

NBCC NCE - Quiz Questions with Answers

1. Professional Practice and Ethics

1. Professional Practice and Ethics

1.

All the following describe qualitative research, **except**:

Researchers examine for causes and relationships

Assumes that there are multiple realities

Studies individual units in naturalistic settings

Researchers may use their impressions, judgments, and feelings

Correct answer: Researchers examine for causes and relationships

Qualitative and quantitative research are two different kinds of research, though both have advantages.

Qualitative research:

- *Tends to study individual units in naturally occurring settings*
- *Collects research data through observation*
- *Often uses researchers' judgments and impressions*
- *Assumes that there are many different realities held by individuals and groups*
- *Has the goal of describing the nature of things*

In quantitative research, researchers tend to examine for causes and relationships and present much more objective data.

2.

Sometimes certain characteristics of study subjects elicit preferential feelings and responses from researchers, altering results. This is known as:

experimenter bias

attrition

instrumentation error

statistical regression

Correct answer: experimenter bias

Internal validity refers to the degree to which external influences have been controlled. Experimenter bias is one threat to internal validity and refers to times when subjects' responses are influenced by researchers for a variety of reasons. Researchers may expect to see certain results and therefore unintentionally elicit these results, for example, or treat some subjects differently.

3.

There is a general rule that a certain percentage of the population is adequate when determining sample sizes for studies. What is this percentage?

Five to ten percent

Ten to 20 percent

25 to 35 percent

20 to 25 percent

Correct answer: Five to ten percent

Choosing the correct sample size is important, as it can influence statistical hypothesis testing. There are suggested minimal sampling sizes depending on the kind of research conducted. The general rule followed by most researchers is that five to ten percent of the population selected for a sample is large enough to result in accurate results.

4.

Choosing a Vocation was published in 1909 and was written by:

Frank Parsons

Clifford Beers

Jesse Davis

Sigmund Freud

Correct answer: Frank Parsons

*Frank Parsons was a university professor in the late 19th and early 20th century who was an advocate for the career guidance movement and wrote several books about the importance of vocational counseling. In 1909, Parsons' most well-known book, *Choosing a Vocation*, was published posthumously and outlined the trait-factor theory of career development.*

5.

There is frequently variability within a distribution of scores. Which of the following is used to describe this variability?

Standard deviation

Variance

Range

Stanine

Correct answer: Standard deviation

Standard Deviation (SD) is a measure of variability and describes the variability within a distribution of scores. It is the mean of all the deviations from the mean, and is a popular measure of the dispersion of scores.

6.

With what kind of measurement might a researcher use a nonparametric statistic such as a chi-square?

Nominal

Ordinal

Interval

Ratio

Correct answer: Nominal

There are four levels of measurement: nominal, ordinal, interval, and ratio. Nominal data refers to numbers that represent categories or qualities of the variable, such as race, gender, and age. Nonparametric statistical measures, which are often used with descriptive data, should be used with nominal data.

7.

In what type of qualitative research is observer bias particularly important?

Ethnography

Case study

Historical analysis

Legal analysis

Correct answer: Ethnography

The purpose of qualitative research is to gather information about naturally occurring events and individuals' and groups' experiences. This is in contrast to quantitative research, which gathers finite data based on structured research designs. Qualitative research can be interactive, consisting of observation and/or interviewing, or noninteractive, occurring through document analysis.

Ethnography is a type of interactive research in which the researcher collects data through interviews and observations about a group or system. It is important for researchers to be particularly sensitive about the impact of observer bias in an ethnography, as bias can affect the observer's interactions with and responses to the individuals they are observing or contacting.

8.

A researcher interviewed individuals with newborns and then re-interviewed them 18 years later. What type of study is this?

Longitudinal

Cross-sectional

Single-subject design

Case study

Correct answer: Longitudinal

Many types of specialized research designs and types can be used, depending on the purpose of the research and any constraints or barriers that might exist. Longitudinal research is useful in collecting data on the same group of participants over a long period of time. While longitudinal data obviously takes longer to compile than information obtained through other types of research, it can be helpful when trying to understand the impact of interventions on individuals over a long period of time.

9.

What is the goal of an inferential approach to statistical analysis?

To determine the probability of a certain event occurring

To describe the data collected for a research sample

To summarize conclusions of a study

To present data that is nonparametric

Correct answer: To determine the probability of a certain event occurring

Statistical analysis can be descriptive or inferential. Inferential statistics, such as analysis of variance and the t-test, measure the probability of an event occurring in the population. Descriptive statistics aim to describe the data that is collected and include means, percentages, and standard deviations.

10.

What is **not** a time when you would use a nonparametric test?

When you are working with ratio scale data levels of measurement

When the scores are abnormally distributed

When the variance of the sample is different from the variance of the population

When scores do not fall along a normal curve

Correct answer: When you are working with ratio scale data levels of measurement

Researchers must use nonparametric statistics when it is uncertain whether the distribution of scores falls along a normal curve or whether the variance of the test sample represents the variance within the general population. Nonparametric statistics are typically used with nominal data, when numbers represent a variable's qualities, and ordinal data, when categories have a definitive order. Examples of nonparametric statistical measures are the chi-square, Mann-Whitney U test, the Wilcoxon signed-rank test, and the Kruskal-Wallis test.

11.

All of the following are true regarding CACREP, **except**:

It was established in 2010

The ACA is focusing on CACREP as a unifying force

Academic institutions are moving to require CACREP program graduation for admission

It exerts a considerable amount of influence over the counseling profession

Correct answer: It was established in 2010

CACREP (Council for the Accreditation of Counseling and Related Educational Programs) is the national counselor accreditation agency and significantly influences the roles and values of counselor education programs. CACREP was established in 1981 (not 2010). The American Counseling Association has recently been focusing on CACREP as a unifying force to unify the profession of counseling as a whole. Academic programs, licensing boards, and employers are moving to require that potential professional counselors graduate from a CACREP program.

12.

Chi-square and Mann-Whitney U Test are examples of what type of statistics?

Nonparametric

Inferential

Parametric

Descriptive

Correct answer: Nonparametric

Researchers may use parametric or nonparametric statistical measures, depending on the distribution of scores. Nonparametric statistics, such as chi-square and the Mann-Whitney U test, are used when data is not normally distributed and variances are inconsistent. Parametric statistics, such as the t-test and analysis of variance, can be used when samples are randomly drawn from the population and results are distributed along a normal curve.

13.

Factorial analysis of variance measures:

the effects of two or more independent variables on one dependent variable

the effects of one variable at three or more levels

the effects of two or more independent variables on more than one dependent variable

the effect of one or more independent variables on a controlled dependent variable

Correct answer: the effects of two or more independent variables on one dependent variable

Factorial ANOVA is used to find whether significant differences between two variables exist. One-way Analysis of Variance (ANOVA) can be used to determine differences between three different forms of one variable, such as levels of income. Multivariate analysis of variance (MANOVA) is the statistic used when there is more than one dependent variable involved in the analysis. Analysis of Covariance (ANCOVA) is used to determine covariance when an independent variable and its impact on dependent variables is controlled.

14.

All of the following statements are true regarding standardized scores **except** which one?

They are an expression of a person's distance from the median in terms of distribution

They are conversions of raw score distributions

They allow for scores between individuals to be compared

They are continuous and have equality of units

Correct answer: They are an expression of a person's distance from the median in terms of distribution

Standardized scores are helpful when comparing several different test scores for the same person, as direct comparisons between different tests are impossible. Standardizing scores allows for continuity and an equality of units. The two most common standardized scores are z-scores and T-scores, both of which are conversions of raw score distributions. Standardized scores express the person's distance from the mean, not the median, in terms of the standard deviation from that standard score distribution.

15.

Each state has different licensure laws for counselors. Due to this fragmentation, what is one current threat to counselors' licensure?

The scope of counselors' practice may become increasingly narrow

Some states may give excessive leniency to counselors in regard to administering psychological tests

There is a high possibility that licenses can be revoked for minor ethical infractions

Unless a counselor is certified, he or she cannot practice in more than one state at the same time

Correct answer: The scope of counselors' practice may become increasingly narrow

There are several threats to licensure for counselors. Because state laws regarding licensure vary widely and are frequently modified, the scope of practice for counselors may become increasingly narrow. Additionally, some states' laws imply that counselors are not permitted to use psychological tests in practice.

16.

A graduate student earning his counseling degree wants to conduct a research study examining the relationship between educational level and substance abuse. What type of research would be **most** helpful in this situation?

Non-experimental correlational design

Quasi-experimental design

Experimental comparative design

Non-experimental survey design

Correct answer: Non-experimental correlational design

There are many types of quantitative research that can provide tentative explanations for relationships between factors. A non-experimental correlational design uses a correlation coefficient to describe the relationship between variables. The student in this question could gather information about individuals' current substance use and level of education, then calculate the relationship between the two without using any type of experimental design.

17.

Which of the following is an example of a unit that might be used in cluster sampling?

All residents living in one city block

All female students enrolled in a statewide university system

Children whose parents have divorced in the past 10 years

Because 25% of the population in a city is Hispanic, 25% of the study subjects are Hispanic as well

Correct answer: All residents living in one city block

There are many types of sampling, which refers to the selection of subjects from a part of the population. Cluster sampling refers to samples that are not individuals but are units of individuals in the same physical area that are selected randomly. Examples of cluster samples include residents in a city block or students in a classroom.

18.

What is an example of nominal data?

An individual's race

A student's numerical score on an exam

The Fahrenheit temperature scale

The percentage of individuals who live in rural versus urban areas

Correct answer: An individual's race

There are four levels of measurement: nominal, ordinal, interval, and ratio. Nominal data refers to numbers that represent categories or qualities of the variable, such as race, gender, and age. Nonparametric statistical measures, which are often used with descriptive data, should be used with nominal data.

19.

A counselor working at a college regularly provides group therapy for students. The counselor is curious to know whether a particular curriculum produces improved social skills for students with high-functioning autism. The counselor explains to group participants that she is collecting data on their scores through self-evaluations completed by them. After the final data is collected, the counselor sees that participants' scores on the self-evaluations improved drastically over the course of the intervention. However, the counselor is concerned that the scores were heavily influenced by participants' knowledge that the counselor was conducting research. This counselor is appropriately concerned about what threat to external validity?

Hawthorne effect

Placebo effect

Experimenter bias

Attrition

Correct answer: Hawthorne effect

External validity is the degree to which study results can be applied to populations outside of the study. There are many threats to external validity, including the Hawthorne effect (which is also a threat to internal validity). This is the influence on performance that can occur when subjects know they are being observed, and it can greatly affect their responses. Researchers should pay attention to the reactivity of subjects to determine how greatly results are being affected.

20.

In most research studies, who should have access to the data?

The researchers and research assistants only

All of the study participants

The general public

Members of the IRB that approved the study

Correct answer: The researchers and research assistants only

Much like in counseling practice, issues of confidentiality arise in research as well. Only researchers and research assistants gathering data should have access to information obtained on subjects during the study. Information gathered during studies should only be released to others with the written consent of the subjects.

21.

After data is collected and plotted, a researcher notices that the distribution of scores in a study has much more variability at the beginning than at the end. This is known as:

heteroscedasticity

inter-rater reliability

rank-order correlation

homoscedasticity

Correct answer: heteroscedasticity

There are numerous ways the distribution of scores can fall along a graph. Heteroscedasticity refers to times when, for many different reasons, one end of a distribution of scores has more variability than the other end, resulting in a fan-like appearance. Homoscedasticity, on the other hand, refers to times when scores are equally distributed throughout the range.

22.

Which of the following is a possible threat to external validity, but not to internal validity?

Ecological validity

Selection of subjects

Experimenter bias

Placebo effect

Correct answer: Ecological validity

External validity refers to the degree to which study results can be applied to populations outside the study. Ecological validity refers to whether the study can be generalized to another setting; sometimes the environment, location, or condition of research studies is so unique that it is impossible to replicate results to a more real-world setting.

23.

The square of the standard deviation is also known as:

variance

inclusive range

normal curve

z-score

Correct answer: variance

Variance refers to the degree to which scores are different from each other. When measuring variability, researchers may use Standard Deviation (SD) to describe the variability within a distribution of scores. Variance is the square of the standard deviation and is used when conducting statistical analyses.

24.

A researcher in a college setting knows that 55% of the student body is female and 45% is male. For his study on the effects of caffeine on students' study habits, he randomly selects the sample to be 55% female and 45% male. This researcher is using what type of sampling?

Proportional stratified sampling

Cluster sampling

Stratified sampling

Purposeful sampling

Correct answer: Proportional stratified sampling

There are many types of sampling, which refers to the selection of subjects from a part of the population. Proportional stratified sampling is when the proportion of subjects randomly sampled from a certain group reflects the proportion of the group in the general population. In this question, because 55% of the student body is female and the remainder male, the researcher randomly selects 55% of the sample to be female and the remainder male.

25.

A researcher develops a list of questions to assess the relationship between religious beliefs and child-rearing styles. She randomly divides the list of questions into two sets and finds that the results have a high correlation. This questionnaire has a high degree of which of the following?

Split-half reliability

Inter-rater reliability

Parallel-forms reliability

Test-retest reliability

Correct answer: Split-half reliability

Split-half reliability is calculated by randomly splitting a list of questions into sets, then finding the correlation between the two. If there is a high correlation between the two sets, the measure is said to have high split-half reliability.

Parallel-forms reliability is similar in that two separate sets of questions are administered, but the questions on each form of the assessment are not chosen randomly. Inter-rater reliability is the degree to which different raters score the same responses and behaviors in the same way. Test-retest reliability is the degree to which scores are the same when the same measure is given to the same subjects twice.

26.

Statistical regression is **best** explained by which of the following?

If an individual's score is very low or very high on a pretest, the individual's score will be closer to the mean on the posttest

Errors are often made when scoring tests

When large numbers of people take a test, it is less likely for individual scores to be very high or very low

Test scores can often predict future scores on related material

Correct answer: If an individual's score is very low or very high on a pretest, the individual's score will be closer to the mean on the posttest

Statistical regression refers to the tendency for a low-scoring or high-scoring test taker on the pretest to obtain a score closer to the mean on a posttest. This change in scores is due to error on the pretest due to environmental factors, chance, and personal influences.

27.

An elementary school student is given a test of cognitive ability. He scores in the 80th percentile as compared with other students his age and grade level. What does this student's score mean?

The student's score is higher than 80% of the scores, and 20% of the scores are higher than his score

The student scored higher than 79% of the scores, and 20% of the scores are higher than his score

The student has a raw score of 80 on the test and has an above-average IQ

When the student takes the test again, he has an 80% chance of earning the same score

Correct answer: The student's score is higher than 80% of the scores, and 20% of the scores are higher than his score

Many standardized test results are given in percentiles, which are values below which a specified percentage of cases fall. A student who scores in the 80th percentile has scored higher than 80% of the scores. 20% are higher than this student's score.

28.

Sometimes research must be approved by an Institutional Review Board (IRB). Which of the following studies definitely requires IRB approval?

A study that receives a portion of its funding from federal sources

A study that is completely supported by private funds

A study that uses a combination of animal and human subjects

A study that includes minors under the age of 18 as participants

Correct answer: A study that receives a portion of its funding from federal sources

When a research study is funded partly or fully by federal sources, it must be approved by an Institutional Review Board (IRB), sometimes known as a Human Subjects Committee. The duty of the IRB is to review the study's methods to ensure they are ethical.

29.

In what situation might a mixed-method research design be used?

A counselor wants to test a particular type of cognitive behavioral intervention, then document one client's experience with the treatment

A counselor wants to write a comprehensive review of the cognitive behavioral treatments that have been used over the past century

A counselor wants to compare interventions by randomly assigning individuals to two counseling groups

A counselor wanting to build her private practice is interested in exploring the relationship between client age and cost per session

Correct answer: A counselor wants to test a particular type of cognitive behavioral intervention, then document one client's experience with the treatment

Mixed-method research designs utilize both quantitative and qualitative research approaches in the same design. Researchers who choose to combine approaches typically use one method, such as quantitative research, first and follow it by using the second method. In this example, the counselor would use quantitative methods to measure the effects of the cognitive behavioral intervention, and would then use a qualitative approach to record one client's experience with that intervention.

30.

What is also known as Type II error?

Beta

Alpha

t-test

Multivariate analysis of variance

Correct answer: Beta

Type II error, also known as beta error, refers to researchers' failure to reject the null hypothesis when there is a difference between groups. Researchers can change the significance level to change the probability of Type I and Type II errors occurring. If the significance level goes down, Type I error decreases, though Type II error increases.

31.

The National Defense Education Act was passed in 1958 and did which of the following?

Provided money for the training of school counselors

Enforced discrimination in public schools

Allowed any individual to attend public school no matter their age

Increased spending for schools with military programs

Correct answer: Provided money for the training of school counselors

The National Defense Education Act was passed in 1958 and provided additional funding for public schools for a variety of purposes. There are ten titles within the law, and Title V includes funding for the training of guidance counselors along with the addition of standardized testing to identify academically gifted students.

32.

What is one advantage of samples of convenience?

