competing constituent states within the mind, such as id, ego, and superego. Cognitive behavioral therapy focuses on how maladaptive thinking patterns can lead to emotions and behaviors. The main focus of group therapy is to create a supportive environment so that people can understand themselves in the context of their relationships.*

---

**462.**

Which of the following models of psychotherapy was proposed by Carl Jung?

**Analytical therapy**

Existential therapy

Cognitive processing therapy

Person-centered therapy

---

*Correct answer: Analytical therapy*

*Analytical psychology was developed by Carl Jung; he regards the relationship between a client and a therapist as the general prototype of the client's relationship pattern. Jung also believed that there are two types of unconscious—the individual or personal unconscious, and the collective unconscious.*

*Existential therapy was developed by philosophers including Viktor Frankl and Rollo May. The focus of this therapy is on the meaning of life and existence, rather than short-term problems. Cognitive processing therapy was developed by Resick, Monson, and Gutner (2007) to treat PTSD. This therapy helps clients to identify "stuck points" or cognitive distortions that are preventing them from processing their trauma. Person-centered therapy was developed by Carl Rogers. This modality focuses on the therapist providing unconditional positive regard and accurate empathy so that clients can grow.*

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# Part 1-Knowledge, Domain 7: Research Methods and Statistics

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Part 1-Knowledge, Domain 7: Research Methods and Statistics

463.

"Children of parents who have schizophrenia are more likely to develop schizophrenia themselves" is an example of what?

Hypothesis

Theory

Experiment

Measurement

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*Correct answer: Hypothesis*

*Hypotheses are estimates or predictions about relationships between variables and are often based on a theoretical framework. A researcher who hypothesizes that individuals with schizophrenia, a psychotic disorder, produce offspring who are more likely to develop a similar illness is basing it on a framework that indicates parents pass certain traits or characteristics to their children.*

*A theory is a set of beliefs about a certain situation and is more organized and general than a hypothesis. An experiment is a detailed way to test a specific hypothesis. Measurements are quantifiable ways of collecting and analyzing information.*

---



**464.**

In terms of variability, how is the range computed?

**By subtracting the minimum from the maximum observed value**

By adding the lowest and highest values

By subtracting 1 from the number of participants

By subtracting the mean from each score and squaring the result

---

*Correct answer: By subtracting the minimum from the maximum observed value*

*The range is computed by subtracting the minimum from the maximum observed value. These ranges are used to calculate the inner 50th percentile or the interquartile range. For example, the range in the set of data 4, 6, 7, 8, 9, 12 would be 8, since  $12 - 4 = 8$ .*

*The remaining answer options are all inaccurate ways of obtaining the range.*

---

**465.**

In order for a threat to internal validity to exist in single-group studies, which of the following must be **true** of the threat?

**It must be capable of producing the results that were collected**

It must be incapable of producing the results that were collected

It must be selective in producing the results that were collected

It must be eliminated

---

*Correct answer: It must be capable of producing the results that were collected*

*In order for a threat to internal validity to exist in single-group studies, the threat has to be capable of producing the results that were collected. An example of this is someone receiving cognitive behavioral therapy for anxiety while practicing yoga every day.*

*The threat to internal validity has to be capable, not incapable, of producing the results that were collected. It does not have to be selective, and it does not have to be eliminated.*

---

**466.**

Which of the following is an accurate definition of slope in terms of behavior change?

**The rate of change**

The average frequency of an outcome across the duration of the experiment

The amount of measurable change

The difference between the first data point in a phase and the last data point in the phase immediately prior

---

*Correct answer: The rate of change*

*In terms of behavior change, slope can be defined as the rate of this change in different phases. This slope is calculated by dividing the difference between two points on the y-axis by the difference between two points on the x-axis.*

*The average frequency of an outcome across the duration of the experiment is the mean change. The difference between the first data point in a phase and the last data point in the phase immediately prior is a level shift. "The amount of measurable change" is not an accurate definition of slope.*

---

**467.**

Individuals with anxiety disorder have volunteered to participate in a research study to test the use of medication for anxiety. Which term describes the threat to validity that takes place when these participants also engage in other activities, such as meditation, to alleviate anxiety while participating in the study?

**History**

Selection

Instrumentation

Attrition

*Correct answer: History*

*History is a threat to validity that takes place when some event occurs during the study that impacts the results in a way that might be mistaken for the intervention. In this example, it may actually be the meditation that alleviates participants' anxiety rather than the medication therapy.*

*Selection can be a threat to validity when differences between groups are mistaken for an intervention effect. Instrumentation refers to the impact that changes in measurement tools can have on results. Attrition refers to the rate of participant drop-outs and its impact on results.*

---

**468.**

What does the Pearson product-moment correlation measure?

**Linear associations between two continuous variables**

Analysis of multiple dependent variables

The prediction of a single continuous outcome from one or more predictor variables

Mean differences between two populations

---

*Correct answer: Linear associations between two continuous variables*

*The Pearson product-moment correlation measures linear associations between two continuous variables. For example, this might be useful for a case in which a therapist wants to measure the relationship between the client's perception of the therapeutic alliance and ratings on a depression scale.*

*Multivariate analysis of variance (MANOVA) analyzes multiple dependent variables. The prediction of a single continuous outcome from one or more predictor variables is measured by the ordinary least squares (OLS) regression. The independent sample t-test measures mean differences between two populations.*

---

**469.**

Data is collected daily on a child's number of tantrums for one week. The following week, the child's parents implement a reward chart for when the child does not have a tantrum, and data continue to be recorded daily. The reward chart is discontinued for the third week but is implemented again in the fourth week, with data being recorded daily.

What is the design of this experiment?

**ABAB**

Multiple baseline

Case-control

Cohort

*Correct answer: ABAB*

*The ABAB design alternates a baseline phase with an intervention phase. In this case, the baseline phase (A) is the collection of behaviors without the chart, and the intervention phase (B) is the behavior using the reward chart.*

*A multiple baseline design would measure several different baseline behaviors before and after an intervention. A case-control design compares a group of participants with a certain characteristic with a group of participants without that characteristic. A cohort design follows a group over time to examine the change in some outcome of interest.*

---

**470.**

Which of the following terms refers to principles that are not necessarily logical but are still taken to be true?