They produce candidates for study without the need for a more detailed process

It provides a random sample of subjects

It allows researchers to use smaller sample sizes

Validity is higher than with other forms of sampling

Correct answer: They produce candidates for study without the need for a more detailed process

Samples of convenience refer to a form of non-probability sampling that is gathered with the goal of obtaining any participant that meets specific characteristics. The main advantage of this approach is that it is an expedient way to gather candidates for study. One drawback of this technique is that because the sample is not random, study results will not be representative of the greater population.

33.

How has an increased pressure to examine the "bottom line" in the field of counseling contributed to intervention and treatment?

It has led to more research studies on short-term therapies

It has resulted in more wraparound services for individuals with serious mental illnesses

It has neglected children and adolescents while focusing only on adults

It has discouraged counselors from wanting to provide comprehensive, effective mental health treatment

Correct answer: It has led to more research studies on short-term therapies

Since the 1970s, funding has played an increasingly important role in accountability practices in the fields of counseling and human services. Because more government funding sources, health insurance companies, and HMOs are involved in supporting counseling programs, there is more emphasis on short-term interventions that are typically more affordable than longer-term therapies.

34.

All the following are true about CACREP, **except**:

It was founded in 1940

It accredits programs at master's and doctoral levels

It prepares future practitioners

It establishes standards for professional competence

Correct answer: It was founded in 1940

The Council for Accreditation of Counseling and Related Educational Programs (CACREP) was founded in 1981 (not 1940) as the organization that accredits master's and doctoral counselor training programs. CACREP supports and encourages review of existing academic counseling programs, establishes standards for professional competence and prepares future practitioners.

35.

The normal curve, also called the bell-shaped curve, distributes scores into six equal parts. What percentage of scores includes four standard deviations?

95%

99%

68%

50%

Correct answer: 95%

The normal, or bell-shaped, curve distributes scores into six parts. Three of these parts are below the mean, and three are above the mean.

- 68% (34% and 34%) comprise one standard deviation from the mean in either direction, and*
- 95% (13.5% and 13.5%) comprise two standard deviations from the mean in either direction, and*
- 99% (2% and 2%) comprise three standard deviations from the mean in either direction.*

Taking the four standard deviations around the mean (the two standard deviations in either direction added together) gives us 95% of scores.

36.

How did the Tarasoff case in 1976 impact counselors' duty to warn?

It implied that counselors must break confidentiality to warn intended victims of harm

It suggested that unless counselors are completely sure of a client's intent, they do not need to warn potential victims

It ruled that any citizen, not just counselors, must inform law enforcement if a threat is made toward someone else

It required that counselors inform law enforcement when they are seeing clients for domestic violence counseling

Correct answer: It implied that counselors must break confidentiality to warn intended victims of harm

In 1976, a California court ruled that failure of a mental health professional to warn the intended victim of a client was professionally irresponsible. This decision was made after an individual was murdered by the client of a psychologist at the University of California. The client had threatened to kill the victim during sessions with the psychologist. For counselors, this means that they must be skilled at determining their clients' intent.

37.

When research for a study is gathered over a long period of time, what threat to internal validity is **most** likely?

Maturation

Experimenter bias

Statistical regression

Hawthorne effect

Correct answer: Maturation

Internal validity refers to the degree to which external influences have been controlled. One threat to internal validity is maturation in subjects, referring to the growth and development of subjects that may not be related to the study intervention. The longer the period of time over which data is gathered, the higher the risk of results due to maturation.

38.

According to the ACA Code of Ethics, which of the following is **not** unethical?

A counselor has sexual contact with a client she saw briefly for therapy ten years earlier

A counselor has sexual contact with one of her supervisees

A counselor agrees to provide couples' therapy to an ex-boyfriend she split from three years ago

A counselor and his client agree that they are mutually attracted to each other and use the time in sessions to have sexual contact

Correct answer: A counselor has sexual contact with a client she saw briefly for therapy ten years earlier

Sexual contact between a counselor and a client is unethical and should not occur under any circumstance. If a client expresses sexual attraction for a counselor, or vice versa, this should be addressed in consultation, and the client can be referred to another provider if the issue is unresolvable. Sexual relationships between counselors and supervisees is also unethical. However, though some state laws may define a different time period, the ACA Code of Ethics specifies that sexual contact may not necessarily be unethical if it occurs more than five years after the counseling relationship ends.

39.

A significance level for a particular study is .05. What does this mean in terms of the results of the study?

If the study is conducted 100 times, researchers are willing to accept the possibility of rejecting the null hypothesis in error five of those times

If the study is conducted 100 times, researchers are 5% certain their hypothesis will be correct

Data reported in the study has only a five percent chance of being accurate

Researchers believe that five percent of the time study participants report inaccurate data

Correct answer: If the study is conducted 100 times, researchers are willing to accept the possibility of rejecting the null hypothesis in error five of those times

Significance levels refer to the possibility of the researcher either rejecting the null hypothesis when it should have been accepted, or accepting the null hypothesis when it should have been rejected. Before analyzing data, researchers should select the significance level to reflect their willingness to make an error. Conventional significance levels in research are .05, .01, and .001. By selecting a significance level of .05, researchers are willing to accept the possibility of rejecting the null hypothesis in error five out of a hundred times.

40.

What is the **main** purpose of the AASCB?

To assist counselors moving from one state to another

To provide clear guidelines to counselors regarding ethical practice

To create a universal definition of the counseling profession

To create counselor training standards for all types of counseling

Correct answer: To assist counselors moving from one state to another

The American Association of State Counseling Boards (AASCB) is an organization that assists licensed counselors moving from one state to another. Because states have different laws regarding licensure of professional counselors, the AASCB helps counselors navigate the different educational requirements, titles, exams, and scopes of practice among states.

41.

A counselor wants to conduct a research study using surveys to gather information. What is the minimum sample size she should use?

100

30

15

75

Correct answer: 100

Choosing the correct sample size is important, as it can influence statistical hypothesis testing. There are suggested minimal sampling sizes depending on the kind of research conducted. For surveys, the minimum sample size recommended is 100 people.

42.

What is the typical range for the standard deviation when calculating a z-score?

-3.0 to 3.0

-1.0 to 1.0

-4.0 to 4.0

-2.0 to 2.0

Correct answer: -3.0 to 3.0

One of the most commonly used standardized scores is the z-score. For a z-score, the mean is 0 and the standard deviation is 1.0. When the raw score is below the mean, the z-score is negative, and when the raw score is above the mean, the z-score is positive. The range for standard deviation of a z-score is -3.0 to 3.0.

43.

When the values of a mode and a median are lower than the mean, the distribution of scores is said to have what kind of skew?

Positive

Negative

Neutral

Zero

Correct answer: Positive

Assessments are often scored using measures of central tendency, including mean, median, range and mode. Sometimes scores are not evenly distributed along a bell curve and have a positive or negative skew. When a distribution of scores has a positive skew, the mode (the most frequently occurring score) and the median (the middle score) are lower than the mean (the average of all scores).

44.

All the following are descriptive ways of explaining statistical data, **except**:

Analysis of variance

Frequency counts

Standard deviations

Means

Correct answer: Analysis of variance

Statistical analysis can be descriptive or inferential. Descriptive statistics aim to describe the data that is collected and include means, percentages, and standard deviations.

Analysis of variance is a type of inferential data which is used to measure the probability of an event occurring in the population.

45.

To determine internal consistency on an instrument with non-dichotomous items, what statistical measure should be applied?

Cronbach alpha coefficient

Kuder-Richardson formula

Coefficient of nondetermination

Standard error of measurement

Correct answer: Cronbach alpha coefficient

There are various ways to measure the internal consistency of a test. One is to measure the consistency between items, as reliability increases when there are more homogenous or similar items on the test. The Cronbach alpha coefficient can be applied when items are nondichotomous, meaning they offer more than two answer options. Kuder-Richardson formulas can be used when the test contains dichotomous items, such as true-false questions.

46.

In regard to research studies, when is deception justifiable?

When there is no risk to the subjects

Not under any circumstances

When subjects have been informed that researchers might be collecting different information from what they initially claim

In any situation, as subjects must sign waivers before participating in the study

Correct answer: When there is no risk to the subjects

As in counseling practice, ethical issues arise at times during research. Deception refers to times when subjects are unaware that a certain type of information is being gathered, and is justifiable if there is no risk to the subjects. After data is collected and the study has concluded, researchers should inform the subjects of all types of data that were collected and why it was necessary for subjects to be unaware.

47.

All the following are true about non-experimental survey designs, **except**:

Surveys are time-consuming and difficult to administer

The response rate of survey research is often below 50 percent

It is difficult to generalize findings from survey designs

They can measure attitudes, perceptions, and many other subjective experiences

Correct answer: Surveys are time-consuming and difficult to administer

There are several types of research that gather information and data in a variety of ways.

Surveys are typically easy to complete, can take very little time, and are cost-effective to administer. They can also be a useful way to measure attitudes, perceptions, and other subjective experiences.

However, the response rate of surveys is often below 50 percent, and unless researchers know specifics about the characteristics of the respondents, it can be difficult to generalize any findings.

48.

When a correlation coefficient (r) is 1.00, which of the following is **true**?

If you know one score, you can predict the next score with 100 percent certainty

There is a 10 percent chance the next score will be the same

Out of 100 scores, half of them will be equal

The mean of all the scores is equivalent to the mode

Correct answer: If you know one score, you can predict the next score with 100% certainty

In order to correctly predict the relationship between two sets of numbers, researchers often calculate the Pearson Product-Moment Correlation Coefficient (r). The value of r ranges from -1.00 (a perfect negative correlation) to 1.00 (a perfect positive correlation). This means that if the value of the first set of numbers is known and the value of r is 1.00, then researchers can accurately predict the second set of numbers 100% of the time.

49.

What is a correlation between two variables?

A bivariate correlation

A multivariate correlation

A reliability index

A variability index

Correct answer: A bivariate correlation

A correlation is a demonstrated relationship between variables. A bivariate correlation is a correlation between two variables. A correlation between three or more variables is called multivariate.

Indices of statistical reliability and variability are not referred to by their relationship to correlation.

50.

What is a commonly used technique for measuring attitudes or opinions, that typically gives respondents five answer choices such as Always, Often, Sometimes, Almost Never, and Never?

Likert scale

Factor analysis

Scattergram

Chi-square

Correct answer: Likert scale

The Likert scale is commonly used on questionnaires and surveys to measure respondents' opinions, perceptions, and attitudes. Questions using the Likert scale typically give five choices (sometimes seven or nine) that range from one concept to the opposite concept, such as Always, Often, Sometimes, Almost Never, and Never.

51.

Why might the *t*-test be used?

To determine whether the mean scores of two groups are significantly different from each other

To determine the likelihood that the null hypothesis is true

To evaluate more than one dependent variable

To control the influence of one or more independent variables on the dependent variable

Correct answer: To determine whether the mean scores of two groups are significantly different from each other

*When there are two groups, and therefore two mean scores, researchers can use the *t*-test. This test compares the *t* value from the first calculation to the *t* value in the second calculation to find whether the mean scores of the two groups are significantly different from each other.*

52.

All the following are possible threats to internal validity, **except**:

Ecological validity

Instrumentation

Experimenter bias

Statistical regression

Correct answer: Ecological validity

Internal validity refers to the degree to which external influences have been controlled. There are many threats to internal validity, including differences between subjects, unreliable instruments, maturation, attrition, experimenter bias, and statistical regression.

Ecological validity refers to the extent to which study results can be generalized to another setting and is an example of external, not internal, validity.

53.

Title IX was passed in 1972 and prohibits sex discrimination in schools in academics and athletics. The focus of this law has **mostly** been on which of the following?

Ensuring that females have the same opportunities as males in sports

Providing additional opportunities to females in math and science classes

Prohibiting gender-specific restrooms in schools

Providing the same sports to both females and males, such as football and baseball

Correct answer: Ensuring that females have the same opportunities as males in sports

Title IX was passed in 1972 as part of the educational amendments, and bans sex discrimination in K-12 schools and colleges. While Title IX technically applies to both academics and athletics, the focus has mostly been on giving women equal opportunities with men in sports, and giving women the same proportion of participation in athletic opportunities as men have.

54.

Which of the following is **not** true regarding writing and publication of research?

Manuscripts should be written according to *The Chicago Manual of Style*

Sexist language should be avoided

A manuscript should be submitted to only one journal at a time

All authors of the manuscript should be acknowledged

Correct answer: Manuscripts should be written according to The Chicago Manual of Style

When writing a professional research manuscript, there are several guidelines researchers should follow. Most research should be written according to the Publication Manual of the American Psychological Association, not The Chicago Manual of Style. In addition, sexist language should be avoided and a research manuscript should only be submitted to one journal at a time for publication review.

55.

A researcher wants to better understand the impact of protein intake on elementary-aged children's test scores. He arranges for students at a school in an upper-class area to receive a protein-heavy lunch each day for one month, and he tracks their test scores. These scores are compared to those of students at a school in an impoverished part of town. The students at the second school continued to eat their regular diets without special attention paid to protein. The researcher finds that the test scores, on average, are 15 points higher than test scores at the second school. He concludes that a protein-rich diet contributes to academic success.

What does this study lack?

Internal validity

A hypothesis

A single-subject design

A conclusion

Correct answer: Internal validity

Internal validity refers to the degree to which external influences have been controlled. A common threat to internal validity is the selection of subjects and the individual differences between the subjects. In this question, there are likely many differences between the impoverished students and the upper-class students other than protein intake. The researcher should control as much as possible for these differences before making any conclusions about the effects of protein on test scores.

56.

A counselor heading a needs assessment of a program insists that random sampling be used as he prepares to arrange interviews and focus groups. This counselor is trying to ensure:

validity

reliability

predictability

anonymity

Correct answer: validity

A needs assessment is an important element of program planning, as it defines the differences between what currently exists and what is needed or desired to change the situation. When collecting data, random sampling should be used when possible in order to obtain an accurate representation of needs. This ensures that the data is valid and can be applied to the broader system.

57.

The first professional counseling association, the National Vocational Guidance Association, was founded in what year?

1913

1942

1927

1890

Correct answer: 1913

The modern history of the counseling field dates back to the late 19th century. In 1913, the National Vocational Guidance Association was founded as the first professional counseling association, and in 1952 merged with several other organizations to form what would later become the American Counseling Association (ACA).

58.

A research study recruits only individuals with extremely low social skills on a certain measure. After employing an intervention, the researchers find that many of the study subjects scored at or close to the mean. Which of the following is the **most** likely explanation for these results?

Statistical regression

Reactivity

Demand characteristics

Placebo effect

Correct answer: Statistical regression

Internal validity refers to the degree to which external influences have been controlled. There are many threats to internal validity, however, including statistical regression. This can occur when subjects are recruited for scoring very high or very low on certain measures. Due to statistical regression, researchers would expect these subjects' scores to be closer to the mean even without intervention, so this should be carefully controlled to ensure results are not attributed completely to the intervention.

59.

What organization sponsored the *20/20: A Vision for the Future* task force?

American Counseling Association

Vocation Bureau

American Personnel and Guidance Association

Council for the Accreditation of Counseling and Related Educational Programs

Correct answer: American Counseling Association

*The American Counseling Association (ACA) is an organization dedicated to the growth and enhancement of the counseling profession. In 2010, the ACA sponsored a task force, *20/20: A Vision for the Future*, which worked to find this mutually agreeable definition of counseling: "Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals."*

60.

Which of the following is seen as an alternative to CACREP?

MPCAC

ACA

AACD

APGA

Correct answer: MPCAC

The Master's in Psychology and Counseling Accreditation Council (MPCAC) is a coalition of master's degree programs in counseling psychology, as these programs are not eligible for accreditation by the APA (American Psychological Association) or CACREP (The Council for Accreditation of Counseling and Related Educational Programs). Some educators and counselors view the MPCAC as an alternative to CACREP.

61.

The American Counseling Association defines counseling as a profession that helps clients to accomplish what four types of goals?

Mental health, wellness, education, and career

Individual, family, community, and culture

Social, cultural, individual, and ethnic

Immediate, short-term, long-term, and lifelong

Correct answer: Mental health, wellness, education, and career

The American Counseling Association (ACA) is an organization dedicated to the growth and enhancement of the counseling profession. In 2010, the ACA initiated a task force to define counseling as a profession that empowers clients "to accomplish mental health, wellness, education, and career goals."

62.

Which of the following is an example of a "title-control" policy?

A counselor can practice counseling but cannot legally advertise using the title unless they are licensed

No one can practice counseling without a license

A counselor can only advertise within his or her area of study

A counselor is only allowed to use the title Licensed Professional Counselor

Correct answer: A counselor can practice counseling but cannot legally advertise using the title unless they are licensed

Different states have different laws regarding counselors' licensure and practice. "Title-control" means that anyone can practice counseling but cannot legally advertise using the title, such as Licensed Professional Counselor, unless they are licensed. The majority of states have title-control and practice-control laws, meaning no one is allowed to practice counseling without a license.

63.

Two hundred college students are enrolled in a genetic biology course. Half comprise a control group, while the other half are randomly assigned to participate in an hour-long interactive seminar each week. Students' final test grades are examined at the end of the semester to determine whether the seminar was associated with better comprehension and understanding of course concepts. What type of research design was used?

True experimental

Quasi-experimental

Comparative

Non-experimental

Correct answer: True experimental

Researchers can choose from several different research designs depending on the purpose of the research as well as time, money, and people that are available and willing to participate. A true experimental design uses experimental and control groups that are comprised of randomly assigned participants. Researchers who use experimental designs typically want to determine cause-and-effect relationships, like the relationship between test grades and a differently formatted seminar in this example.

64.

Over the past 50 years, there has been a push for accountability in the counseling field, primarily motivated by:

funding

new psychiatric medications

serious mental illnesses

client empowerment

Correct answer: funding

Since the 1970s, funding has played an increasingly important role in accountability practices in the fields of counseling and human services. Because more government funding sources, health insurance companies, and HMOs are involved in supporting counseling programs, there is pressure to demonstrate the usefulness of specific interventions and techniques. Goals and objectives have also become more important recently, as they are used to show effectiveness and to evaluate programs.

65.

Budgeting, supervision, marketing, and evaluation are all essential components of:

managing a counseling program

providing services to individuals and families

developing an effective group therapy intervention

determining what needs a program has

Correct answer: managing a counseling program

Counseling program management is similar to other management positions in that it requires a specialized set of skills. These include strategic planning, which refers to assessment of the current state of the program and how it might look different in the future, program design and development, budgeting, personnel management, supervision, evaluation, and marketing and public relations.

66.

Which of the following is **not** a 2016 CACREP standard?

Geriatric counseling

College counseling and student affairs

Career counseling

Clinical rehabilitation counseling

Correct answer: Geriatric counseling

The Council for Accreditation of Counseling and Related Educational Programs (CACREP) is the organization that accredits master's and doctoral counselor training programs. It has developed standards for professional competence and includes seven master's level programs: addictions; career; clinical mental health; clinical rehabilitation; college and student affairs; marriage, couple and family; and school. CACREP also accredits one doctoral program, counselor education and supervision. Geriatric counseling is not one of these standards.

67.

Quasi-experimental design is similar to true experimental design, with the exception of which of the following?

Quasi-experimental designs do not randomly assign subjects to treatment and control groups, while true experimental designs do use randomization

Quasi-experimental designs investigate whether there are differences between two groups, while true experimental designs explore why these differences exist

Quasi-experimental designs describe a state of events, while true experimental designs determine cause-and-effect relationships

Quasi-experimental designs measure the existence of relationships between two or more variables, while true experimental designs measure the degree of the relationship

Correct answer: Quasi-experimental designs do not randomly assign subjects to treatment and control groups, while true experimental designs do use randomization

True experiment and quasi-experiment are both types of experimental research designs that aim to measure differences between two or more variables. A true experimental design uses experimental and control groups that are comprised of randomly assigned participants. A quasi-experimental design is similar in structure to a true experimental design, but differs in that participants are not randomly assigned to treatment and control groups.

68.What is **not** a kind of analysis of variance (ANOVA)?**T-test**

Factorial

One-way

Multivariate

Correct answer: T-test

One-way Analysis of Variance (ANOVA) can be used to determine differences between three different forms of one variable. Factorial ANOVA is used to find whether significant differences between two variables exist. Multivariate Analysis of Variance (MANOVA) is the statistic used when there is more than one dependent variable involved in the analysis. When there are two groups, and therefore two mean scores, researchers can use the t-test.

69.

Counselors may be taken to court for all of the following **except** which one?

Report of suspected child abuse to law enforcement

Sexual harassment of a client

Misrepresentation of professional service

Negligence

Correct answer: Report of suspected child abuse to law enforcement

Counselors, like other health professionals, may be taken to court for causing harm to clients for many different reasons, such as negligence, misrepresentation of professional service, or sexual harassment. Counselors are mandated to report suspected or reported child abuse and neglect to the proper authorities, and cannot be taken to court for doing so.

70.

Which of the following is an example of a directional hypothesis?

More girls who graduate from high school will attend a four-year college than males who graduate from the same high schools

There is no difference between the rates of girls and boys who attend college after high school

The proportion of girls and boys who graduate from high school and enroll in a four-year college will be different

It is impossible to measure the differences between girls and boys who attend college after graduating from high school

Correct answer: More girls who graduate from high school will attend a four-year college than males who graduate from the same high schools

All research studies must have a hypothesis, which is the research question that is to be answered. This hypothesis can be null, directional, or nondirectional. The null hypothesis states that there are no effects of the independent variable on the dependent variable and therefore no differences in the control and test groups. Directional hypotheses state that the scores of one particular group will be significantly different than scores in another identified group. Nondirectional hypotheses state that there will be statistical differences between groups, but it is unclear which group's scores will be higher or lower.

71.

A researcher wants to examine the reliability of an instrument by administering it twice on the same group. About how long should the researcher wait between administrations?

Two weeks

Three days

One month

Two months

Correct answer: Two weeks

Reliability refers to the degree to which a test or assessment is consistent and can be expected to provide similar results if the same subjects were to participate in the same study again. Sometimes, researchers test a study's stability by testing the same group twice, then comparing the results of both. It is recommended that researchers wait about two weeks before re-administering a test to the same group.

72.

Of the following, when might a formative evaluation be **most** helpful?

When an agency wants to know how well a new group therapy intervention works

When a department wants to measure the effectiveness of a parenting program at the end of the fiscal year

When a supervisor wants to know how productive individual workers are throughout the week

When administrators want to know how well departmental goals have been met

Correct answer: When an agency wants to know how well a new group therapy intervention works

Evaluation is a necessary part of any counseling program, as it gathers information about how well an intervention is working and what can be improved. Formative evaluation is the process of gathering information about how well a new intervention works, and collecting information over a period of time. Summative evaluation, by contrast, is typically a summary of how well an intervention has worked and is conducted over a shorter period of time.

73.

Within a set of scores, the mean is 102, the median is 116, and the mode is 120. What is **most** likely about this distribution of scores?

It has a negative skew

It has a positive skew

Its skew is unknown

Its skew could be positive or negative depending on the number of scores

Correct answer: It has a negative skew

Assessments are often scored using measures of central tendency, including mean, median, range and mode. Sometimes scores are not evenly distributed along a bell curve and have a positive or negative skew. When a distribution of scores has a negative skew, the mode (the most frequently occurring score) and the median (the middle score) are higher than the mean (the average of all scores). In this question, because the mode of 120 and the median of 116 are higher than the mean of 102, the curve has a negative skew.

74.

Five students scored as follows on an exam: 74, 80, 81, 91, and 97. What is the inclusive range?

24

84.6

23

81

Correct answer: 24

The range is the highest score minus the lowest score. The inclusive range, which includes every individual score, is the highest score minus the lowest score plus one (1).

$$97 - 74 = 23 + 1 = 24$$

75.

Given the set of numbers below, what is 68?

55, 57, 59, 61, 64, 68, 68, 70

Mode

Range

Median

Mean

Correct answer: Mode

Assessments are often scored using measures of central tendency, including mean, median, range, and mode. Mode refers to the most frequent score within a certain distribution. In the question, 68 is the mode because it occurs more often than any other number.

76.

The ACA Code of Ethics comes from all the following sources, **except**:

Insurance company requirements

Cultural values and mores

Legal judgments

The wisdom of members of the profession

Correct answer: Insurance company requirements

Counselors should study and be familiar with the American Counseling Association (ACA) Code of Ethics. The code outlines what is right or wrong in terms of professional counselors' conduct. The code's content comes from the experiences of ACA members, legal judgments, opinions, and cultural values, norms, and mores.

While insurance companies may occasionally become involved in ethical dilemmas and situations, the code is developed separately from any insurance company requirements.

77.

Which of the following is **true** regarding confidentiality and group counseling?

Group counselors may break confidentiality if they are legitimately concerned someone is in danger of hurting themselves or someone else

Counselors have the right to discuss with others outside the group some of the information shared by group members

After the group ends, members are allowed to talk about other group members outside of the group

Confidentiality is rarely discussed in groups because of the high probability it will be broken anyway

Correct answer: Group counselors may break confidentiality if they are legitimately concerned someone is in danger of hurting themselves or someone else

Confidentiality is difficult to ensure in group counseling, though all members should be aware that information shared in the group is confidential. Exceptions to this rule include times when group counselors are concerned someone (not always a group member) is in danger of hurting themselves or someone else.

Counselors should keep all other information confidential and refrain from sharing it with members outside of the group. Even after groups terminate, group members should protect the privacy of others within the group.

78.

In 2015, five states legally permitted physician-assisted suicide. Under what circumstance is this permitted?

The individual must have a terminal illness

The individual's family must agree that the individual's happiness is compromised

The individual must have clinical depression and feelings of worthlessness

The physician must agree that the individual is prepared to die

Correct answer: The individual must have a terminal illness

Physician-assisted suicide is an ethical issue about which many health care workers disagree. As of 2015, five states (Oregon, Washington, Montana, New Mexico, and Vermont) allow physician-assisted suicide, provided the individual has a terminal illness. In these states (only in one county in New Mexico), physicians are legally permitted to prescribe medications to cause death.

79.

In some medication-related studies, the control group is given a "sugar pill" rather than the actual medication or drug, so research subjects will be unaware of whether they are in the research group or the control group. However, sometimes subjects in the control group experience changes in symptoms due to the psychological power of suggestion. This is known as the:

placebo effect

Hawthorne effect

novelty effect

disruption effect

Correct answer: placebo effect

External validity is the degree to which study results can be applied to populations outside of the study. There are many threats to external validity, including the placebo effect. This occurs when control subjects expect to be influenced by the intervention and unintentionally respond to the control treatment (the placebo).

80.

All of the following are commonly used post hoc tests **except** which one?

Mann-Whitney U test

Scheffe's test

Newman-Keuls test

Tukey's HSD test

Correct answer: Mann-Whitney U test

Researchers might apply a test after the analysis of variance is calculated (post hoc) if it is unclear as to which mean scores are significantly different from each other. Post hoc tests that may be able to clarify this problem include Scheffe's method, Tukey's HSD (Honestly Significant Difference), Newman-Keuls, and Duncan's new multiple range test. The Mann-Whitney U test is a nonparametric measure used when scores collected from two independent samples do not follow normal distributions.

81.

What is one advantage of using non-random or nonprobability samples?

They can yield very useful data

Results can be generalized to the greater population

It is always cheaper than using random sampling

It accurately represents proportions of individuals that exist in the population

Correct answer: They can yield very useful data

There are many types of sampling, which refers to the selection of subjects from a part of the population. While most studies use random sampling to conduct tests, some use volunteers or samples for convenience. While these samples are less likely than random samples to yield a normal distribution of scores, these non-random or nonprobability samples can still result in useful data.

82.

A researcher wants to determine the impact that income level, educational achievements, race, and religious values have on whether children graduate from college. What statistical measure would give the **best** predictive power of these variables on the dependent variable?

Multiple regression

Scatterplot

T-test

Factor analysis

Correct answer: Multiple regression

Multiple regression can be used when a researcher wants to examine the strength of the relationship of independent variables on a dependent variable. Multiple regression is able to add together the predictive power of many independent variables, as in this example.

83.

At times, counselors are sued by clients for malpractice. For a malpractice claim to succeed in a court of law, three conditions must be met, in addition to the establishment of a professional relationship. Which of the following is **not** one of these three conditions?

The counselor did not have professional liability insurance

The client suffered physical or psychological injury

There was a breach of duty

The injury was caused by a breach of duty

Correct answer: The counselor did not have professional liability insurance

Malpractice is the failure to provide services at a level that would be expected of a professional in similar circumstances. When a malpractice claim enters a court of law, there are four conditions that must be met: a professional relationship must have been established; there must have been a breach of duty; the client must have suffered injury, physical or psychological; and the injury must have been caused by a breach of duty. A counselor can be sued with or without professional liability insurance.

84.

In which of the following situations is it acceptable for the counselor to break confidentiality?

During a session for survivors of suicide, a group member lets everyone know that he plans to kill himself that evening when he returns home

A group member confesses to others in the group that he is having an extramarital affair

The climate of a group session becomes so hostile that two group members get into a fist fight

The counselor realizes that one of the individuals in her group graduated with her from high school

Correct answer: During a session for survivors of suicide, a group member lets everyone know that he plans to kill himself that evening when he returns home

While confidentiality is difficult to assure in group counseling, counselors should impress upon all group members the need for confidentiality. Exceptions to confidentiality include those times when a group member expresses a desire to hurt or kill himself or others. If a group member lets everyone know that he has a plan to kill himself and does not contract for safety, the group counselor has a responsibility to hospitalize the group member or contact the proper authorities for help.

Extramarital affairs, because they do not pose immediate and direct physical danger, should not be shared outside of the group. Physical altercations are not acceptable in groups, and only if outside help is needed to break up the fight (or if one of the group members presses charges) would confidentiality need to be broken. If the counselor realizes she knows a group member from a different context, this should be addressed privately with the group member.

85.

Which of the following is an accurate statement about deductive research?

It uses existing theories to explore relationships between certain elements

It tends to be descriptive and correlational

It leads to the building of a specific theory

It is practical in nature

Correct answer: It uses existing theories to explore relationships between certain elements

There are two types of research: inductive and deductive. Inductive research begins at the practical level and tends to descriptively add to developing theories. Deductive research comes from theory that is already established and tends to focus on determining what the relationships between different elements of the theory are.

86.

When neither the researcher nor the study subjects know which group is the control group and which is the experimental group, this is known as what technique?

Double-blind

Single-subject

Cross-sectional

Halo effect

Correct answer: Double-blind

Sometimes, the risk of experimenter bias during research studies is unavoidable due to researchers having preconceived notions and expectations. The double-blind technique eliminates the risk of experimenter bias interfering with results by structuring the experiment so that neither the researcher nor the subject knows who is in the test group and who is in the control group until after results have been gathered and recorded.

87.

Compassion fatigue is common in the counseling field. Which of the following is **not** a symptom of compassion fatigue?

An increased desire to help clients

Boredom during sessions

Loss of interest in client concerns

Loss of empathy

Correct answer: An increased desire to help clients

It is common for counselors to experience compassion fatigue, a result of working with difficult client issues. Signs of compassion fatigue include loss of interest in client concerns, boredom, lack of empathy, and others. Counselors who are experiencing compassion fatigue, therefore, typically have a decreased (rather than increased) desire to help clients.

88.

A four-year-old preschooler earns an age-equivalent score of four-point-five on an assessment. What does this score mean?

The child earned a score equivalent to most four-and-a-half-year-old children

The child's score is lower than four-point-five percent of other children her age

The child got 45 percent of the questions correct

The child's score is higher than four-point-five percent of other children her age

Correct answer: The child earned a score equivalent to most four-and-a-half-year-old children

Achievement tests are often reported in terms of age-equivalent scores. This means an individual who earns a score equivalent to four-point-five has correctly answered the same number of items that an average four-and-a-half-year-old answers. Grade-equivalent scores work similarly, in that if a student correctly answers the same number of items that an average seventh grader completes, that student receives a grade-equivalent score of seven.

89.

An individual's score on an assessment has a z-score of 0. What does this mean?

The individual's score is equal to the mean

The range for the standard deviation is -1.0 to 1.0

The individual's score is the furthest away from the mean

The individual's score is equal to the range

Correct answer: The individual's score is equal to the mean

One of the most commonly used standardized scores is the z-score. For a z-score, the mean is 0 and the standard deviation is 1.0. When the raw score is below the mean, the z-score is negative, and when the raw score is above the mean, the z-score is positive. The range for standard deviation of a z-score is -3.0 to 3.0.

90.

Neurobiology can often help clients understand why and how counseling can help them feel better. What concept refers to the brain's ability to reorganize itself and produce new neurons as the client experiences new situations and perspectives?

Neuroplasticity

Psychopharmacology

Logotherapy

Attending

Correct answer: Neuroplasticity

The relationship between neurobiology and psychotherapy is a complicated and fascinating one. Research shows that psychotherapy can alter neurons in the brain and restructure neural networks. Neuroplasticity refers to the brain's specific ability to produce new neurons and reorganize itself. This can be seen in clients with anxiety or depression who engage in cognitive behavioral therapy.

91.

Under what circumstances are the mean, median, and mode all identical?

When the distribution of scores is symmetrical

When all scores are evenly divided by the same numbers

When all scores are skewed in either direction

When the scores have a positive skew

Correct answer: When the distribution of scores is symmetrical

A distribution of scores can be examined using three types of measures. Mean refers to the average of a list of scores; median is the middle score on a distribution of scores; and mode is the most frequent score in a distribution of scores. The mean, median, and mode are identical when the distribution of scores is symmetrical, rather than skewed in one direction or another.

92.

A counseling student in a non-CACREP program plans to graduate next May. Which of the following is **true**?