**Nomological**

Reality-based

Extrinsic

Latent

---

*Correct answer: Nomological*

*Nomological principles are principles that are not necessarily logical but are still taken to be true. A nomological network includes the relations among observed measures, relations between observed measures and latent constructs, and relations among latent constructs. In psychology, researchers theorize about a nomological network and all the interrelationships that occur within it.*

*In psychology, principles that are not necessarily logical but are still taken to be true are not referred to as reality-based. Extrinsic refers to something that is operating from the outside. Latent refers to something that is hidden or concealed.*

---

**471.**

Which of the following is a classic construct validity threat in randomized controlled trials when active intervention is compared to a no-treatment control?

**Therapeutic attention**

Pharmacological therapy

Poor interpretation of results

Attrition

*Correct answer: Therapeutic attention*

*Therapeutic attention, the relationship between a client and a therapist, can be a positive outlet for change in any intervention situation. It is, however, a classic construct validity threat in randomized controlled trials when active intervention is compared to a no-treatment control, as the apparent effectiveness of interventions may not be resulting from the specific interventions but from the positive relationship the participant builds with the person administering the intervention.*

*Pharmacological therapy refers to prescribing medications and is not a classic construct validity threat. Poor interpretation of results is also not a classic construct validity threat. Attrition, the rate of participant dropout, is a threat to internal validity rather than construct validity.*

---



**472.**

When predictor variables can be coded into categories and the outcome is an interval or a ratio, what model can be used?

**ANOVA**

NOVA

MANOVA

OLS regression

*Correct answer: ANOVA*

*The ANOVA (analysis of variance) model can be used when predictor variables can be coded into categories and the outcome is an interval or a ratio. One-way ANOVA models include one factor, and factorial ANOVAs include two or more factors.*

*NOVA is a fabricated term and is not a predictor variable. The multivariate analysis of variance (MANOVA) model lets multiple dependent variables to be analyzed in a single model. Ordinary least squares (OLS) regression allows for the prediction of a single continuous outcome from one or more predictor variables.*

---

**473.**

In terms of assessing causality, what is considered to be the **most** comprehensive and reliable type of experiment?

**Randomized**

Efficacy

Effectiveness

Intent-to-treat

*Correct answer: Randomized*

*In randomized experiments, participants are assigned by chance to one of two or more conditions. Randomized experiments are considered to be the most reliable and comprehensive types of experiments because they use a random process to determine who is exposed to treatment and who is not.*

*The remaining options refer to types of experiments rather than describing how participants are chosen. Efficacy trials are experiments in which an intervention's effects are examined under ideal circumstances. Effectiveness trials are experiments in which an intervention's effects are examined under real-world conditions. Intent-to-treat analyses examine data from participants as a function of their original group assignment.*

---

**474.**

Why is interrater reliability important in psychological research?

**It ensures that information is coded correctly**

It guarantees that items on two tests measure the same psychological constructs

It ensures that risk factors are identified

It measures external influences on the study

---

*Correct answer: It ensures that information is coded correctly*

*Interrater reliability ensures that information is coded correctly. For example, raters are often asked to code behaviors of study participants, and two raters must be familiar with the codes to the point that they assign the same codes to the same behaviors.*

*Interrater reliability has to do with the relationship between data measured by two different raters. It does not guarantee that items on two tests measure the same psychological constructs or that risk factors are identified. It also does not measure external influences on the study.*

---

**475.**

Which of the following is used to test whether two categorical variables are associated?

**Chi-square tests**

z-test

t-test

MANOVA

*Correct answer: Chi-square tests*

*The chi-square test is a type of nonparametric statistical test. Chi-square tests are used to test whether two categorical variables are associated. Nonsignificant chi-squares suggest that the specified model fits the data well.*

*The z-test is a type of inferential statistics that can be used to compare a single sample mean to a population mean. The t-test is used to test mean differences between two populations on a continuous measure. The multivariate analysis of variance (MANOVA) model allows for multiple dependent variables to be analyzed in a single model.*

---

**476.**

What is the **first** step of program evaluation?

**Identify and engage stakeholders**

Conduct a needs assessment

Conduct summative evaluations

Conduct a cost-benefit analysis

---

*Correct answer: Identify and engage stakeholders*

*Program evaluation (PE) examines how an intervention works and under what conditions. The first step of PE is to identify and engage stakeholders such as administrators and clients.*

*The remaining answer options are important steps of PE but not the first step. Subsequent steps of PE include conducting a needs assessment, coordinating summative evaluations, and conducting a cost-benefit analysis.*

---

**477.**

All the following are measures of internal consistency reliability **except**:

**Tau equivalence**

Cronbach's alpha

Kuder-Richardson Formula 20

Split-half reliability

---

*Correct answer: Tau equivalence*

*Internal consistency reliability examines the correlation between items in multiple item tests. Measures include Cronbach's alpha, Kuder-Richardson Formula 20, and split-half reliability.*

*Tau equivalence is the degree to which tests measure the same psychological construct.*

---

**478.**

In multiple-group studies, a threat to internal validity has to be what?

**More prevalent in one of the groups**

More prevalent in both groups

Documented and measured

Introduced by one of the participants

---

*Correct answer: More prevalent in one of the groups*

*In multiple-group studies, a threat to internal validity has to be capable of producing the pattern of results and has to be more prevalent in one of the groups. All internal validity threats are considered interactions with selection in multiple-group studies.*

*The threat needs to vary systematically rather than be more prevalent in both groups. It does not need to be introduced by one of the participants and does not need to be documented and/or measured.*

---

**479.**

Which of the following statements does Classical Test Theory assume to be true?

**The variance of an observed measure is a compilation of the true score variance and random error.**

An observed measure is reflective of the participant's raw score.

Observed variance in scores occurs mainly due to random error.

It assumes that internal consistency can be measured through the function of the number of test items and the degree of interitem correlation.

---

*Correct answer: The variance of an observed measure is a compilation of the true score and random error.*

*Classical Test Theory assumes that the variance of an observed measure is a compilation of the true score and random error. Classical test theorists assume that two tests can be constructed in the same manner to estimate reliability.*

*Classical test theorists do not believe that an observed measure is reflective of the participant's raw score. Classical Test Theory does not assume that observed variance in scores is mainly due to random error, since it also considers that observed variance reflects true score variance to a degree. Chronbach's alpha is a measure of internal consistency, and it is calculated based upon the function of the number of test items and the degree of interitem correlation.*

---



**480.**

A threat to validity exists when individuals exposed to which of the following are encouraged to change their behaviors even before the intervention has taken place?