Before she can become certified, she must have 3,000 hours of post-graduate work experience

As long as she logs 1,000 hours of internship experience, she can become certified after graduation

She must pass the National Counselor Exam before graduation in order to become certified

She is only eligible for national certification by NBCC

Correct answer: Before she can become certified, she must have 3,000 hours of post-graduate work experience

Graduate students enrolled at an institution that is not accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP) become board eligible at graduation and must complete 3,000 hours of post-degree work experience. Individuals enrolled in a CACREP program can become certified upon graduation.

93.

At what point in the group process should the counselor obtain informed consent?

Before the group begins

At the first group session

At some point during the first stages of group treatment

Informed consent is only needed in individual work, not when working with groups

Correct answer: Before the group begins

Informed consent includes the rights and expectations of group members, as well as what group members can expect from the counselor and the group as a whole. The counselor should speak individually with each group member before the group begins to answer questions and ensure that the member understands.

94.

When would a researcher use nonparametric (rather than parametric) statistics?

When no assumption about the variance of the population scores can be made

When a sample is randomly drawn from a population

When data is normally distributed along a bell-shaped curve

When it can be assumed that the sample is homogeneous to the variance of the population

Correct answer: When no assumption about the variance of the population scores can be made

Researchers may use parametric or nonparametric statistical measures, depending on the distribution of scores. Parametric statistics, such as the t-test and analysis of variance, can be used when samples are randomly drawn from the population and results are distributed along a normal curve. Nonparametric statistics, such as chi-square and the Mann-Whitney U test, are used when data is not normally distributed and variances are inconsistent.

95.

A group counselor is interested in the long-term relapse rates of individuals in substance abuse groups. After examining relapse rates over a five-year span, the counselor finds that individuals in same-sex groups experienced fewer relapses than individuals in groups with both males and females. This is known as what type of research design?

Ex post facto

True experimental

Descriptive

Correlational

Correct answer: Ex post facto

An ex post facto research design, also known as a causal-comparative design, is a non-experimental quantitative design that examines variables after the fact (ex post facto). The researcher can then draw several conclusions about why these relationships occur. The analysis of variance and the t-test are frequently used in ex post facto designs.

96.

What type of research is **more** valued in the counseling field?

Qualitative and quantitative are equally valued, as they can both make contributions to the field

Quantitative, because it is more accurate and predictable

Qualitative, because it is based on feelings and judgments

Neither quantitative nor qualitative, because both have severe shortcomings

Correct answer: Qualitative and quantitative are equally valued, as they can both make contributions to the field

Qualitative and quantitative research are two different kinds of research, and both have advantages. Qualitative research tends to study individual units in naturally occurring settings. With qualitative research, data is collected through observation, researchers' judgments and impressions are often used, it assumes that there are many different realities held by individuals and groups, and it has the goal of describing the nature of things. Quantitative research, by contrast, assumes there is one objective reality, studies samples or populations, uses statistical methods to compare results, and examines for causes and relationships. Either type of research can be used in the counseling field depending on the nature of the problem being explored.

97.

Two tests are administered to subjects participating in a research study. Each test measures true variance and error variance. The correlation between the two tests is .70. What is the amount of true variance measured in common?

49%

70%

54%

55%

Correct answer: 49%

True variance and error variance are both important concepts to measure, as researchers want to know whether the test actually measures what it is meant to measure. True variance is measured by finding the square of the correlation. In this question, the correlation between the two tests is .70. Since $.70 \times .70 = .49$, the true variance between the two tests is 49%.

98.

Which of the following are examples of standardized scores that are used to compare different test scores for the same individual?

Z-score and T-score

Stanine and percentile

Z-score and stanine

Percentile and T-score

Correct answer: Z-score and T-score

Standardized scores are helpful when comparing several different test scores for the same person, as direct comparisons between different tests are impossible. A z-score shows the distance between the raw score and the population mean in units of standard deviation. A T-score also shows the difference between a raw score and the population mean, but the sample size must be above 30 and have an unknown population standard deviation.

99.

A counselor is conducting an initial assessment on a client who meets the criteria for obsessive-compulsive disorder. The client feels as if her symptoms are making it extremely difficult for her to function normally in her job, and her relationships with friends and family members have suffered. Based on research involving individuals with obsessive-compulsive disorder, what treatment recommendation(s) should the counselor make to this client?

A combination of medication and cognitive behavioral therapy

Family therapy

Interpersonal skills training

A combination of relaxation training and meditation

Correct answer: A combination of medication and cognitive behavioral therapy

Obsessive-compulsive disorders are characterized by a preoccupation with and engagement in repetitive behaviors. Currently, recommended treatment approaches include a combination of psychotropic medication and therapy. Cognitive Behavioral Therapy (CBT), particularly CBT that includes exposure and response prevention, has been shown to be particularly effective.

100.

Typically, instruments that have reliability coefficients of what value or higher are said to be reliable?

.70

.90

.50

.30

Correct answer: .70

Reliability refers to the degree to which a test or assessment is consistent and can be expected to provide similar results if the same subjects were to participate in the same study again. A correlation coefficient is used to determine and communicate reliability. If a study has a reliability coefficient of .70 or higher, the instrument can be considered reliable.

101.

A counselor meets for an intake session with an Asian woman who has recently moved from Japan and is struggling with anxiety and depression. The day after the session, the counselor receives a call from the woman's husband asking what his wife and the counselor had discussed. When the counselor explains the limits of confidentiality, the man seems extremely confused and explains again that he is her husband and is privy to the information. Which of the following **best** explains this man's response?

The client and her family are part of a collectivist culture, which emphasizes the group and its interests rather than individual interests

The husband is likely controlling and abusive, and the client is a victim of this abuse

The man's wife told him that he could call the counselor to talk to her about the session

The man has a thought disorder or other mental health issue

Correct answer: The client and her family are part of a collectivist culture, which emphasizes the group and its interests rather than individual interests

Counselors serving multicultural and diverse clients typically encounter situations in which clients' cultures have different norms and values than the majority culture. Many Asian cultures are collectivistic, meaning they value the group's interests over the individual's interests. This is in contrast to most Western cultures, which are individualistic and prioritize the individual over the group. In this situation, the husband likely does not understand the limits of confidentiality in the way the counselor explained, because he holds different values than the counselor. It may be wise for the counselor to explain confidentiality to the client the next time she comes in, to specify with whom the counselor is permitted to share information about the client and to have an open discussion about cultural differences.

102.

A student earns a grade-equivalent score of seven on an achievement test. What does this score **most** likely mean?

The student got the same number of items correct on the test that the average seventh grader gets

The student is in the 70th percentile of all students who took the same test

The student has a 70 percent chance of earning the same score if he or she retook the test

Seven out of ten students perform as well as this student did on the test

Correct answer: The student got the same number of items correct on the test that the average seventh grader gets

Achievement tests are often reported in terms of grade-equivalent scores. This means that if a student correctly answers the same number of items that an average seventh grader completes, that student receives a grade-equivalent score of seven. Age-equivalent scores work similarly, in that an individual who earns a score equivalent to nine has correctly answered the same number of items that an average nine-year-old answers.

103.

When a researcher wants to measure one variable at three or more levels (such as level of income), what statistical measure would be **most** appropriate?

One-way ANOVA

Factorial ANOVA

MANOVA

ANCOVA

Correct answer: One-way ANOVA

One-way Analysis of Variance (ANOVA) can be used to determine differences between three different forms of one variable, such as level of income. Factorial ANOVA is used to find whether significant differences between two variables exist. Multivariate Analysis of Variance (MANOVA) is the statistic used when there is more than one dependent variable involved in the analysis. Analysis of Covariance (ANCOVA) is used to determine covariance when an independent variable and its impact on dependent variables is controlled.

104.

What is one advantage of using interval data?

There is a constant unit of measurement

Numbers can be compared by ratios

Nonparametric statistics can be used

Data can give researchers an idea of why differences in scores occur

Correct answer: There is a constant unit of measurement

There are four levels of measurement: nominal, ordinal, interval, and ratio. With interval data, the numbers on a scale have the same amount of the variable throughout the scale; for instance, degrees on the Fahrenheit temperature scale. Interval scales provide a constant and consistent unit of measurement.

105.

How can a researcher change the probability of a Type I error?

By changing the significance level

By rejecting the null hypothesis

By retaining the null hypothesis

By recalculating the analysis of variance

Correct answer: By changing the significance level

A Type I error, also known as an alpha error, refers to the researchers' rejection of the null hypothesis when it is correct. If the significance level is changed, such as .05 to .01, the probability of a Type I error changes as well.

106.

High internal consistency means that a measure is:

reliable

valid

dichotomous

obtrusive

Correct answer: reliable

Reliability refers to the degree to which a study can reproduce results. Internal consistency is the degree to which a test measures what it is intended to measure, while also producing the same results each time. High internal consistency means that a measure is reliable.

107.

A Solomon four-group design is used in which of the following circumstances?

When you want to determine the effect of a pretest

When you have nominal data and want to determine whether two distributions differ significantly

When you have scores for two samples and the scores are correlated

When you want to determine the strength of the relationship of independent variables on a criterion variable

Correct answer: When you want to determine the effect of a pretest

Some researchers use pretests to measure baseline characteristics, traits, or behaviors of test participants. The Solomon four-group design allows researchers to examine the effect of the pretest on the test treatment. The four groups include measurements of whether the pretest and treatment combined made a difference, whether the pretest alone made a difference, whether the treatment alone made a difference, or whether neither the pretest nor the treatment made a difference.

108.

The stimulus variable is also known as the:

independent variable

dependent variable

hypothesis

deviation from the mean

Correct answer: independent variable

In research studies, there are independent and dependent variables. The independent variable is the one that is manipulated in order to observe the effects on the dependent variable, which is unchanging. The independent variable is sometimes called the stimulus variable, predictor variable, or experimental variable. Other terms for the dependent variable include the response variable, the outcome variable, and the criterion variable.

109.

Which of the following is **not** a violation of HIPAA (Health Insurance Portability and Accountability Act)?

A counselor releases information to a client who wants to inspect and review his own records

A counselor speaks with a client's spouse about the client's treatment, then tells the client later

A school counselor calls the therapist of an 11-year-old child to get information about the child's diagnosis even though a consent has not been signed by the guardian

A family counselor at an inpatient psychiatric program talks openly with staff in other units about a client's family dynamics

Correct answer: A counselor releases information to a client who wants to inspect and review his own records

Counselors should be very familiar with the Health Insurance Portability and Accountability Act (HIPAA), which is federal legislation that sets standards for protecting the privacy of patient information. While clients are allowed to access their own records and request changes, counselors must have a release form signed by the client (or the client's guardian, if under age 18) before the record is shared with others. Even if the counselor is part of a larger program, such as an inpatient facility, the client's information should only be shared with those who are working directly with the client.

110.

A National Certified Counselor is preparing to renew her five-year certification. How many hours of continuing education is she required to have at the end of the five years?

100

50

25

150

Correct answer: 100

A counselor can become a National Certified Counselor (NCC) through the National Board for Certified Counselors (NBCC). In order to maintain this certification, counselors must obtain at least 100 continuing education hours every five years after receiving the initial certification.

111.

All the following are true regarding social justice counseling, **except**:

It has not grown as a specialty in the past 25 years

It addresses issues of unequal power

It seeks a balance of power and resources

It has led to ACA identifying advocacy competencies for counselors

Correct answer: It has not grown as a specialty in the past 25 years

Over the past several decades, social justice counseling has gained popularity in the counseling field. ACA now includes the following advocacy competencies for counselors: Client/Student Empowerment, Client/Student Advocacy, Community Collaboration, Systems Advocacy, Public Information, and Social/Political Advocacy. Social justice counseling addresses issues of unequal power, seeks a balance of power and resources, and focuses on unearned privilege and oppression.

112.

A researcher plans to study the effects of two different treatments on traumatic brain injuries in adolescents. What is the dependent variable in this study?

Traumatic brain injuries

The control group

The groups receiving the treatments

Adolescence

Correct answer: Traumatic brain injuries

In research studies, there are independent and dependent variables. The independent variable is the one that is manipulated in order to observe the effects on the dependent variable, which is unchanging. In this question, the researcher is trying to study the impact of traumatic brain injuries, which is dependent upon the type of intervention used. Therefore, the dependent variable is the subjects' traumatic brain injuries.

113.

What is the **main** purpose of informed consent?

To ensure that the counselor and client have a mutual understanding of the scope of practice, grievance procedures, and when confidentiality may be broken

To protect the counselor from being sued for malpractice or other harm to a client

To determine whether the counselor can truly help the client create change in his or her life

To provide a clear and concise way to communicate information to clients' insurance companies so the counselor can be reimbursed

Correct answer: To ensure that the counselor and client have a mutual understanding of the scope of practice, grievance procedures, and when confidentiality may be broken

Informed consent is meant to serve as a clear way for the counselor to communicate their scope of practice, techniques, grievance procedures, and therapeutic approach with the client before treatment begins. Informed consent also includes detailed explanations of when a counselor might break confidentiality, and the process for releasing client information.

114.

Where was the first general practice counselor licensure law passed?

Virginia

California

Montana

New York

Correct answer: Virginia

Different states across the country have different licensure laws. In 1976, Virginia was the first state to pass the first general practice counselor licensure law. Other states began passing their own counselor licensure laws soon after.

115.

The Kruskal-Wallis test is used when:

you have more than two mean scores on a single variable

you have scores for two samples and these scores are correlated

you collect data from two independent samples and the scores are not normally distributed

you have nominal data that do not fall along a normal curve

Correct answer: you have more than two mean scores on a single variable

Researchers must use nonparametric statistics when it is uncertain whether the distribution of scores falls along a normal curve or whether the variance of the test sample represents the variance within the general population. Examples of nonparametric statistical measures are the Mann-Whitney U test, the Wilcoxon signed-rank test, and the Kruskal-Wallis test. The Kruskal-Wallis test is used when the researcher has more than two mean scores on a single variable, also known as a nonparametric one-way analysis of variance.

116.

A researcher wants to study the relationship between educational level and discipline styles of parents. Which of the following is a null hypothesis?

There is no correlation between a parent's educational level and how they discipline children

Parents with higher levels of education are less likely to physically discipline their children

It is difficult to know how educational levels influence disciplinary styles

Disciplinary styles depend more on the parent's age and gender than on educational level

Correct answer: There is no correlation between a parent's educational level and how they discipline children

All research studies must have a hypothesis, which is the research question that is to be answered. The null hypothesis states that there are no effects of the independent variable on the dependent variable and therefore no differences in the control and test groups. Statistical measures are then calculated based on how confident the researcher is to reject the null hypothesis.

117.

Which of the following is an example of cross-sectional research?

A college counselor surveys professors and students of all ages about their political beliefs, then examines the differences

A school counselor interviews high school freshmen, then re-interviews them four years later

A group counselor randomly assigns individuals to either a control group or an experimental group

A family counselor interested in the impact of substance abuse on the family system writes a summary of all types of family-based interventions that have been tried in the past

Correct answer: A college counselor surveys professors and students of all ages about their political beliefs, then examines the differences

Cross-sectional research is a specialized type of research that consists of gathering data from several different groups and then comparing the differences. In this question, the college counselor will gather data about the varying political beliefs of students and professors, and will likely examine the data to note the similarities and differences between the groups.

118.

A school counselor wants to know whether parents of students believe a recent character-building intervention was effective. She sends a survey home with each student and receives 40% of the surveys back. This type of research design is:

non-experimental

comparative

qualitative

experimental

Correct answer: non-experimental

There are many types of non-experimental designs, all of which are quantitative in nature. Surveys include questionnaires, interviews, polls, and other methods that measure attitudes and behaviors. The response rate of surveys is typically below 50 percent. Comparative research examines differences between two groups.

Qualitative research is any type of descriptive research based on observation and the researchers' judgments. Experimental designs use experimental and control groups along with random sampling at times to determine cause-and-effect relationships.

119.

A counselor claims to have a National Counselor Certification. Which of the following is **true** about this counselor?

She can practice in more than one state with this certification

She has a bachelor's degree but not a master's

She is proficient to work with one specific population

She has not yet passed the National Counselor Exam

Correct answer: She can practice in more than one state with this certification

The National Board for Certified Counselors (NBCC) can grant generic counselor certification by making an applicant a National Certified Counselor (NCC). This certification is valid wherever the counselor moves. Requirements to become an NCC include a master's degree in counseling, completion of required coursework, field placements, 3,000 hours of post-graduate work experience, and completion of the National Counselor Exam.

120.

Which of the following can be used to see how reliable a test would have been had it not been divided?

Spearman-Brown formula

Kuder-Richardson formula

Duncan's new multiple range test

Scheffe's test

Correct answer: Spearman-Brown formula

Sometimes it is useful to measure the internal consistency of a study by splitting the test into two halves. This reduces the test's measured reliability, so researchers may use the Spearman-Brown formula to calculate the reliability of the test if it had not been split in two.

2. Intake, Assessment, and Diagnosis

2. Intake, Assessment, and Diagnosis

121.

Which of the following is diagnostic of somatic symptom disorder (SSD)?

Excessive thoughts about shortness of breath

Seeking back pain medication

Manufacturing symptoms of a heart attack

Believing that spirits are causing neck pain

Correct answer: Excessive thoughts about shortness of breath

*The main diagnostic feature of **somatic symptom disorder (SSD)** is not the symptom that is being reported or the one that causes the client the most concern. Rather, it is the excessive focus and thoughts about that symptom that form SSD. Thus, a person who is obsessed with their symptom of shortness of breath would appear to be suffering from SSD.*

Seeking back pain medication is more likely to be characteristic of a substance use disorder. Manufacturing symptoms may indicate malingering, and a belief that spirits are causing neck pain may or may not be pathological depending on the patient's culture and other considerations.

122.

The Meyers-Briggs Type Indicator (MBTI) is based on which theorist's ideas?

Carl Jung

Sigmund Freud

Carl Rogers

Alfred Adler

Correct answer: Carl Jung

*The **MBTI** is an assessment that yields a personality type based on categories and descriptors of traits first identified and detailed by Carl Jung. Participants are scaled along such dimensions as introversion/extraversion, thinking/feeling, and so on.*

The MBTI is not based on the work of Freud, Rogers, or Adler.

123.

How are substance use disorders ranked for severity in the DSM-5?

Mild, moderate, severe

Acute, pervasive, remission

Beginning, middle, end-stage

Recurring, novel, mediated

Correct answer: Mild, moderate, severe

The diagnostic category of substance-related and addictive disorders contains the 10 substance-specific disorders that have chiefly warranted clinical attention, from inhalant-related disorders to cannabis-related disorders and so on. These diagnoses share a ranked severity based on the number of symptoms present, so a person's substance use problem is ranked as either mild, moderate, or severe.

The other choices do not represent the severity ranks of these disorders found in the DSM-5.

124.

Which of the following is an example of unobtrusive measurement?

Reviewing a client's existing medical records

Sending a questionnaire asking about a client's eating habits

Meeting with a family for an initial therapy session

Having a diagnostic interview with a young child

Correct answer: Reviewing a client's existing medical records

When collecting data, researchers may be intrusive or unobtrusive. Intrusive methods refer to times when clients know that they are the subject of observation and/or data collection. Unobtrusive methods refer to times when the individuals are unaware that data is being collected, such as when you review a client's existing records.

125.

Which of the following is correct about substance-related and addictive disorders in the DSM-5?

Concepts of abuse and dependence are no longer included

Concepts of abuse and dependence are formal diagnostic criteria

Concepts of abuse and dependence have a separate section

Concepts of abuse and dependence are outmoded

Correct answer: Concepts of abuse and dependence are no longer included

Among the changes present in the DSM-5 as opposed to earlier versions, the concepts of abuse and dependence are no longer included among diagnostic criteria for substance abuse and related disorders. Rather, disorders of this kind, which focus on 10 classes of drugs, are classified broadly as mild, moderate, and severe based on the number of symptoms present.

These concepts do not have a separate section and are not considered outmoded in many areas.

126.

All the following are true regarding stanine scales, **except**:

They calculate how test scores rank on a scale of 100

They are used to convert scores to a single digit

Scores are always positive

Scores always range from zero to nine

Correct answer: They calculate how test scores rank on a scale of 100

Stanine (STANDARD NINE) scales consist of nine points and are used to convert test scores to single digits. Stanines are always positive and can range from zero to nine. The mean of a stanine scale is always five and the standard deviation is always two.

127.

The Iowa Tests of Basic Skills (ITBS) in most public schools is which kind of test?

Achievement

Predictive

Interest

Aptitude

Correct answer: Achievement

Achievement tests are meant to measure accomplishment, not capacity. Most end-of-grade testing in public schools (such as the Iowa Tests of Basic Skills) is based on a specific curriculum that is supposed to be taught by teachers throughout the previous school year.

A predictive test would be one that would forecast behavior. An interest test would be one that would measure the evaluated for their interest in a certain topic or field. An aptitude test would be one which evaluates ability such as verbal reasoning or spatial perception.

128.

Who created the term "eugenics" and was one of the first individuals to study intelligence testing?

Sir Francis Galton

Alfred Binet

David Wechsler

Robert Williams

Correct answer: Sir Francis Galton

Sir Francis Galton was a cousin of Charles Darwin and studied anthropology and intelligence in the late 1800s. He believed that intelligence was completely determined by genetics and therefore could be cultivated through selective parenting. Eugenics refers to the process of genetically improving the human population.

129.

What do all of the disorders in the disruptive, impulse-control, and conduct disorders section of the DSM-5 have in common?

Problems with emotional or behavioral regulation

Traumatizing events in early childhood

Failure with standard treatments of psychopharmacology

Medical interventions as the treatment of choice

Correct answer: Problems with emotional or behavioral regulation

The section on disruptive, impulse-control, and conduct disorders in the DSM-5 details such things as conduct disorder, kleptomania, and intermittent explosive disorder. These disorders have one major issue in common: emotional or behavioral regulation.

These persons may or may not have had traumatizing events in early childhood, and standard treatments with psychopharmacology may or may not have failed in individual cases. Medical interventions are not usually the treatment of choice by themselves; parent/family interventions are usually a part of treatment.

130.

In addition to themselves, about how many people on average are affected by a person with a substance use problem?

Four

Six

Two

Ten

Correct answer: Four

Substance use issues are prevalent, difficult to isolate in individuals as opposed to families, and widespread in the culture. One fact that complicates the diagnosis of a substance use issue is that the clinical literature does not pay close attention to those outside the individual who manifests the main substance use issue.

People with substance use issues affect a constellation of people around them who are forced to deal with the use and its consequences. Research suggests that up to four people are affected by an individual's substance use.

131.

Which of the following is the treatment priority for those diagnosed with dissociative disorders?

Establishing a safe and stable environment

Creating a sense of reality

Engaging with different dissociative personas

Assessing the nature of contributing trauma

Correct answer: Establishing a safe and stable environment

Often, the treatment of those diagnosed with dissociative disorders involves establishing a safe and stable environment. This is due to the usual origin of these disorders in trauma and acute distress. Providers must treat these disorders with special attention for possible self-harm and injurious behavior.

The other choices may form items of later treatment planning.

132.

Arthur Jensen believed that what factor was the most powerful indicator of intelligence?

Genetics

Environment

Personality traits

Socioeconomic status

Correct answer: Genetics

Arthur Jensen, an educational psychologist, was known for his contributions to psychometrics and the exploration of why individuals differ behaviorally from each other. His work is controversial, as he believed that genetic factors are the most powerful indicators of intelligence. Jensen wrote many publications about the g factor, the general intelligence factor, which he posited is highly correlated with biology and heritability.

133.

Which of the following is the purpose of a biopsychosocial assessment?

To assess various domains of a client's functioning taken together

To give a snapshot of the patient's current functioning

To evaluate the client's presence and role in systems

To assess for possible medical issues such as diabetes and neurological problems

Correct answer: To assess various domains of a client's functioning taken together

*A **biopsychosocial assessment**, sometimes called a **biopsychosocial history**, is a thorough assessment of a client in various domains. These include biological and medical information, social information about relationships and cultural issues, and psychological factors such as emotions, self-concept, and coping skills.*

A biopsychosocial assessment is broader than a snapshot of a patient's current functioning and does more than evaluate a patient's role in systems and their medical issues.

134.

What type of assessment is **most** often included as part of a job application?

Aptitude

Achievement

Intelligence

Personality

Correct answer: Aptitude

Many types of tests and inventories are used for a variety of purposes. Aptitude tests measure the capacity of the test taker to learn and are often used as part of job applications. These tests measure abstract, verbal, and numerical reasoning. Examples are the Differential Aptitude Test (DAT) and the Wonderlic Cognitive Ability Test.

Achievement tests measure educational knowledge, intelligence tests measure cognitive potential, and personality tests measure individuals' unconscious desires and anxieties as well as personality traits.

135.

Stanford-Binet Intelligence Scales and the Wechsler Adult Intelligence Scale (WAIS-IV) both measure all the following, **except**:

The effects of learning on an individual

Cognitive ability

The ability to think in abstract terms

The ability to adapt to the environment

Correct answer: The effects of learning on an individual

Counselors should be familiar with the types of tests and inventories that may be given to individuals to assess for a variety of factors, such as intelligence, achievement, aptitude, personality, and interests.

Intelligence tests, including the Stanford-Binet Intelligence Scales and the Wechsler Adult Intelligence Scale (WAIS-IV), measure a person's cognitive ability to think in abstract terms and adapt to the environment.

Achievement tests, on the other hand, measure the effects of learning on an individual.

136.

What would be the **least** common diagnostic factor found among those diagnosed with a substance use issue?

Psychosis

Social isolation

Suicidal impulses

Anxiety

Correct answer: Psychosis

People diagnosed with substance use issues come from all backgrounds, cultures, and comorbidities. Many common factors are seen among those diagnosed with substance use issues, such as a tendency toward social isolation, suicidal impulses, and anxiety.

Psychosis is less diagnostic of substance use itself, although psychosis can be a result of use and is present in those with a comorbid thought disorder.

137.

Schedules, coding systems, and record forms are associated with what?

Observation

Surveys

Single-subject designs

Case studies

Correct answer: Observation

Sometimes researchers use observation as a technique to collect data on specific types of behaviors. The data is then recorded using coding systems, record forms, and/or schedules. An example of this is a behavioral flow sheet, in which the recorder documents certain behaviors that occur within a specific time frame, such as every hour.

138.

What are the four stages of Bergan's behavioral model of consultation?

Problem identification, problem analysis, plan implementation, problem evaluation

Contracting, problem identification, feedback and planning, plan implementation

Known to self, known to others, not known to self, not known to others

Assessment of client's abilities, modeling approaches, implementing interventions, evaluating counselor

Correct answer: Problem identification, problem analysis, plan implementation, problem evaluation

Consultation is used when counselors would like to function more effectively in individual, group, or community settings. Bergan's model uses a behavioral approach that emphasizes the verbal interactions during consultation. The four stages of this model are problem identification, problem analysis, plan implementation, and problem evaluation. Bergan's model also focuses on problem behaviors, their antecedents, and their consequences.

139.

Which of the following is true about the difference between neurodevelopmental and neurocognitive disorders?

Neurodevelopmental disorders typically begin in childhood, while neurocognitive disorders can be more prevalent later

Neurodevelopmental disorders typically begin in later life, while neurocognitive disorders can be more prevalent in childhood

Neurodevelopmental disorders typically are diagnosed by counselors, while neurocognitive disorders are typically diagnosed by physicians

Neurodevelopmental disorders typically are diagnosed by physicians, while neurocognitive disorders are typically diagnosed by counselors

Correct answer: Neurodevelopmental disorders typically begin in childhood, while neurocognitive disorders can be more prevalent later

Neurodevelopmental and neurocognitive disorders have in common that they may be diagnosed by a physician, and the formal diagnosis will most likely call for a medical professional. Neurodevelopmental disorders typically begin and are diagnosed in childhood, while neurocognitive disorders can be more observable and more prevalent later in life.

140.

All of the following are advantages of computer-based assessments **except**:

computer equipment is inexpensive to purchase

scoring and administration are standardized

results can be immediately available

results profiles can be easily generated

Correct answer: computer equipment is inexpensive to purchase

In today's world, many assessments and tests are completed on the computer. Overall, this is helpful because assessments can be scored immediately and results can be available to test takers quickly. Computer-based assessments remove the possibility of scoring errors, and reports can be generated easily. One disadvantage to computer-based assessments is the cost of computer equipment, software, repairs, and maintenance.

141.

An individual scores a percentile rank of 48 on an assessment. Which of the following **best** describes this score?

The individual's score is higher than 48 percent of the individuals in the norm group

The individual's score is lower than 48 percent of the individuals in the norm group

The individual has a 48 percent chance of getting the same answers again should they retake the assessment

The individual has earned a score equivalent to a 48-year-old person

Correct answer: The individual's score is higher than 48 percent of the individuals in the norm group

Tests and assessment scores are sometimes reported as percentile ranks. This means that a group norm has been established as a comparison point for individual scores. The percentile rank indicates that the individual has scored above a certain percentage of other people in that same group. For example, an individual who scores in the 48th percentile means that the individual's score is higher than 48 percent of people in the norm group. Fifty-two percent of people in the norm group score higher than this individual ($100\% - 48\% = 52\%$).

142.

Measures of intelligence and aptitude are usually:

speed-based

power-based

reliable but not valid

criterion-referenced

Correct answer: speed-based

Tests and assessments are administered according to a variety of factors. Power-based tests, such as the National Counselor Examination, have no (or generous) time limits. Speed-based tests, such as intelligence and aptitude tests, are timed, and scores are based on accuracy and speed. These are not necessarily reliable or valid, either or both, such an assessment would be highly variable. They are also not usually criterion-referenced, meaning that they test specific knowledge.

143.

Which of the following is meant by an ego-dystonic symptom?

A symptom that is not desired by the client

A symptom that the client can tolerate

A symptom that the client is not aware of

A symptom that the client is aware of

Correct answer: A symptom that is not desired by the client

*In general, symptoms of mental illness can be divided into two areas based on the desire or lack of a desire on the part of the patient for the symptom. In other words, there are some symptoms that are tolerable for a client and some that are not. An **ego-dystonic** symptom is one that the client does not desire and cannot tolerate; an **ego-syntonic** symptom is one that the client can tolerate and may actually desire.*

The term does not involve awareness of a symptom.

144.

What do personality tests such as Rorschach and MMPI-2 suggest about persons who complete suicide?

Their personalities show no difference from those who do not complete suicide

Their personalities show profound differences from those who do not complete suicide

Their personalities show small differences from those who do not complete suicide

Their personalities show a tendency to dramatize their interpretation of events

Correct answer: Their personalities show no difference from those who do not complete suicide

Personality tests are designed to measure the functioning of the "toolkit" a person uses to manage their environment. Tests of personality, such as Rorschach and MMPI-2, are concerned with differentiating functional from pathological personality.

These tests generally do not show any difference between persons who complete suicide and those who do not complete it, suggesting that situational factors may be more important than underlying personality in suicidal individuals.

145.

A student scores 82 on a test. The test's Standard Error of Measurement (SEM) is 4.0. Which of the following is **true**?

There is a two out of three chance that the person's score falls between 78 and 86

There is a 95% chance that the person's score falls between 78 and 86

There is a 34% chance that the person's score falls between 78 and 86

It is impossible to predict test scores based on the information given

Correct answer: There is a two out of three chance that the person's score falls between 78 and 86

The Standard Error of Measurement (SEM) is a measure of reliability and is sometimes referred to as the confidence limit. The SEM helps researchers know that a person's test score likely falls within a certain range of scores. The SEM is determined by assessment developers and can be found on the test's profile. If a certain assessment has an SEM of 4.0, you first add and subtract four to the individual score to find the range. Therefore, because the score in this question is 82, there is a two out of three chance that the individual's score falls between 78 and 86.

146.

Are physical symptoms diagnostic of anxiety disorders?

Yes, in many circumstances

No, under no circumstances

Only in cyclothymia

Only in comorbid depressive disorders

Correct answer: Yes, in many circumstances

Anxiety disorders have their own section in the DSM-5, containing disorders such as panic disorder, agoraphobia, and specific phobias. In addition to an array of purely psychological symptomology, these disorders quite often contain physical elements, such as heart palpitations, sweating, and shortness of breath.

These physical symptoms take place in a variety of diagnoses. Depressive disorders are not anxiety disorders.

147.

Which of the following would be the proper object of study for sociometry?

A baseball team

A person with few social contacts

A person with many social contacts

A person with paranoia

Correct answer: A baseball team

Sociometry is the measurement of people in groups by behavior and attitude; it is good at detailing the feelings of group members for each other. It requires an amount of honesty to work and involves qualitative data. A proper object of study might be a baseball team, a city council, or a college class.

The other items listed would not be groups and therefore not the object of a sociometric study.

148.

Which of the following is **true** about the diagnosis of neurodevelopmental and neurocognitive disorders?

They may or may not be diagnosed by counselors

They are chiefly behavioral in character

They are generally treated with counseling alone

They tend to be factitious in most cases

Correct answer: They may or may not be diagnosed by counselors

Neurodevelopmental and neurocognitive disorders are different from other disorders counselors may deal with in that they may or may not be diagnosed by a counselor. In many cases, a counselor will not be the main diagnostician, and a medical professional will be needed.

These disorders are chiefly medical in character. They are generally treated with a combination of counseling and therapy and are not factitious in most cases.

149.

All of the following are recommended assessment resources **except** which one?

Diagnostic and Statistical Manual – 5th edition

Mental Measurements Yearbook

Tests in Print VIII

A Counselor's Guide to Career Assessment Instruments

Correct answer: Diagnostic and Statistical Manual - 5th edition

Several assessment resources are available to counselors who want to know more about available assessments. The Mental Measurements Yearbook, Tests in Print VIII, and A Counselor's Guide to Career Assessment Instruments are examples of assessment resources. The Diagnostic and Statistical Manual – 5th edition is used to diagnose a variety of mental disorders.

150.

After school has been in session for two months, a counselor wants to measure the organization of a second-grade class to identify which children are most popular. Which of the following would be the **best** approach?