**Pretest**

Regression

Instrumentation

Hypothesis

*Correct answer: Pretest*

*A threat to validity exists when individuals exposed to a pretest are encouraged to change their behaviors even before the intervention has taken place. This might occur when participants are asked about the social and personal consequences of their behaviors, which might inspire participants to change behaviors even before the intervention begins.*

*Regression occurs when extreme scores revert to the mean on a later evaluation. Instrumentation occurs when the measurement tool changes and the impact on the results is mistaken for an intervention effect. A hypothesis is a prediction about associations between variables.*

---

**481.**

A researcher gives a presentation at a conference during which he describes a young woman's life from the time she experienced her first psychotic break until her death 20 years later.

What is this type of study?

**Uncontrolled case study**

Cohort design

Case-control design

Critical appraisal

*Correct answer: Uncontrolled case study*

*An uncontrolled case study follows an individual over time. The purpose of uncontrolled case studies is to elicit information about specific cases in a comprehensive and in-depth manner.*

*A cohort design follows a group, not just an individual case, over time to examine the change in some outcome of interest. A case-control design compares a group of participants with some characteristic with a group that does not have that characteristic. "Critical appraisal" is not a type of research study.*

---

**482.**

The Likert response scale uses which type of scale?

**Ordinal**

Nominal

Ratio

Dependent

*Correct answer: Ordinal*

*The Likert response scale measures variables using a range of answers, such as 1 (strongly dislike), 2 (dislike), 3 (neither like nor dislike), 4 (like), and 5 (strongly like). This is considered to be an ordinal scale because it allows responders to answer a question using a range of responses. Likert scales are also sometimes considered to be interval scales; they are even described by some as "quasi-ordinal-interval" scales. Ordinal variables are similar to categorical variables; interval variables are similar to ordinal variables, but the intervals between the values are equally spaced.*

*Nominal scales collect categorical information that is not quantitative on topics such as race, ethnicity, sex, and state of residence. Ratio scales have a true zero point and equal intervals.*

*"Dependent scale" is a fabricated term.*

---

**483.**

Which of the following types of trials often requires treatment adherence using a manual?

**Efficacy**

Effectiveness

Intent-to-treat

Single-case

---

*Correct answer: Efficacy*

*Efficacy trials are used to examine a treatment modality's effects under ideal circumstances. This often requires the use of a manual to ensure adherence and frequently operates under close supervision.*

*Effectiveness trials are experiments in which an intervention's effects are examined under real-world conditions and often take place outside academic settings. Intent-to-treat analyses examine data from participants to determine an estimate of the treatment effect. Single-case experiments are designed to increase internal validity and closely examine data before, during, and after interventions.*

---

**484.**

Statistical methods are organized into which two categories?

**Descriptive and inferential**

Valid and reliable

Qualitative and quantitative

Nominal and ordinal

*Correct answer: Descriptive and inferential*

*Statistical methods are organized into descriptive and inferential categories. Descriptive statistics organize, describe, and simplify data. Inferential statistics deduce properties of an underlying distribution by the analysis of data. Inferential statistics are further divided into parametric and non-parametric methods for further clarification.*

*Validity and reliability are not categories of statistical methods. Qualitative and quantitative are two types of research; qualitative research typically involves collecting data through observations and interviews, whereas quantitative research involves statistical analysis. Nominal and ordinal are two different levels of measurement.*

---

**485.**

The Fahrenheit temperature scale is an example of what type of data?

**Interval**

Nominal

Ratio

Ordinal

---

*Correct answer: Interval*

*Interval data allow researchers to examine differences among responses. The Fahrenheit temperature scale is an example of interval data because it lacks a true zero (which would indicate an absence of temperature).*

*Nominal scales collect categorical information that is quantitative and include topics such as race, ethnicity, sex, and state of residence. Ratio scales have a true zero point and equal intervals. Ordinal scales allow responders to answer a question using a range of responses.*

---

**486.**

What type of studies are conducted when a researcher is not actively manipulating anything?

**Correlational studies**

Single-case studies

Group-based randomized studies

Quasi-experimental studies

---

*Correct answer: Correlational studies*

*Correlational studies are conducted when a researcher is not actively manipulating anything. This type of approach is usually used to obtain insight into the emergence of a relevant phenomenon.*

*Single-case studies require intensive assessment before, during, and after an intervention. Group-based randomized studies include both efficacy and effectiveness trials and require extensive recording of data to assess causality due to a manipulated variable. Quasi-experimental studies lack random assignments but do expose participants to an intervention.*

---

**487.**

In a one-sample  $t$ -test, the probability of the observed  $t$  statistic is computed based on a  $t$  distribution with how many degrees of freedom?

**N-1**

N

N+1

N+2

*Correct answer: N-1*

*Researchers use the one-sample  $t$ -test when the population standard deviation is unknown. The one-sample  $t$ -test is assessed for statistical significance by computing the probability of the observed  $t$  statistic based on a  $t$  distribution on  $N-1$  degrees of freedom, where  $N$  is the number of random scores.*

---



**488.**

Researchers must be cautious in stating that which factor in a study caused changes in the participants' behaviors or responses?

**The independent variable**

The dependent variable

Confounding variables

Moderating variables

*Correct answer: The independent variable*

*Researchers must be cautious when stating that the independent variable or treatments used in a study caused changes in the participants' behaviors or responses. This is because there may be extraneous explanations for changes in behavior, such as the passage of time or environmental changes.*

*It would not make sense to state that the dependent variable caused changes in behavior, since the dependent variable is the outcome variable and is actually what changes in response to the independent variable. Confounding variables are factors outside of the independent variable or treatment that may explain changes in behavior. It is important to consider these variables and their potential influence. A moderating variable influences the strength of the relationship between the independent and dependent variables.*

---

**489.**

A research psychologist wants to know whether a group therapy intervention resulted in fewer hospitalizations for clients with a greater level of social support. In this case, social support is which of the following?

**Moderator**

Reliability threat

Mediator

Face validity threat

*Correct answer: Moderator*

*Moderators refer to variables that interact with other variables to predict a particular outcome. In this case, the level of social support is the moderator. Exposure to the group therapy intervention is the primary predictor of outcome, and the number of hospitalizations is the dependent variable.*

---

490.

Statistical regression is **most likely** in single-group studies when the participants experience what type of symptoms?

Extreme

Mild

Measurable

Moderate

---

*Correct answer: Extreme*

*Statistical regression occurs when scores that are initially extreme revert to the mean on follow-up evaluations. It is most likely in single-group studies where symptoms of participants are severe.*

*As stated above, statistical regression occurs when extreme scores, not mild or moderate scores, revert to the mean. Most research studies target data that are measurable.*

---

**491.**

An experiment in which replication of an effect is sought over several different baselines is what type of design?