Use sociometric tools

Survey the classroom teachers

Conduct a single-subject design

Ask students to complete self-report questionnaires

Correct answer: Use sociometric tools

Sociometry is the study and measurement of social relationships. A sociogram is a sociometric tool that allows researchers to visually illustrate interrelationships or group structure, and can reveal a significant amount about perceptions and dynamics between people in the same group.

151.

What is the **most** accurate definition of convergent validation?

The result of a high correlation between the identified construct and others

The result of no correlation between the identified construct and others

The result of a test accurately predicting future scores

The result of comparing multiple traits to one dependent variable

Correct answer: The result of a high correlation between the identified construct and others

Validity refers to the extent to which a test measures what it is meant to measure. There are many types of validity including face validity, in which the test looks to be valid; content validity, in which the test material comes from a certain domain; and construct validity, which refers to the degree to which a test actually measures what it is meant to measure. Convergent validation refers to times when there is a high correlation between the concept the test is meant to study and other constructs.

152.

Which of the following measures general learning and predicts future performance?

Aptitude tests

Personality tests

Achievement tests

Sociometry

Correct answer: Aptitude tests

Aptitude tests, also called *ability tests*, measure the effects of general learning and are used to predict some future performance. Examples are *Differential Aptitude Tests (DAT)* and the *Career Ability Placement Survey (CAPS)*.

Personality tests measure traits and characteristics. *Achievement tests* measure the effects of learning but do not necessarily predict future performance. *Sociometry* is a measurement of the structure and organization of social groups.

153.

Postmodern approaches to therapy are often based on the belief that multiple realities are formed through interactions with others. Which of the following is a postmodern counseling approach?

Narrative therapy

Psychodynamic therapy

Feminist therapy

Cognitive behavior therapy

Correct answer: Narrative therapy

Postmodern therapies collectively believe that there are many different realities and truths depending on the individual's experiences. According to postmodern therapy, the meaning of a client's life is gained through the client's own understanding. Narrative therapy is based on the idea that clients' reality is based on their own words and language, and that clients' lives can be thought of as stories in progress.

154.

Which of the following is **not** contained in the category of depressive disorders in the DSM-5?

Manic episodes

Premenstrual dysphoria

Disruptive mood dysregulation disorder

Major depressive disorder

Correct answer: Manic episodes

The DSM-5 contains changes from previous editions in many ways. The category of depressive disorders does not contain manic episodes, as such phenomena are present in the section on bipolar and related disorders.

The section on depressive disorders does contain premenstrual dysphoria, disruptive mood dysregulation disorder, and major depressive disorder.

155.

Which of the following is the point of a formative evaluation?

To evaluate an ongoing process

To indicate new directions

To secure agency funding

To assess individual progress

Correct answer: To evaluate an ongoing process

*Evaluation is a necessary part of counseling, whether to assess individual work or to judge how bigger processes are working. A **formative evaluation** is able to study a process while it is underway. Its goal is to establish the effectiveness of a technique or program without having to stop that element in order to do so.*

A formative evaluation may or may not indicate new directions, secure agency funding, and relate to the progress of an individual or a larger entity.

156.

Which of the following is **not** a personality disorder?

Schizophreniform

Schizoid

Schizotypal

Paranoid

Correct answer: Schizophreniform

Personality disorders comprise 10 distinct and diagnosable maladaptive patterns of behavior, cognition, relationships, and functioning. These are paranoid, schizoid, schizotypal, antisocial, borderline, narcissistic, avoidant, histrionic, obsessive-compulsive, and dependent.

Schizophreniform disorder is a short-duration form of schizophrenia.

157.

What does the Luria-Nebraska Neuropsychological Battery measure?

Organic damage and its location

Brain dysfunction and motor skills

Raw intelligence and adaptability

Social responses and motor skills

Correct answer: Organic damage and its location

Neuropsychological assessments deal with brain dysfunction and abilities that are impacted by dysfunction such as concentration, memory, and motor skills. These tests have a great deal of specificity in what they measure; for instance, the Luria-Nebraska Neuropsychological Battery measures organic damage and its location.

The Luria-Nebraska Neuropsychological Battery does not concentrate on the other areas listed.

158.

In what situation would Caplan's consultation model be **most** appropriate?

A counselor treating an individual with an eating disorder consults with another counselor with more experience to discuss the need for family therapy in the case

A case manager at a social services agency consults with a coworker in an effort to improve time management skills

A counselor searches the internet to increase understanding of various types of defense mechanisms

A counselor asks to meet with her supervisor because she has recently been feeling inadequate at work

Correct answer: A counselor treating an individual with an eating disorder consults with another counselor with more experience to discuss the need for family therapy in the case

Caplan's model of consultation in counseling is a mental health consultation model. In Caplan's model, two professionals discuss issues specific to mental health diagnoses, such as eating disorders, and treatment. The center of discussion can be an individual client or family, the consultee and the client, treatment or a specific program, or the consultee and administration.

159.

What is an example of face validity?

A test that looks valid

A test that measures a phenomenon accurately

A test that predicts outcomes accurately

A test that covers certain content accurately

Correct answer: A test that looks valid

There are many types of validity, or the degree to which a study measures what it is intended to measure. Face validity is simply an index of whether or not a test looks valid; i.e., a depression inventory that asks questions about depression. A test that measures a phenomenon accurately would be an example of construct validity. A test that predicts outcomes accurately would be an example of predictive validity. A test that covers certain content accurately would be an example of content validity.

160.

All the following are true regarding David Wechsler's intelligence tests, **except**:

They focus on fluid intelligence rather than crystallized intelligence

They can be used in early childhood through adulthood

They include verbal and performance components

They can help identify learning disabilities in children

Correct answer: They focus on fluid intelligence rather than crystallized intelligence

David Wechsler is known for his contribution to intelligence tests for adults and children. His tests include the Wechsler Adult Intelligence Scale, the Wechsler Intelligence Scale for Children, and the Wechsler Preschool and Primary Scale of Intelligence.

Wechsler believed that intelligence tests should focus on both verbal and performance skills, and they often help identify learning disabilities in children.

Wechsler's tests focus on both fluid intelligence (the ability to solve new problems) and crystallized intelligence, (learned skills that are influenced by education, culture, and personality).

161.

To form a diagnosis of depression, which of the following must be considered first?

Potential physical causes

Potential psychosis

Potential mania

Potential long-term cyclothymia

Correct answer: Potential physical causes

*When forming any diagnosis, providers must rule out **physical causes** first and/or identify them as possible contributors to or exacerbators of the existing problem. This is especially true in depression, which can take many forms and have many causes that are temporary and long-standing in character.*

It would be important to rule out psychosis and mania diagnostically, but this would happen after a physical cause is ruled out. Cyclothymia of any duration is a form of depressive disorder.

162.

In what way is family counseling typically different than individual counseling?

The course of treatment of family counseling is usually shorter in duration than that of individual counseling

Family counseling aims to create conflict, whereas individual counseling aims to create resolution

Family counseling views the locus of pathology within one family member, whereas individual counseling views the locus of control in the client's surroundings

Family counseling requires more extensive training than individual counseling

Correct answer: The course of treatment of family counseling is usually shorter in duration than that of individual counseling

In general, family counseling tends to focus on problems that are current and therefore usually follows a relatively brief course of treatment. This is in contrast to individual counseling, which traditionally explores issues that contribute to long-standing problems and barriers and, therefore, is longer in duration than family counseling.

163.

All of the following are types of validity **except** which one?

Equivalence

Face

Content

Predictive

Correct answer: Equivalence

Validity refers to the extent to which a test measures what it is meant to measure. For example, if a test is created to measure a person's language skills, the test is only valid if it does actually measure the specific language skills it is meant to measure. There are many types of validity, including face validity, in which the test looks to be valid; content validity, in which the test material comes from a certain domain; and predictive validity, in which the test makes predictions that are confirmed later. There is not a concept known as equivalence validity.

164.

Which of the following would **not** normally be considered part of a formal mental status exam?

Perceptions of important relationships

Appearance and behavior

Overall intellectual functioning

Status and operation of the sensorium

Correct answer: Perceptions of important relationships

*A formal **mental status exam** is meant to give a snapshot of a person's cognitive, emotional, and intellectual functioning at the time of the exam. It consists of assessments regarding appearance and behavior, thought processes, mood and affect, intellectual functioning, and sensorium.*

Except as part of areas covered within the mental status exam, perceptions of important relationships are not usually addressed.

165.

Which of the following would be an example of a projective test?

Rorschach

MMPI

California Psychological Inventory

Wechsler Adult Intelligence Scale

Correct answer: Rorschach

*In a **projective** psychological test, a client is expected to produce some creative input of their own, which is then judged and assessed by the clinician administering the test. For example, the Rorschach test involves a client creatively interpreting the meaning of inkblots; these responses are then assessed by the test administrator.*

The MMPI and the California Psychological Inventory are both personality tests. The Wechsler Adult Intelligence Scale seeks to calculate a person's intelligence.

166.

What is the goal of consultation?

To increase the counselor's ability to handle problems in the future

To decrease the possibility of ethical dilemmas

To strengthen the counselor's documentation skills

To triage clients whose needs may be better met elsewhere

Correct answer: To increase the counselor's ability to handle problems in the future

Counselors may seek consultation voluntarily to problem-solve and learn how to function more effectively with groups, individuals, or organizations. The goal of consultation is preventative in nature, as it aims to increase competence so the counselor can avoid future problems. Consultation can focus on content, such as knowledge about a particular area, or it can focus on process.

167.

How does a dimensional assessment differ from a non-dimensional assessment?

A dimensional assessment takes place along a continuum

A dimensional assessment does not address thought disorder

A dimensional assessment deals mostly with past trauma

A dimensional assessment takes place at the end of an episode of care

Correct answer: A dimensional assessment takes place along a continuum

*In the past, categorical descriptions of disorders were the rule; that is, a person either did or did not meet a set of clinical criteria, and that was the basis for a diagnosis. A more modern view with regard to diagnosis is a continuum of presenting symptoms or a **dimensional assessment**; a person might have any of a variety of positions on a spectrum. This approach is more specific to individual client presentations and allows for greater accuracy in making a diagnosis.*

A dimensional assessment can address thought disorder, may or may not deal with past trauma, and would not take place at the end of an episode of care.

168.

Which is a more subjective assessment, a personality test such as MMPI or a patient-report scale of 1 to 5?

A patient report scale

A personality test such as MMPI

Neither

Both

Correct answer: A patient report scale

Objective assessments are generally published and highly organized, with the patient providing data that are evaluated according to the criteria of the assessment, such as MMPI or many other personality tests. These are usually standardized and may require training to administer.

A **subjective assessment**, such as "rate your pain on a scale of 1 to 5," is a standard tool of clinical evaluation that depends on the nonstandard, personal view of the client such as their evaluation of pain.

169.

Which of the following is true regarding the diagnosis of a client?

It can change during an episode of care

It should not change during an episode of care

Once established, it is permanent

It is always consistent with a formal system

Correct answer: It can change during an episode of care

*The **diagnosis** of a client is a clinical matter of great importance, as it has implications that reach far beyond a single episode of care. A diagnosis can be a stigmatizing label or a helpful shorthand to capture the presenting issues of a client. In most cases but not all, it is consistent with a formal system such as the DSM-5.*

Diagnoses are not permanent, even during a given episode of care; they can and should be modified when new or updated information warrants.

170.

Which of the following is characteristic of somatic symptom disorders?

Physical complaints with little to no demonstrable physical evidence that they exist

Physical complaints with abundant physical evidence that they exist

Physical complaints that seem to arise from traumatic memory

Physical complaints that result in a psychotic presentation

Correct answer: Physical complaints with little to no demonstrable physical evidence that they exist

*A section in the DSM-5 is devoted to **somatic symptoms and other disorders**. These disorders involve physical complaints with little to no demonstrable physical evidence that they exist. To avoid stigma, hypochondriasis as a diagnosis has been eliminated, but the interventions for these disorders will most likely not be medical.*

In these cases, the physical complaint may or may not be tied to traumatic memory and would likely not represent a break from reality.

171.

A college professor is interested in finding the dispersion of her students' scores on their final course project. What is the **best** measure this professor could use?

Standard deviation

Variance

Z-score

Range

Correct answer: Standard deviation

Standard Deviation (SD) is a measure of variability and describes the variability within a distribution of scores. It is the mean of all the deviations from the mean, and is a popular measure of the dispersion of scores.

172.

A counselor is leading an eight-member group for survivors of sexual abuse. The counselor asks each person in the group to complete a sociogram.

What is the counselor **most** likely trying to find out by assigning this task?

How each member perceives their position in the group and relationship with other group members

Whether the group has been effective in helping members overcome past abuse

How helpful the group members feel the counselor has been as a group leader

What underlying mental health conditions might exist for each member

Correct answer: How each member perceives their position in the group and relationship with other group members

Sociograms are often used to collect information about interrelationships between people in a group setting. The counselor leading the group is likely interested in how each member views their own position in the group as well as how each member views the relationships between others.

173.

Under what conditions may a counselor release test results?

To competent professionals and with the test taker's consent

To the test taker's family members

To other counselors who may be interested in the results

To the counselor's supervisors and program administrators

Correct answer: To competent professionals and with the test taker's consent

There are ethical issues in testing that counselors must consider. Tests and assessments carry the possibility of being biased toward certain groups of people, usually the majority group, and require training in order to select and interpret. With the increase in the use of computers in testing, confidentiality is becoming more of an issue in that test results should be kept private unless the test taker agrees to release scores and reports. Ideally, test scores should also only be released to professionals who can competently interpret them.

174.

Which of the following is correct about comorbidities of obsessive-compulsive disorders?

Comorbidities are not uncommon

Comorbidities are not common

Comorbidities are only commonly present in hoarding disorder

Comorbidities are only commonly present in body dysmorphic disorder

Correct answer: Comorbidities are not uncommon

Obsessive-compulsive and related disorders constitute their own section in the DSM-5, which deals with patterns of obsessive preoccupation and engagement in repetitive behaviors. Comorbidities are not uncommon in these disorders, such as depressive and anxiety disorders.

These comorbidities are not only present in hoarding disorder or body dysmorphic disorder.

175.

Can a counselor refuse to make a diagnosis?

Yes, if they believe it will cause harm

No, under no circumstances

Yes, if the client is a minor

It depends on state law

Correct answer: Yes, if they believe it will cause harm

The ethical standard of diagnosis established by the ACA suggests that a counselor can choose not to make a diagnosis if they believe that it will cause harm to the client or someone else. This is not a matter of state law, although state law might have directives of its own. It is a professional standard. The client's age may or may not be a factor in a case.

176.

What is the **first** step in using and interpreting test scores?

Training on the specific assessments used

Describing the test to the client

Organizing the test data

Preparing for the test interpretation

Correct answer: Training on the specific assessments used

Counselors frequently work with individuals who have taken various tests and assessments, and it is helpful to know how to understand and use these scores. However, before using and interpreting test scores, counselors should receive training in test theory and study the test's, or assessment's, manual. After this step is completed, counselors may prepare for the interpretation, talk with the test taker about the scores, and assess the test taker's reaction to the feedback.

177.

The National Counselor Exam is an example of what type of assessment?

Criterion-referenced

Ipsatively interpreted

Speed-based

Norm-referenced

Correct answer: Criterion-referenced

Assessments may be norm-referenced, criterion-referenced, or ipsatively interpreted. Norm-referenced assessments compare test takers to others who have taken the same test, so how much a test taker knows is not as important as how the test taker compares with others. Criterion-referenced tests, such as the National Counselor Examination, compare a test taker to some objective set of criteria, such as a cut-off score. Ipsatively interpreted tests compare the test results with the test taker's results on other parts of the same assessment.

178.

Which of the following would **not** result in dissociative symptoms?

Developmental disability

Drug use

Brain injury

Trauma

Correct answer: Developmental disability

Dissociative disorders are classified in their own section in the DSM-5 and are characterized by the disconnection of typical connections, such as memory, self-concept, behavior, and even motor control. These disorders can have one or more of many causes (e.g., drug use, brain injury, and trauma).

Developmental disability is not specifically causative of dissociative symptoms.

179.

Which of the following is a good working definition of case conceptualization?

A clinical hypothesis based on assessment data

A formal diagnosis based on assessment data

A clinical hypothesis based on a patient interview

A formal diagnosis based on a patient interview

Correct answer: A clinical hypothesis based on assessment data

A case conceptualization is a clinical hypothesis based on the totality of assessment data available. It is not a formal diagnosis per se, but rather a clinical strategy meant to address the client in their current presentation (though diagnosis will likely be relevant and included).

A case conceptualization is not a formal diagnosis, and it is based on the totality of assessment data and not simply a patient interview.

180.

What change was made to obsessive-compulsive and related disorders in the DSM-5?

They are no longer classified as anxiety disorders

They are considered on a spectrum

They are not considered as acute as previously

Their names have changed for sensitivity reasons

Correct answer: They are no longer classified as anxiety disorders

In the DSM-5, obsessive-compulsive and related disorders have their own section, as opposed to previously when they were classified as anxiety disorders. This is because these disorders are not marked principally by anxiety but by certain obsessive behaviors. In other words, these disorders have more in common with each other than they do with other disorders.