**Multiple baseline**

ABAB

Uncontrolled case study

Cohort

---

*Correct answer: Multiple baseline*

*An experiment in which replication of an effect is sought over several different baselines is known as a multiple baseline design. In this type of design, information about several different collections of behaviors is gathered before and after an intervention is applied.*

*The ABAB design alternates a baseline phase with an intervention phase and collects data during both phases. Uncontrolled case studies and cohort designs are types of correlational studies, which gather information without actively manipulating any variables.*

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**492.**

Which of the following could be a threat to internal validity?

**Spurious causes**

Efficacy trials

Effectiveness

Single-case experiments

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*Correct answer: Spurious causes*

*Internal validity is the extent to which the association between two variables is causal. A spurious cause is one in which the variables have no relationship to each other and is a threat to internal validity.*

*Efficacy trials are experiments in which an intervention's effects are examined under ideal circumstances. Effectiveness trials are experiments in which an intervention's effects are examined under real-world conditions. Single-case experiments are designed to increase internal validity and closely examine data before, during, and after interventions.*

---

**493.**

A psychologist is interested in learning whether the cognitive-behavioral interventions she is using with her clients result in lower levels of anxiety between the first intake session and the termination session 16 weeks later. She plans on assessing these levels only at these two sessions.

Which of the following tests may be **most** appropriate?

**One-way within-subjects ANOVA**

One-way between subjects ANOVA

Two-way mixed design

Two-way within-subjects ANOVA

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*Correct answer: One-way within-subjects ANOVA*

*The ANOVA (analysis of variance) model is used when predictor variables can be finitely coded, and the outcome is at the interval or ratio level. One-way ANOVA models only include one factor, and within-subject designs only examine a single cohort's symptom levels.*

*A one-way within-subjects ANOVA test is most helpful in this case because the psychologist only wants to measure one factor (anxiety) within a single cohort (her clients).*

---

**494.**

Which of the following is **true** about single-case experiments?

**They are designed to increase internal validity**

They are designed to increase external validity

They are designed to increase construct validity

They are designed to increase statistical conclusion validity

---

*Correct answer: They are designed to increase internal validity*

*A single-case experiment, also called single study design, is used most often in the social sciences. Data is collected before, during, and after the intervention, and the participant serves as the control, which increases internal validity (i.e., the extent to which an intervention causes an outcome).*

*External validity (the degree to which results can be generalized across factors), statistical conclusion validity (the degree of statistical correlation between variables), and construct validity (the way in which particular instances generalize to higher constructs) are all desirable in any study. However, the main strength of single-case experiments is their internal validity.*

---

**495.**

What is one advantage of conducting statistical analyses on latent variables?

**The statistical power increases**

The interventions become effective immediately

The measurements are easier to calculate

The internal reliability increases

---

*Correct answer: The statistical power increases*

*When a researcher conducts statistical analyses on latent variables, the statistical power increases due to the fact that measurement error is removed. This is achieved by using confirmatory factor analysis (CFA) to measure variance across measures in the form of a latent variable.*

*Statistical analyses on latent variables do not necessarily mean that interventions become effective immediately, that measurements are easier to calculate, or that the internal reliability increases.*

---



**496.**

John and Bennet-Martinez (2000) categorized data sources into four categories. What acronym is used to remember these categories?

**LOTS**

ACTS

FOUR

BEST

---

*Correct answer: LOTS*

*The acronym LOTS stands for life events, observational, testing, and self-report. Each of these is a category of data sources developed by John and Bennet-Martinez (2000) to use when choosing which data are going to be the primary interest in a particular study.*

*ACTS, FOUR, and BEST are not acronyms used to remember categories of data sources.*

---

**497.**

How are convergent validity and discriminant validity different?

**Convergent validity is the degree to which measures have a high correlation with one another; discriminant validity is the degree to which measures have a low correlation with one another**

Convergent validity is used in single-case studies; discriminant validity is used in multiple-group studies

Convergent validity is the degree to which measures assess the same condition; discriminant validity is the degree to which measures collect information about different conditions

Convergent validity is used in social science studies; discriminant validity is used more often in biological studies

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*Correct answer: Convergent validity is the degree to which measures have a high correlation with one another; discriminant validity is the degree to which measures have a low correlation with one another*

*Convergent validity is the degree to which measures have a high correlation with one another; discriminant validity is the degree to which measures have a low correlation with one another. Both are used to determine construct validity, as two measures meant to measure the same thing should have high convergent validity and low discriminant validity.*

*Both convergent validity and discriminant validity can apply to single-case studies and multiple-group studies, and both can apply to the social sciences and biological sciences. Convergent validity is not the degree to which measures assess the same condition, and discriminant validity is not the degree to which measures collect information about different conditions.*

---

**498.**

A researcher is implementing a study that examines the effects of a new type of medication for individuals with substance dependency. This medication is meant to decrease cravings gradually over one month until the individual has no cravings. The researcher divided study participants into a control group and an experimental group. Those assigned to the control group experienced the same decrease in cravings in the study as those who received the medication.

The results of the control group generated which of the following?

**Hypothetical counterfactual**

Attrition rate

Hypothesis

Construct validity

---

*Correct answer: Hypothetical counterfactual*

*In research experiments, a hypothetical counterfactual refers to the results of the control group. This implies what would have happened to the individuals in the control group if they had not been exposed to control conditions. In this situation, even if the experimental group had not taken medication, they likely would have experienced a decrease in cravings.*

---

**499.**

In a randomized experiment studying treatment for anxiety disorders, half of the participants are treated with medication only. The other half are treated with both medication and cognitive behavioral therapy.

What is the hypothetical counterfactual condition in this experiment?

**The results of the participants in the group treated with medication only**

The results of the participants in the group treated with both medication and therapy

People with anxiety disorders who did not participate in the study

All of the participants in the study

*Correct answer: The results of the participants in the group treated with medication only*

*The hypothetical counterfactual refers to what would have happened to participants if they had not been exposed to a certain type of treatment (i.e., what would have happened to participants if they had not been exposed to both the therapy and medications). This is important because researchers can compare these results to the results of participants who received both treatments to make conclusions about their effectiveness.*

*The hypothetical counterfactual is not the results of the participants in the group treated with both medication and therapy, people who did not participate in the study, or all of the participants in the study.*

---

500.

All the following are examples of hypotheses **except**:

**Substance abuse originates from genetic, family, and environmental issues**

High blood pressure causes heart attacks

Psychosis results from a disorganized attachment to one's mother

Alcoholism causes liver disease

---

*Correct answer: Substance abuse originates from genetic, family, and environmental issues*

*A hypothesis is a testable prediction about associations between measurable variables. For example, someone can hypothesize that high blood pressure causes heart attacks, that psychosis results from a disorganized attachment to one's mother, or that alcoholism causes liver disease.*

*The statement "Substance abuse originates from genetic, family, and environmental issues" is a theory, not a hypothesis. Theories are organized sets of beliefs about phenomena, such as substance abuse.*

---

501.

$(x - M)/SD$  is equal to what statistical value?

**z score**

Standard deviation

Degrees of freedom

Probability

---

*Correct answer: z score*

*The z score is equal to the mean subtracted from a specific score and then divided by the standard deviation. This calculation can be used for any variable believed to follow a normal distribution, which plays a prominent role in statistics.*

*The standard deviation is the average distance of scores from the mean. Degrees of freedom refer to the number of values, greater and lesser, that the calculation is free to vary. Probability is a general term referring to the measure of likeliness that a particular event will occur.*

---

**502.**

Language differences, distrust of research, and aversion to treatment are all barriers to which action?

**Recruiting a representative sample**

Gathering a convenience sample

Engaging in snowball sampling

Providing an effective intervention

*Correct answer: Recruiting a representative sample*

*Language differences, distrust of research, and aversion to treatment are all barriers to gathering a representative sample of participants. More often, samples are nonrepresentative because of the difficulties associated with recruiting representative samples.*

*Language differences, distrust of research, and aversion to treatment might be barriers to providing effective interventions but are more of a problem when researchers are trying to recruit a representative sample. Language differences, distrust of research, and aversion to treatment are not barriers to gathering a convenience sample or engaging in snowball sampling; a convenience sample is collected due to a researcher's ease of access, and snowball sampling occurs when participants invite others to participate in the study.*

---

**503.**

Exploratory factor analysis (EFA) and confirmatory factor analysis (CFA) are both statistical procedures used to examine what?

**Factor structure**

Measurement error

Internal validity

Test reliability

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*Correct answer: Factor structure*

*Exploratory factor analysis (EFA) and confirmatory factor analysis (CFA) are both statistical procedures used to examine factor structure. Both approaches assume that undetected or latent constructs account for variance in observed items.*

*CFA, but not EFA, is sometimes used to examine measurement error. EFA and CFA do not measure internal validity or test reliability but can identify latent constructs when researchers are attempting to identify underlying relationships between variables.*

---



**504.**

Which of the following statements is **true** about the relationship between parametric and nonparametric statistics?

**Parametric statistics make more distributional assumptions than nonparametric statistics**

Parametric statistics make fewer distributional assumptions than nonparametric statistics

Parametric and nonparametric statistics are similar in their number of distributional assumptions

Parametric statistics do not make distributional assumptions, while nonparametric statistics do

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*Correct answer: Parametric statistics make more distributional assumptions than nonparametric statistics*

*Parametric statistics are a type of inferential statistics conducted on actual data. Parametric statistics use interval or ratio scales, whereas non-parametric statistics use nominal or ordinal scales. Parametric statistics do make more distributional assumptions than nonparametric statistics; in addition, they allow researchers to test specific hypotheses.*

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# Part 1-Knowledge, Domain 8: Ethical, Legal, and Professional Issues

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## Part 1-Knowledge, Domain 8: Ethical, Legal, and Professional Issues

**505.**

A psychologist has been providing individual psychotherapy for about a year for a young man who has been addressing issues related to severe childhood trauma. The man tells the psychologist that he was laid off from his job and will be losing his health insurance soon. The man does not qualify for public assistance but tells the psychologist that he is going to be unable to pay for sessions until he finds a new job. Although the man has made improvements in depressive symptoms since starting therapy, he still struggles with some suicidal ideation at times and often feels socially isolated.

What is the best choice the psychologist could make in this situation?

**Offer to see the patient on a sliding scale or pro bono**

Terminate the patient immediately when he is unable to pay for sessions

Terminate therapy and refer the patient to the emergency room for treatment of suicidal ideation

Document the last session and give the man referrals to other providers

---

*Correct answer: Offer to see the patient on a sliding scale or pro bono*

*Psychologists are ethically required to strive to treat their clients with justice, even when it might be an inconvenience to the psychologist. In this example, the most ethically appropriate thing to do is to offer to continue to see him for a reduced rate. The man has developed a therapeutic relationship with the psychologist that seems to be helping, and the psychologist would be doing the client a disservice by refusing to continue meeting. Given that the patient still has suicidal ideation at times, the termination of therapy could do harm to him.*

*Terminating the patient immediately if he is unable to pay is not appropriate. Per the Code of Conduct, psychologists must clearly represent their fees and make arrangements with clients related to billing. If the patient begins not to pay for sessions, the psychologist must have a discussion with him, and give him an opportunity to pay, before taking further action.*

*Referring the patient to the emergency department for treatment of suicidal ideation does not seem appropriate here. While he would likely be treated, even without insurance, there is no evidence that the man presents with imminent risk. The relationship with the psychologist is likely to be more therapeutically beneficial.*

*While it is important to document your termination process, in this case, documenting the last session and referring the patient elsewhere likely won't help him, since he will run into the same issue of not having insurance.*

---

**506.**

When supervising trainees, psychologists are ethically obligated to take all the following steps except:

**Remain present in the room with the trainee when they are providing therapy or administering assessments**

Ensure that trainees are not harmed in the context of the supervisory relationship

Authorize only trainees who are competent or can become competent with close supervision

Discuss methods of evaluation at the start of the supervisory relationship

---

*Correct answer: Remain present in the room with the trainee when they are providing therapy or administering assessments*

*Standard 2.05 refers to psychologists who delegate work to trainees, employees, or supervisees. According to this standard, supervising psychologists should ensure that trainees perform services competently, authorize only trainees who are competent or can become competent with close supervision, and avoid assigning trainees to cases in which they may have a dual relationship with the client. The Code of Conduct also states that supervisors should ensure that supervisees are not harmed in the context of the supervisory relationship, and they should discuss the methods of evaluation at the start of the supervisory relationship.*

*It is not necessary for the supervisor to remain present in the room with the trainee, although at times this may be helpful and appropriate.*

---

**507.**

Which of the following is considered a norm in the medical field but is recently increasing in popularity in psychology?