These disorders are not considered on spectra, they are still considered acute, and their names were not changed for reasons of sensitivity.

181.

The Screen for Child Anxiety Related Disorders (SCARED) is a popular screening tool to look for signs of anxiety disorders in children. What type of validity does this measure have?

Construct

Predictive

Content

Face

Correct answer: Construct

Validity refers to the extent to which a test measures what it is meant to measure. There are many types of validity, including construct validity, which refers to the degree that a test measures what it is meant to measure. The SCARED, for example, has construct validity because it is regarded as accurately measuring anxiety in children. Additional types of validity include face validity, in which the test looks to be valid; content validity, in which the test material comes from a certain domain; and predictive validity, in which the test makes predictions that are confirmed later.

182.

Some counselors use Johari windows to explore information that is known to the client and to others. According to these counselors, all the following keep parts of information unknown, **except**:

The client's educational background

Cultural customs

Social training

The client's fears

Correct answer: The client's educational background

The Johari window, named after Joe Luft and Harry Ingham, is used to explore information that is not known to the client and/or not known to others. Through remaining curious about the client's internal world, the counselor helps the client to maximize the information that both the client and others know. According to Luft and Ingham, customs, social training, and fears keep parts of this information unknown.

183.

Psychologist Charles Spearman is **best** known for which of the following?

Bringing statistical analysis to testing

Developing a short-term treatment for psychosis

Creating an effective group therapy model

Writing the first achievement test for children

Correct answer: Bringing statistical analysis to testing

Charles Spearman is known for his development of Spearman's rank correlation coefficient, or Spearman's rho, the first statistical measure for intelligence tests. It determines how well the relationship between two variables can be described.

184.

Which of the following people is **most** likely to be diagnosed with intellectual disability (ID)?

A 17-year-old person with an IQ of 66

A 25-year-old person with an IQ of 50

A 16-year-old person with an IQ of 80

A 40-year-old person with an IQ of 85

Correct answer: A 17-year-old person with an IQ of 66

A diagnosis of intellectual disability depends on an accurate understanding of the impairment of the individual, which is a factor that is often measured by IQ tests. The threshold for being considered for this diagnosis is an IQ of 70 or below. The condition's onset must occur before the age of 18.

Other factors to include would be the adaptive functioning of the individual across environments.

185.

Which of the following is the **best** definition of differential diagnosis?

A diagnosis arrived at from a clinical presentation that could indicate more than one diagnosis

A diagnosis that is different from the primary diagnosis of the client

A diagnosis that is presented at the end of an episode of care

A second diagnosis that is in the same diagnostic category as the first

Correct answer: A diagnosis arrived at from a clinical presentation that could indicate more than one diagnosis

Differential diagnosis is the practice of carefully deciding which of several potentially appropriate diagnoses should be chosen and assigned to the client. The DSM-5 has a section in most diagnostic descriptions that is geared toward helping diagnosticians filter through competing diagnostic conclusions.

Differential diagnosis does not refer to a diagnosis in addition to or different from a primary diagnosis, nor is it necessarily in the same diagnostic category as a primary diagnosis.

186.

Clinical criteria for mania and hypomania focus on which of the following?

Changes in energy and activity

Changes in memory and concentration

Changes in repetitive behaviors

Changes in feelings about events of the past

Correct answer: Changes in energy and activity

In the DSM-5, disorders that are like each other are classified together. The section detailing bipolar and related disorders deals with mania and hypomania, whose clinical criteria deal with changes in energy and activity. Mania and hypomania are key clinical phenomena to consider when forming a diagnosis of bipolar and related disorders.

Clinical criteria for mania and hypomania do not focus as much on changes in memory and concentration, repetitive behaviors, or events of the past.

187.

A counselor is meeting with a family for the first time to perform an assessment. During the session, the counselor collects information about the family's problem and each family member's opinion on the issue. The counselor also notices which family members speak more than others and what facial expressions they use when others are speaking. Finally, the counselor observes where family members choose to sit, which is also known as what?

Proxemics

Kinesics

Nonverbal communication

Triangulation

Correct answer: Proxemics

Counselors learn how to pay attention not only to the content discussed in sessions and the process used to discuss this content, but kinesics and proxemics. Proxemics refers to the spatial features of the environment such as where individuals choose to sit and how furniture is positioned. Kinesics refers to facial expressions, body movements, and other nonverbal communication.

188.

If a provider is assessing the sensorium of a patient, what are they assessing?

An individual's orientation and awareness

An individual's ability to communicate

An individual's recall of recent past events

An individual's recall of distant past events

Correct answer: An individual's orientation and awareness

*As part of a mental status exam and other kinds of assessments, the **sensorium** of a client is a usual matter of note. The sensorium refers to an individual's orientation and awareness of surroundings, time, place, and identity.*

The term does not refer to recalling any past events or communication abilities.

189.

Which of the following is **not** a type of dissociation?

Delirium

Depersonalization

Derealization

Identity alteration

Correct answer: Delirium

*The five types of **dissociation** are depersonalization, derealization, amnesia, identity confusion, and identity alteration. These are all classified under the dissociative disorders section of the DSM-5.*

Delirium is classified as a neurocognitive disorder.

190.

The General Education Development (GED) test is what type of assessment?

Achievement

Personality

Cognitive

Ability

Correct answer: Achievement

There are many types of tests and inventories that may be given to individuals to assess for a variety of factors, such as intelligence, achievement, aptitude, personality, and interests. Achievement tests, such as the General Education Development (GED) exam, measure a person's set of experiences and/or the effects of learning. This is in contrast to intelligence tests, which measure a person's capacity to learn.

191.

All the following are acceptable rationales for using tests, **except**:

To establish a baseline to submit to a health insurance company

To help the client gain self-understanding

To identify interests not previously known

To help the client predict future performance in training or work

Correct answer: To establish a baseline to submit to a health insurance company

There are many reasons a counselor may recommend that a client take assessments or tests. Some of these reasons include a way for the client to gain self-understanding, to identify previously undefined interests, and to help the client predict future performance in training or work.

It is unethical to recommend or administer tests and/or assessments simply to establish a baseline to submit to a health insurance company.

192.

How is screening for therapeutic group members usually done?

Through an interview with the group leader

Through an interview with the existing group

Through a written questionnaire

Through a standardized test

Correct answer: Through an interview with the group leader

Group membership is critically important to the productivity and success of a therapeutic group. When considering the addition of new members or the formation of a new therapeutic group, the most usual practice is to have the potential group members meet with the group leader. In this way, a personal explanation of the needs and goals of the group can be made, and affective factors can be identified that may or may not point to the individual as a good candidate.

Generally, existing group members are not used in this way as a determining factor, and written instruments such as questionnaires and standardized tests are rarely used.

193.

Which of the following accurately reflects the perspective of reality therapy with regard to making a diagnosis?

Formal mental health diagnoses are rejected for the most part

A formal mental health diagnosis is the first step in treatment

A formal mental health diagnosis is useful but not necessary

A formal mental health diagnosis is essential but needs constant revision

Correct answer: Formal mental health diagnoses are rejected for the most part

*William Glasser's **reality therapy** is controversial and unusual in many ways. One is its perspective on traditional, formal mental health diagnosis and the medical model in general, both of which are rejected for the most part. In reality therapy, a formal diagnosis may form an excuse for behavior rather than an explanation of behavior.*

Reality therapy does not see formal mental health diagnosis as the first step of treatment and does not consider it useful for treatment or a part of a continually revised view of the client.

194.

Most antidepressants directly address which chemical?

Serotonin

Dopamine

Sodium

Potassium

Correct answer: Serotonin

Serotonin, a neurotransmitter implicated in mood issues, is directly addressed by most frontline medications meant to treat depression. These are referred to as SSRIs (selective serotonin reuptake inhibitors), as their action is to keep more serotonin available.

These antidepressants do not directly address dopamine, sodium, or potassium.

195.

Which of the following is **true**?

Tests can be reliable but not valid

Tests are always valid with enough data

Valid tests are only reliable if there is a change in an underlying trait or characteristic

Tests are usually reliable but not valid

Correct answer: Tests can be reliable but not valid

Validity refers to the extent to which a test measures what it is meant to measure. Reliability, by contrast, refers to the extent to which a test can produce the same results if it is re-administered to the same group of individuals. Tests can, at times, be reliable but not valid. The amount of data present is not significant to validity or reliability in its own right.

196.

A counselor asks a group of one hundred high schoolers to complete a self-report questionnaire about their drug use and sexual activity. After recording the results of the questionnaire, the counselor strongly believes that the students consistently underreported this behavior. What factor **most** likely influenced the students' answers?

Social desirability

Groupthink

Self-fulfilling prophecy

Placebo effect

Correct answer: Social desirability

When gathering data, researchers should always take into consideration the concept of social desirability. This refers to the tendency for participants to respond in ways they think are socially desirable even if their answers do not accurately reflect their true attitudes and beliefs.

197.

A history professor includes content on an exam drawn only from a specific textbook. What type of validity does the exam have?

Content

Construct

Predictive

Concurrent

Correct answer: Content

Validity refers to the extent to which a test measures what it is meant to measure. For example, if a test is created to measure a person's knowledge of material in a certain domain and only draws questions from that specific domain, it has content validity. There are many other types of validity, including predictive validity, in which the test makes predictions that are confirmed later; construct validity, in which the test measures a certain characteristic; and concurrent validity, in which test results are compared with other results around the same time.

198.

A counselor regularly administers the Self-Directed Search and the O*Net Interest Profiler. What is the counselor **most** likely trying to determine?

Individuals' skills, values, and/or interests as they pertain to vocations and occupations

Individuals' ability to learn new information

Individuals' unconscious anxieties, desires, and urges

Individuals' knowledge of a specific academic subject

Correct answer: Individuals' skills, values, and/or interests as they pertain to vocations and occupations

*There are many types of tests and inventories counselors may choose to administer, depending on the individual test taker. Occupational tests assess skills, values, and/or interests as they pertain to vocations and occupations. Examples of occupational tests include the Self-Directed Search, the O*Net Interest Profiler, the Strong Interest Inventory, the Career Assessment Inventory, and the Kuder Career Interests Assessment.*

199.

Which of the following would be the proper focus of a neuropsychological assessment?

Brain dysfunction and measurable mental abilities

Brain dysfunction and status of relationships

Brain dysfunction and assessment of mood

Brain dysfunction and diagnosis

Correct answer: Brain dysfunction and measurable mental abilities

*A **neuropsychological assessment** is meant to study possible brain dysfunction in an individual, as well as measurements of those aspects of mental ability—such as memory, concentration, and attention—that are implicated in the treatment of mental illness.*

Strictly speaking, the status of relationships, the assessment of mood, and diagnosis are not foci of a neuropsychological assessment.

200.

Crystallized intelligence refers to what type of abilities?

Acquired and learned skills

The ability to solve new problems quickly

The tendency to convert failures into new opportunities

The ability to verbalize emotional experiences

Correct answer: Acquired and learned skills

Psychologist Raymond Cattell originally developed the concepts of fluid and crystallized intelligence and how they interact to formulate an individual's level of intelligence. Fluid intelligence refers to the ability to solve new problems quickly and is independent of education and culture. Crystallized intelligence, on the other hand, is comprised of acquired skills and can be influenced by culture, personality, and education.

201.

A counselor wants to learn more about a client's unconscious needs and anxieties. Which assessment is **most** likely to reveal some of this information?

Rorschach

California Psychological Inventory (CPI)

Differential Aptitude Tests (DAT)

Myers-Briggs Type Indicator

Correct answer: Rorschach

There are many types of tests and inventories that may be given to individuals to assess for a variety of factors, such as intelligence, achievement, aptitude, personality, and interests. The Rorschach consists of a collection of abstract ink blot images onto which the individual often projects unconscious desires, urges, and needs. The Rorschach is considered an unstructured test, as the individual is given considerable flexibility in how they respond.

202.

Which of the following is the purpose of a V Code in the DSM-5?

Contextual factors related to a client's presentation

Social factors related to a client's presentation

Comorbid conditions a client has

Differential aspects of the primary diagnosis

Correct answer: Contextual factors related to a client's presentation

*The diagnostic structure in the DSM-5 is lacking in some respects. In many cases, the diagnosis given by criteria in the DSM is not sufficiently descriptive of the contextual factors of a client's life, such as a client's worldview, social arrangements, and so on. These issues may also warrant clinical attention, and are documented using **V Codes**.*

A V Code is not specifically about social factors but can include other contextual issues. V Codes are not descriptive of comorbid conditions or differential aspects of a primary diagnosis, both of which would be captured in the diagnosis proper.

203.

Which of the following is the **least** likely symptom of binge eating disorder?

Purging of excessive food immediately after eating

A difference in eating behaviors when alone as opposed to being in a group

A lack of established meal times

Stockpiling food to eat in secret

Correct answer: Purging of excessive food immediately after eating

Binge eating disorder (BED) is characterized by behaviors and emotions related to excessive food intake. Its emotional symptoms are clustered around a person's feelings, such as shame or guilt, surrounding their feeding habits. Its behavioral symptoms include different feeding behaviors while alone as opposed to being in a group setting, a lack of established meal times with continuous feeding throughout the day, and the stockpiling of food to eat in secret.

Generally, purging as a means of weight control (particularly after eating excessively) is not characteristic of BED.

204.

How is delirium classified in the DSM-5?

As a neurocognitive disorder

As a neurodevelopmental disorder

As a psychotic disorder

As a dissociative disorder

Correct answer: As a neurocognitive disorder

*Delirium, a state of confusion and changed mental ability, is classified in the DSM-5 under **neurocognitive disorders**, alongside Alzheimer's disease and Parkinson's disease.*

205.

What is the difference between hypochondriasis and somatic symptom disorder?

They are the same disorder

Hypochondriasis is more severe

Somatic symptom disorder is more severe

Somatic symptom disorder is outdated terminology

Correct answer: They are the same disorder

*The Diagnostic and Statistical Manual of Mental Disorders (DSM), now in its fifth edition, has historically made attempts to be responsive to how treatment language is used and perceived by both clinicians and the community. One example is the term **hypochondriasis**, which was discarded in the latest edition of the diagnostic manual largely due to the stigma and negativity associated with it. This category of disorders is now referred to under the umbrella of **somatic symptom disorder**.*

206.

Appraisal is an important concept in the field of assessment. Which of the following is the **best** definition of appraisal?

Making judgments about human behaviors

Making a conclusion about the usefulness of measurement data

Collecting information about human behavior

Determining the dimensions of a specific attribute or trait

Correct answer: Making judgments about human behaviors

Counselors and other professionals who administer assessments directly to individuals must be aware of their own biases and judgments, though it is acceptable to make judgments and conclusions based on data. Appraisal refers to the process of going beyond quantitative measurements to make judgments about human attributes and behaviors. Appraisal is also known as evaluation.

207.

Which of the following is commonly comorbid with a diagnosis of an anxiety disorder?

Depressive disorders

Thought disorders

Personality disorders

Bipolar and related disorders

Correct answer: Depressive disorders

Anxiety disorders in the DSM-5 capture a wide variety of presentations, such as separation anxiety disorder, panic disorder, and agoraphobia. It is common to find depressive disorders comorbid with anxiety disorders, as the consequences on mood due to anxiety can be exhausting and pervasive.

Thought disorders, personality disorders, and bipolar and related disorders are not as common with anxiety.

208.

About how many people diagnosed with anorexia and bulimia are female?

90%

75%

50%

35%

Correct answer: 90%

Eating disorders such as anorexia and bulimia are diagnosed in women more than men. In fact, about 90% of those who are diagnosed with these disorders are female. Although neurological explanations are being researched, many believe the reason for this disparity is a greater societal focus on the body shape of females, as well as females receiving more cues from their families about weight.

209.

Which is more accurate, a group IQ test or an IQ test administered to an individual?

An individual IQ test is more accurate

Group IQ tests are more accurate

Both types of testing have equivalent accuracy

Neither test is statistically accurate

Correct answer: An individual IQ test is more accurate

In general, although testing environments and protocols vary, individual IQ tests are seen as more accurate than those administered to a group. There is controversy and discussion about IQ testing as a concept and in practice, but IQ tests do have substantial reliability, validity, and a long history of useful administration.

210.

Which of the following is **not** part of the schizophrenia spectrum?

Dissociative identity disorder

Brief psychotic disorder

Schizophrenia

Schizoaffective disorder

Correct answer: Dissociative identity disorder

The section on the schizophrenia spectrum and other disorders in the DSM-5 includes disorders that are mainly characterized by psychotic symptoms, although the nature, duration, and frequency of these behaviors are variable. Brief psychotic disorder, schizophrenia, and schizoaffective disorder are all part of this category.

***Dissociative identity disorder** is classified with dissociative disorders in the DSM-5; as opposed to schizophrenia, these conditions are more trauma-inflected than psychotic.*

211.

Which of the following would be the **best** working definition of emotional intelligence?