**Specialty certification**

Research

Fee-for-service payment

HIPAA laws

*Correct answer: Specialty certification*

*The medical field has accepted specialty certifications, such as dermatology or endocrinology, for decades. The psychology field is beginning to move toward this model to include neuropsychology, health psychology, and other specialties. The American Board of Professional Psychology (ABPP) is the most widely known credentialing group and provides specialty certification and training in a range of specialty areas.*

*Formal psychological research has been conducted since the 1800s. Fee-for-service payment is also not a recent development in psychology. The Health Insurance Portability and Accountability Act of 1996 (HIPAA) was enacted for all health professionals simultaneously.*

---

**508.**

An old friend, who is now a psychiatrist in the area, has been referring many of his current patients to you. He has been telling them that you are one of the leading grief experts, even though you have only been to a few workshops in the past year and have treated only a few clients who have suffered losses.

What are you ethically obligated to do?

**Discuss with your friend that you are not an expert on grief**

Attend an additional workshop on grief so you can become more of an expert

Report your friend to the state psychiatry board for ethics violations

Continue to treat the clients since you aren't responsible for the misrepresentation

*Correct answer: Discuss with your friend that you are not an expert on grief*

*According to Standard 1.01, when a psychologist learns that their work is being misrepresented, they are ethically obligated to take steps to correct it. While you do not have ultimate control over what your friend says about you, you should do what you can to address the issue. It is possible that this was a misunderstanding, but the best thing you can do is have a discussion and clarify that you aren't an expert.*

*Attending one additional workshop on grief probably isn't sufficient to gain the competence necessary to become an expert in the area of grief and would not resolve the fact that your friend is misrepresenting your work. Reporting the friend to the state board for ethics violations may be a bit extreme, but continuing to treat the clients while failing to address the misrepresentation would not be appropriate, as the Code of Conduct states that psychologists must take steps to correct situations in which their work is misrepresented.*

---

**509.**

A couple and their two children have been attending family therapy for one year, and you and they agree that termination will occur soon due to progress made in communication patterns and satisfaction among family members. In one session, the mother states that although she believes the family therapy has helped, she thinks you need to be more direct and confrontational. Other family members agree.

After the session is over, what should you do?

**Speak with a supervisor about the feedback**

Write a discharge note and refuse to see the family again

Ask the family to process their comments during the session

Document the session but leave out parts that reference these comments

---

*Correct answer: Speak with a supervisor about the feedback*

*Psychologists should feel comfortable seeking consultation from supervisors and colleagues, especially in difficult circumstances, such as after poor feedback. Talking about this case with a supervisor may help you gain perspective on the case, learn from the experience, and better serve your clients in the future.*

*The APA Code of Ethics specifies that psychologists are bound by the principles of maleficence and nonmaleficence, so ethically, you should seek ways to improve your practice and ways of relating to your clients.*

---

**510.**

A supervisor has a paid job teaching a class on psychopathology. They ask an intern, who they are supervising, to teach one of the classes about a specific diagnosis, and the intern agrees. Would this be considered exploitation?

**Yes, because the teacher would be benefiting from the student's work**

Yes, because supervisors should never make requests of those they are supervising

No, because the intern has agreed to the request

No, because it is the supervisor's job to expose the supervisee to new experiences

---

*Correct answer: Yes, because the teacher would be benefiting from the student's work*

*This would certainly be considered an exploitation of the intern's time and expertise, particularly because the teacher is getting paid for the course. In a supervisory relationship, the supervisor should never exploit a supervisee.*

*At times, supervisors can make requests of supervisees, but this is not one of those cases. Even if the intern agrees to do what the supervisor asks, it is still exploitation. Part of the supervisor's job is to challenge the supervisee and perhaps introduce them to new experiences, but this does not have to include teaching the supervisor's class.*

---



**511.**

You are being supervised by a more experienced psychologist at your agency. You both meet for one hour of formal supervision per week, but soon you are going to lunch together and talking on the phone on the weekends. One night after work, you become sexually involved.

How should this action be regarded?

**Unethical, because psychologists are not supposed to have sexual relationships with supervisees**

Ethical, because sexual contact between psychologists and supervisees is not prohibited

Ethical, as long as it doesn't interfere with the supervisory relationship

Ethical, because you have mutual feelings and there was no exploitation

---

*Correct answer: Unethical, because psychologists are not supposed to have sexual relationships with supervisees*

*Standard 7.07 clearly states that psychologists are not ethically permitted to engage in sexual relationships with supervisees or students in their department or agency. Even if you and your supervisor are attracted to each other and sexual contact is consensual, your actions (and your supervisor's actions) are unethical.*

*There is no stipulation for sexual contact being permitted, even if it doesn't interfere with the relationship. Psychologists are prohibited, via the Code of Conduct, from having a sexual relationship with anyone over whom they have evaluative authority. Whether there was exploitation involved is irrelevant.*

---

512.

In regard to research, what is an IRB?

**A group that ensures the benefits of a study outweigh the risks**

A group that determines a budget for an experiment

A group that recruits and selects participants

A group that determines which research projects to fund

---

*Correct answer: A group that ensures the benefits of a study outweigh the risks*

*In regard to research, the IRB (Institutional Review Board) is responsible for ensuring that the benefits of a study outweigh the risks. IRBs are often found at universities and other centers of research. Most research studies must be approved by the local IRB before they can recruit participants.*

*IRBs do not typically determine the budget for an experiment (although they can question financial reimbursement to participants) or recruit participants (although they can suggest changes to proposed methods of recruitment). IRBs are not responsible for determining which studies are funded; they simply ensure that a proposed study is ethical in nature, does not harm participants, and provides benefits that outweigh risks.*

---

**513.**

Ethically, what is the first thing a psychologist should do when they are unable to perform their job effectively?

**Seek consultation**

Limit the number of clients

Discharge all patients, because the psychologist is impaired

Refer existing clients to another psychologist

---

*Correct answer: Seek consultation*

*When a psychologist is unable to perform their job effectively, the psychologist should seek professional consultation. The psychologist should then evaluate whether they are fit to continue with work-related activities. The psychologist has an ethical responsibility to ensure their capacity to provide adequate services to clients, and they may need to limit or suspend work duties if unable to perform them.*

*Until a psychologist is fully capable of serving clients well, they should not see them. After seeking consultation, the psychologist may determine that they will be able to function competently if they limit work activities. The psychologist might not need to discharge all patients or transfer them to someone else, but this could be a decision that is made after seeking consultation and determining the next steps.*

---

**514.**

Which of the following scenarios would be *least* appropriate for a psychologist according to ethical guidelines?

**A psychologist treats a couple when the psychologist's experience is with treating individuals**

A psychologist treats a patient outside the psychologist's area of competence in an emergency

A psychologist seeks consultation while treating a patient outside the psychologist's area of expertise

A psychologist completes an additional training program under supervision to become competent in a new area of practice

---

*Correct answer: A psychologist treats a couple when the psychologist's experience is with treating individuals*

*Psychologists must practice only in their areas of competence. Treating a couple when the psychologist's experience is with individuals represents practicing outside the psychologist's area of competence. This is the least appropriate option, as there is no evidence the psychologist is taking steps to become more competent in this new area of practice.*

*In an emergency, the Ethics Code allows for offering treatment outside a psychologist's area of expertise to ensure that the patient does not go without services. The patient should be transferred elsewhere as soon as other services become available. Seeking consultation and completing additional training are ways to gain competence in new areas of practice.*

---

**515.**

As a psychologist who regularly provides family therapy, you met with the Smith family for about six months until about three months ago, when you and the family agreed termination was appropriate. You get a call from Mrs. Smith, who informs you that she and Mr. Smith are getting a divorce, and she wants you to testify on her behalf about her parenting abilities as compared to her soon-to-be ex-husband. You contact Mr. Smith, who tells you he does not want you to testify.

What should you do?

**Refrain from testifying**

Testify but refuse to share any information about Mr. Smith

Only testify about areas in which you are competent

Testify but remain objective

---

*Correct answer: Refrain from testifying*

*Standard 10.02(b) states that psychologists who see families and/or couples should withdraw from proceedings if they are called to perform potentially conflicting roles, such as testifying in divorce proceedings. Additionally, Standard 3.04(a) requires psychologists to avoid doing harm to current and former clients when at all possible.*

*In this situation, if you agree to testify, Mr. or Mrs. Smith will potentially be placed at a disadvantage. You also need to have permission from both clients before you can release confidential information.*

---

**516.**

You are a psychologist treating a 20-year-old college student for symptoms of depression. The student is covered by her parents' health insurance and has given you permission to speak only with the insurance company. The student's mother calls you to inquire about her child's progress in treatment.

What should you do?

**Neither confirm nor deny that you are seeing the student for treatment**

Confirm that you are seeing the student but refuse to share any information about your sessions

Deny that you are meeting with the student for therapy

Ask the student to sign a release of information

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*Correct answer: Neither confirm nor deny that you are seeing the student for treatment*

*As long as the student has not given you specific consent to speak with her mother, you should neither confirm nor deny that you are seeing the student for therapy. Even though the student is covered by her parents' insurance, you still do not have legal permission to speak with family members without consent. You must uphold the student's confidentiality rights.*

*Confirming or denying that the student is in therapy is a violation of the students' confidentiality rights. While you could ask the student to sign a release of information to allow you to speak with her mother, at the time of the phone call, the release is not signed, and the best option is to neither confirm nor deny that the student is in treatment. This respects the student's confidentiality rights. Furthermore, given that the student has given you permission only to speak with the insurance company, it would be reasonable to conclude that she would likely not want to sign a release to let you speak to her mother.*

---

**517.**

A psychologist has been seeing a middle-aged man for the past month following the death of his wife from cancer. During one therapy session with the psychologist, the man says that he thinks it would be better if he were dead and plans on shooting himself that evening with a gun he has at home. Despite the psychologist's efforts, by the end of the session, the man continues to be suicidal but refuses to drive himself to the hospital.

What should the psychologist do?

**Stay with the man until an involuntary commitment can be obtained**

Call a family member to pick the man up from the office and stay with him at his house

Allow him to leave the office, but send law enforcement to his home for a wellness check

Keep the man at the office until he can sign a safety contract

*Correct answer: Stay with the man until an involuntary commitment can be obtained*

*Although psychologists have an obligation to maintain clients' confidentiality, there may be situations when psychologists must share certain information, even if it goes against the client's wishes. In this situation, the man intends to complete suicide and is a clear risk to his own safety. The psychologist should obtain an involuntary commitment according to local procedures and ensure the man is evaluated at an emergency room or crisis center.*

*The other options would not ensure his immediate safety. For example, getting the man to agree to sign a safety contract would be insufficient, as he has a gun at home. He could sign the contract, leave the office, and use the gun to complete suicide.*

---

**518.**

A 13-year-old girl states in a session that she is having unprotected sex with her boyfriend and regularly does illegal drugs on the weekends. You are concerned about your patient and suggest finding a way to tell her mother about her risky behaviors. The patient becomes extremely upset, saying that her mother would "kill her" if she found out.

What should you do?

**Talk to the patient about her fears, explain your concerns, and find a way to talk to her mother together**

Agree not to talk with the patient's mother now, but explain that she must find a way to tell her by the end of her time in therapy

Calm the patient and call her mother after the session to discuss your concerns

Discuss your concerns with your patient about her behavior and revisit the idea of telling her mother during the next session

---

*Correct answer: Talk to the patient about her fears, explain your concerns, and find a way to talk to her mother together*

*Although you should be concerned about the limits of confidentiality when treating patients, you should also be appropriately concerned about the potential danger of this girl's behaviors. The best approach is to talk with the patient about her reservations about telling her mother, explain why you are concerned, and find a way to talk to her mother in a non-threatening way.*

---



**519.**

What characterizes routine evaluations of clinical functions for performance improvement?

**They do not always require the involvement of an IRB**

They always require the involvement of an IRB

They require IRB involvement according to state regulations

They require IRB involvement if the agency is state-funded

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*Correct answer: They do not always require the involvement of an IRB*

*While research studies and experiments require the authorization and review of a local IRB, routine evaluations and performance improvement assessments often do not. In the case that IRB involvement is needed, there is the possibility for an expedited (rather than an in-depth) review.*

*A local IRB's involvement is most likely not directly related to state funding, and an IRB's involvement is not dictated by the state.*

---

**520.**

At the end of a therapy session with a couple, you ask the couple whether they could write a favorable review for you to post on your website. One member of the couple immediately agrees, and the other is not sure.

What should you do?

**Apologize for the request, as you almost compromised the nature of your relationship with them**

Ask them to let you know their decision next week

Thank the partner who wants to write a positive review and validate the other's feelings

Ask to talk about their different reactions next week

---

*Correct answer: Apologize for the request, as you almost compromised the nature of your relationship with them*

*According to Standard 5.05, psychologists should never solicit testimonies from current clients because of the unbalance of power within the relationship. Clients are in a particularly vulnerable position; by asking them to write a positive review, the psychologist is assuming the clients' experiences in therapy are positive. Clients may feel pressured to write a positive testimony because of their desire to please the therapist, which is not a healthy therapeutic dynamic.*

---

**521.**

Which principle in the Canadian Psychological Association's code of ethics should be given the **lowest** weight when it conflicts with another principle?

**Responsibility to Society**

Integrity in Relationships

Responsible Caring

Respect for the Dignity of Persons

---

*Correct answer: Responsibility to Society*

*The Canadian Psychological Association's code of ethics (2000) is categorized into four main principles listed according to weight. These principles are Respect for the Dignity of Persons, Responsible Caring, Integrity in Relationships, and Responsibility to Society. Responsibility to Society states that a person's dignity and well-being should not be sacrificed for society's greater good.*

*Respect for the Dignity of Persons is given the highest weight and emphasizes people's moral rights. Responsible Caring requires competence and should be carried out in ways that respect the dignity of people. Integrity in Relationships refers to the expectation that psychologists minimize harm by striving to be honest and accurate in their work.*

---

**522.**

You treated a client for severe depression about a year ago, and treatment was terminated when the client was hospitalized for suicidal thoughts. You receive a subpoena requiring you to testify about the client at a trial.

What should you do?

**Contact the attorney who issued the subpoena and ask to be released from going to court**

Ignore the subpoena and refrain from going to court

Do not contact the client, go to court, and answer any questions asked by the attorneys or judge

Contact the client and review the specific information you plan to share with the court

---

*Correct answer: Contact the attorney who issued the subpoena and ask to be released from going to court*

*Subpoenas are valid even when the client does not give permission for information to be shared with the court. However, in order to respect the limits of confidentiality, you should contact the attorney who issued the subpoena, explain that you are bound by confidentiality laws, and ask to be released from going to court. If your request to be released is denied, you should inform the client of the subpoena and request consent to share information with the court. If consent is denied, you should still go to court but should explain on the stand that you are bound by confidentiality and cannot share information.*

*Judges will frequently order you to answer the attorney's questions, in which case you should answer as briefly and generally as possible.*

---

**523.**

Which of the following is not a General Principle in the APA's Ethical Principles of Psychologists and Code of Conduct?

**Privacy and confidentiality**

Beneficence and nonmaleficence

Fidelity and responsibility

Justice

*Correct answer: Privacy and confidentiality*

*The General Principles in the APA's Ethical Principles of Psychologists and Code of Conduct are aspirational and describe how psychologists should strive to conduct themselves. Privacy and confidentiality do not belong to the General Principles section, but rather to the Ethical Standards section, which stipulates rules that are enforceable and that psychologists must follow.*

*Beneficence and nonmaleficence, fidelity and responsibility, and justice are all examples of General Principles within the APA's Ethical Principles of Psychologists and Code of Conduct.*

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**524.**

After a psychologist has met with a client for the first time, she realizes she forgot to discuss her cancellation policy. She decided to speak with the client about it during the second session, but ten minutes after the session was scheduled to begin, the client called to explain she has a scheduling conflict.

What should the psychologist do?

**Explain to the client that because the psychologist forgot to discuss the cancellation policy previously, the client will not be charged this time but may be charged if it happens again**

Charge the client according to the psychologist's cancellation policy

Reschedule the client's appointment and plan to talk with her about the policy the next time

Ask the client if there is another reason she does not want to come to the session

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*Correct answer: Explain to the client that because the psychologist forgot to discuss the cancellation policy previously, the client will not be charged this time but may be charged if it happens again*

*According to Standard 10.01(a), psychologists are responsible for providing informed consent as early as possible in a therapeutic relationship. Because the psychologist forgot to talk to the woman about it, she should not charge the client but should briefly explain the policy and ensure she knows she will be held accountable if it happens again. While there may be another reason why the woman is resistant to coming to the session, this is best explored in the context of a future therapy session rather than in an informal phone conversation.*

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**525.**

Which of the following is a list of subsections found under Ethical Standard 2 (Competence) in the APA ethical code?

**Bases for Scientific and Professional Judgments, Delegation of Work to Others, and Personal Problems and Conflicts**

Boundaries of Competence, Maintaining Confidentiality, and Testimonials

Improper Complaints, Institutional Approval, and Plagiarism

Terminating Therapy, Referrals and Fees, and Assessing Student and Supervisee Performance

*Correct answer: Bases for Scientific and Professional Judgments, Delegation of Work to Others, and Personal Problems and Conflicts*

*Ethical Standard 2 (Competence) of the APA ethical code, refers to the responsibility of the psychologist (or the supervisor of a psychology trainee) to ensure competence in the treating psychologist. Subsections include Boundaries of Competence, Maintaining Competence, Bases for Scientific and Professional Judgments, Delegation of Work to Others, and Personal Problems and Conflicts.*

*Improper Complaints are found under Standard 1, Resolving Ethical Issues. Maintaining Confidentiality is found under Standard 4, Privacy and Confidentiality. Testimonials are found under Standard 5, Advertising and Other Public Statements. Referrals and Fees are found under Standard 6, Record Keeping and Fees. Assessing Student and Supervisee Performance is found under Standard 7, Education and Training. Institutional Approval and Plagiarism are found under Standard 8, Research and Publication. Terminating Therapy is found under Standard 10, Therapy.*

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**526.**

Psychologists have an obligation to obtain which of the following?

**Informed consent**

Payment

Consultation

Specialized certifications

*Correct answer: Informed consent*

*Psychologists have an obligation to obtain informed consent. Whether they are conducting research, leading groups, or providing individual or family therapy, psychologists must obtain consent from their clients or patients to provide services or include them in research. Informed consent requires not only that clients or patients grant permission, but also that they be given adequate information to make a decision about whether to consent.*

*Psychologists usually collect payment, but they may also provide pro bono services. Psychologists are not ethically obligated to obtain payment in all cases. Certainly, if working for an employer, they will likely be required to obtain payment for services, with the assistance of billing staff. While consultation can be important for psychologists seeking to become competent in a new area, this isn't the best option here. Psychologists can also obtain competence through supervision and training. Not all psychologists will obtain consultation in every case. Finally, psychologists may choose to obtain specialized certifications, but this is not ethically required in every instance.*

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