A reasoning ability arising from one's emotional awareness and empathy

A cognitive ability that assesses the emotional responses of others

An assessment ability that understands emotions within oneself

A heightened awareness of one's emotional and empathic environment

Correct answer: A reasoning ability arising from one's emotional awareness and empathy

*Daniel Goleman proposed the idea of **emotional intelligence**: rather than sheer cognitive and reasoning ability, emotional intelligence is a reasoning ability about self and others arising from one's emotional awareness and empathy. It is seen as a component of the more traditional idea of intelligence.*

Emotional intelligence is more than an assessment of others or self and involves reasoning as well as awareness.

212.

If the correlation between two tests is .80, what is the coefficient of nondetermination?

36%

64%

10%

20%

Correct answer: 36%

True variance and error variance are both important concepts to measure, as researchers want to know whether the test actually measures what it is meant to measure. The coefficient of determination is the degree of common variance, whereas the coefficient of nondetermination is the unique variance. To find the coefficient of nondetermination, first find the coefficient of determination by squaring the correlation ($.80 \times .80 = .64$, or 64%). Then subtract this from 100% to find the coefficient of nondetermination ($100\% - 64\% = 36\%$).

213.

Which of the following is the purpose of a summative evaluation?

To evaluate a process that has finished

To indicate new directions for a process

To summarize the conclusions of a process

To reduce waste in a process

Correct answer: To evaluate a process that has finished

*Evaluation processes are important to do in order to gain the most efficiency. In many agencies, this is done at a program level with a **summative evaluation**. This type of evaluation is most often done when a process has finished, and the technique, results, and opportunities for improvement can be accurately identified with the proper perspective.*

A summative evaluation may or may not indicate new directions for a process, summarize its conclusions, or reduce waste.

214.

Ultimately, what should be the deciding factor in screening individuals for therapy groups?

The desire of the individual to be in the group

The desire of the group members to welcome the new individual

The group leader's assessment of fit

The group membership's assessment of fit

Correct answer: The desire of the individual to be in the group

Screening for potential membership in a therapeutic group involves careful explanation to the potential member about the goals and needs of the group. It is important that an assessment of fit is done, most often by the identified group leader but possibly with the existing members of the group.

However, the ultimate deciding factor in an individual's appropriateness for a group must come from the potential group member themselves.

215.

Carl Jung's body of work is **most** closely linked to what personality assessment?

Myers-Briggs Type Inventory

Rorschach inkblot test

Thematic Apperception Test

Minnesota Multiphasic Personality Inventory (MMPI-2)

Correct answer: Myers-Briggs Type Inventory

The Myers-Briggs Type Inventory is a personality assessment that provides a specific psychological type, based on the work of Carl Jung. Jung posited that there are four principal psychological functions through which individuals experience the world: sensation, intuition, feeling, and thinking. Despite the fact that the Myers-Briggs lacks reliability and validity, it continues to be one of the most commonly used personality inventories.

216.

When providing an interpretation of assessment or test results to a client, what is the **most** important thing a counselor can do?

Ask the client about their feelings and thoughts in response to hearing the results

Provide the client with a written report

Invite the client's friends and family members in order to increase the client's support

Provide recommendations for treatment based on test results

Correct answer: Ask the client about their feelings and thoughts in response to hearing the results

After a counselor provides a client with an interpretation of their test scores, it is crucial that the counselor also encourages the client to share any thoughts, feelings, or other responses to the feedback. Depending on the client and what the scores mean, the client may feel relieved, disappointed, confused, embarrassed, or many other emotions. The counselor should take a supportive stance and refrain from imposing any judgments on the client.

217.

In which of the following conditions is low weight common?

Anorexia

Bulimia

Anorexia and bulimia

Anorexia, bulimia, and binge eating disorder

Correct answer: Anorexia

Eating disorders each involve pathological behaviors and beliefs about food, feeding, and/or body image. Anorexia is mostly characterized by a failure to maintain a healthy weight.

Bulimia and binge eating disorder are generally not characterized by low weight but are still characterized by pathology around feeding, food, and body image (bulimia in particular with purging behavior and binge eating disorder with badly controlled intake habits).

218.

Which of the following, at very low levels, is implicated in Parkinson's disease?

Dopamine

Serotonin

Potassium

Sodium

Correct answer: Dopamine

At very low levels, the neurotransmitter dopamine is implicated in Parkinson's disease; an excess may be related to schizophrenia.

This is not true for the neurotransmitter serotonin, nor is it true for potassium or sodium.

219.

The question below is an example of what type of scale?

"On the following scale, how would you describe yourself as a child?"

Outgoing _____ Shy

Creative _____ Practical

Relaxed _____ Anxious

Semantic differential

Likert

Unobtrusive

Sociometric

Correct answer: Semantic differential

A semantic differential scale is one way researchers collect information about individuals' opinions and beliefs. Scales ask respondents to report their perception of certain issues and experiences, as in this example. Researchers have the ability to choose adjectives that allow them to analyze respondents' unconscious desires and anxieties.

220.

What is the difference between paraphilia and a paraphiliac disorder?

A paraphilia may not need treatment

A paraphiliac disorder may not need treatment

A disorder is present only if there is related action

A disorder is present only if there is ideation

Correct answer: A paraphilia may not need treatment

*It is important to draw a distinction between **paraphilia** and **paraphiliac disorders**. The diagnostic category in the DSM-5 describes a few of the most commonly known paraphilias, which are distinguished from normative sexual ideation and behavior mainly by their atypicality. As a general statement, paraphilias on their own are not necessarily in need of treatment, particularly if they do not involve harm to others or distress to self. A person can have and act on a paraphilia, and as long as another being is not victimized and the behavior does not cause the individual distress, the need for treatment would be questionable.*

Paraphiliac disorder means that there is a situation related to paraphilia that needs to be addressed; the disorder present could cause distress in the individual or others.

3. Areas of Clinical Focus

221.

A 20-year-old is in counseling for severe sexual and physical trauma she experienced when she was four and five years old. The client decides that she is ready to talk about the trauma with the counselor, but when details of the trauma come up during sessions, the client takes on the voice of a little girl, curls up in a ball on the floor, and acts immaturely.

What is the defense mechanism this client is using to cope?

Regression

Reaction formation

Introjection

Repression

Correct answer: Regression

Regression is the return to a much younger psychological and emotional state due to overwhelming feelings. In this situation, the client is so overwhelmed by the feelings associated with her trauma that she retreats to a much more immature state. If skilled, the counselor can use this defense as a way of helping the client through the trauma.

Reaction formation occurs when someone expresses the opposite feeling of what they may actually feel.

Introjection is the process of using fantasy to identify the expression of an impulse.

Repression is the act of forgetting or denying an idea that creates anxiety or other uncomfortable feelings.

222.

Theorists from the actuarial perspective believe that the structure of the individual is the foundation from which career development occurs. What are two examples of actuarial theories?

Trait-factor and needs-based

Life-span and self-concept

Self-directed and conventional

Problem-solving and needs-based

Correct answer: Trait-factor and needs-based

Actuarial theorists focus on the individual's needs, traits, interests, or other internal structure. Trait-factor and needs-based theories are two types of actuarial theories as they each focus on a specific concept (personality traits and unmet needs) to explain career selection.

223.

Which of the following statements would likely be said by someone in the **post-conventional** stage of development?

"I have derived my own set of moral standards."

"My morals are society's morals."

"My morals are dictated by what I am punished for."

"My morals are dictated by what I am rewarded for."

Correct answer: "I have derived my own set of moral standards."

*Lawrence Kohlberg conceptualized three stages of moral development. The first stage, **preconventional**, is characterized by a fear of punishment that governs behavior. The second stage, **conventional**, is characterized by a desire to adhere to society's rules.*

*The last stage, **post-conventional**, is characterized by self-accepted rules that govern behavior and go above simple reward, punishment, or conformity.*

224.

Which of the following was Piaget's conclusion regarding his formal operational stage?

Most people do not really reach it

Most people navigate it successfully

Most people substitute other items for this stage

Most men reach this stage, but women generally do not

Correct answer: Most people do not really reach it

*Jean Piaget conceptualized human development, particularly in children, as a process in which sensory capability was joined with cognition to produce milestones in one's ability to function and navigate the environment. The last stage of his model, **formal operational**, is one in which a child can perform abstract reasoning and deduction to solve problems. Piaget believed that most people do not really reach this stage.*

Piaget did not detail a gender disparity at this stage.

225.

Which of the following is a change from the DSM-IV-TR to the DSM-5?

Removal of the multiaxial system

Removal of V codes

Addition of a chapter on bipolar disorders

Addition of a Not Otherwise Specified option

Correct answer: Removal of the multiaxial system

The DSM-5 was published in 2013 and includes many changes to the previous version, the DSM-IV-TR. One of the most significant changes is the removal of the multiaxial classification system. Additional changes to the newest DSM include the expansion of the list of V codes, the replacement of Not Otherwise Specified with Unspecified Disorder or Other Specified Disorder, and many changes to the classification of disorders. There is a chapter on bipolar disorders in both the DSM-IV-TR and the DSM-5.

226.

When asked what she does for work, an individual replies, "I'm a psychologist." This is an example of all the following, **except**:

Lifestyle

Occupation

Career

Job

Correct answer: Lifestyle

There are many career-related definitions used both in society and in the field of career counseling.

"Lifestyle" refers to an individual's general preference in regard to career, living space, family, leisure, and other factors.

"Occupation" is a definable work activity, and "job" is one person in one position doing certain tasks.

"Career" has several different definitions, but ranges from the series of occupations one has to all the work roles someone engages in. A woman defining herself as a psychologist refers to her occupation, job, and career, but not necessarily to her lifestyle.

227.

A career counselor administers Holland's *Vocational Preference Inventory* to a client, whose results indicate he would best be suited for a social or artistic career. Which of the following career choices falls into one of these categories?

Editor

Salesperson

Auto mechanic

Accountant

Correct answer: Editor

John Holland's career theory is structural in approach, but he believes that career choice is an expression of personality. He identified six personality types that develop due to parental influences, genetic factors, and the environment. These types include realistic (explicit tasks requiring physical work, e.g., mechanic), investigative (intellectual and prefers systematic, creative activities), artistic (imaginative), social (enjoys interacting with and helping others), enterprising (prefers leadership roles), and conventional (practical and ordered). Examples of social careers are teachers and social workers, and examples of artistic careers are artists and editors. Sales personnel fall into the enterprising category, auto mechanic is the realistic style, and accountant is the conventional style.

228.

A counselor is interested in running more groups for clients who suffer from depression. Which of the following would be the **best** example of a goal this type of group might have?

Learn how to interact with others in ways that relieve depressive symptoms

Explore group members' childhoods for answers to current depressive states

Decrease suicidal thoughts and self-harming behaviors

Learn how to talk with family members about what it is like to have depression

Correct answer: Learn how to interact with others in ways that relieve depressive symptoms

There are many goals group members may work toward, depending on the type and topic of the group. Some general goals of group counseling include learning to trust oneself and others, finding alternative ways of resolving conflict, increasing self-direction, learning more effective social skills, and making plans for changing behaviors and being held accountable. Exploring childhoods, decreasing suicidal thoughts, and learning how to talk with family members are excellent goals for individual psychotherapy. Group counseling can help those suffering from depression to learn how their interpersonal skills and moods affect others, and hopefully to learn ways of interacting with others that will alleviate depressive symptoms.

229.

Which of the following would be the **best** working definition of phenomenology as it applies to counseling?

The client's subjective experience of events

The client's perception of their mood

The client's beliefs about others

The client's subjective experience of relationships

Correct answer: The client's subjective experience of events

Phenomenology as it applies to counseling refers to the client's inner, subjective experience of events and circumstances. Since this differs dramatically from individual to individual and forms the ground of the person's whole experience, it is a useful subject to address in counseling.

Phenomenology does not refer to the client's perception of their mood, their beliefs, or specifically their experience of relationships.

230.

Which of the following would be the **best** example of a baseline behavior as expressed in behaviorism?

A person's normal functioning before an intervention

A person's normal functioning after an intervention

A person's dysfunction after an intervention

A person's improvement after an intervention

Correct answer: A person's normal functioning before an intervention

*A **baseline** behavior, in the language of behaviorism, refers to the steady state of existing, (i.e., "normal" behavior that exists before an intervention is attempted).*

The concept does not refer to post-intervention status.

231.

Which of the following is an accurate statement per social comparison theory?

We judge our behaviors and success by comparison to others

We judge our behaviors and success without comparison to others

We judge our behaviors and success by comparison to others if the comparison is favorable

We judge our behaviors and success by comparison to others if the comparison is unfavorable

Correct answer: We judge our behaviors and success by comparison to others

Social comparison theory, which arose from the research of Leon Festinger, suggests that we judge our behaviors and success by comparison with others. Rather than evaluating our behavior or success with reference to our past, our current progress, or our eventual goals, we tend to compare ourselves first to what we believe about how others are doing.

232.

Disruptive mood dysregulation disorder and premenstrual dysphoric disorder are two diagnoses new to the DSM-5. Under which DSM-5 category do both of these diagnoses fall?

Depressive disorders

Anxiety disorders

Obsessive-compulsive and related disorders

Bipolar and related disorders

Correct answer: Depressive disorders

According to the DSM-5, depressive disorders include major depressive disorder, persistent depressive disorder, substance/medication-induced depressive disorder, Disruptive Mood Dysregulation Disorder (DMDD), and premenstrual dysphoric disorder. The DMDD diagnosis can only be given to children up to 18 years of age and is meant to decrease the numbers of children who are diagnosed with bipolar disorder.

233.

An individual who has strong social skills, is well-respected, has empathy for others, and understands nonverbal cues is said to possess:

high emotional intelligence

propinquity

poor cognitive abilities

paradoxical knowledge

Correct answer: high emotional intelligence

Daniel Goleman proposed that intelligence includes not only cognitive processes, but a comprehensive knowledge of human emotions. This emotional intelligence is seen in those who understand social cues, have empathy for others, develop positive interpersonal relationships, and are self-motivated. Emotional intelligence operates separately from cognitive intelligence, which includes reasoning and thinking processes.

234.

Career counselors often assess the ways individuals use their free time. Which of the following theories is commonly used to determine what types of leisure activities people engage in?

Compensatory versus spillover

Internal versus external

Personal versus social

Present versus future

Correct answer: Compensatory versus spillover

Career counselors often classify leisure activities as either compensatory or spillover. Compensatory activities are those that are very different than those done on the job; an example might be a history professor who spends his free time rock-climbing and running marathons. Spillover activities are the same types of activities that are done on the job; an example of spillover might be a psychologist who spends her free time reading books about cognitive development.

235.

What is the relationship between the first and second stages of the career counseling process?

The first stage, establishing a relationship, helps progression to the second stage, developing a better understanding of the client's problems

The second stage, assessment, cannot be completed without successful completion of the first stage, providing information

The first and second stages, establishing a relationship and assessment, are interchangeable

The second stage, providing information, is only important if the first stage, assessment, determines more information is needed

Correct answer: The first stage, establishing a relationship, helps progression to the second stage, developing a better understanding of the client's problems

Within the career counseling process there are several steps: establishing a relationship, identifying the problem, conducting an assessment, providing information, making a decision, and implementing the plan. The first stage consists of developing trust between counselor and client, with the result being a better understanding of the problems the client has in terms of career decisions.

236.

A counselor has an adolescent client with severe behavioral problems, including aggression toward family members and threats of self-harm. She thinks her client needs additional services, but thinks his behaviors do not indicate the need for inpatient hospitalization. Which of the following is the **least** restrictive treatment environment that might be considered for this client?

A day treatment program that runs Monday through Friday and allows him to return home in the evenings

A group home for three to four adolescents

A therapeutic foster care setting

Partial hospital care

Correct answer: A day treatment program that runs Monday through Friday and allows him to return home in the evenings

The most restrictive environment is inpatient hospitalization, followed by residential treatment facilities, partial hospital care, group homes, and other residential options (such as therapeutic foster care for children). Less restrictive settings include intensive outpatient programs, day treatment, and outpatient services.

237.

A career counselor is interested in using a computer guidance system with numerous assessments to measure clients' interests, values, and skills. Which of the following is the **most** comprehensive system?

SIGI 3

O*NET

Focus II

CHOICES

Correct answer: SIGI 3

There are several computer-assisted career guidance systems that can supplement the assessments and guidance of career counselors. SIGI 3 (System of Interactive Guidance and Information) is one of the top-of-the-line systems.

*O*NET is a comprehensive database that categorizes occupations according to worker characteristics, amount of education and training needed, and other factors. Focus II and CHOICES are both computer-assisted career guidance systems, but they have limited assessment components.*

238.

Delirium, Parkinson's disease, and Alzheimer's disease are all what type of disorder?

Neurocognitive

Disruptive

Neurodevelopmental

Stressor-related

Correct answer: Neurocognitive

Neurocognitive disorders, such as Alzheimer's disease, and neurodevelopmental disorders, such as autism and intellectual disabilities, most likely have a biological basis. Neurocognitive disorders tend to appear later in life, while neurodevelopmental disorders begin in childhood.

239.

William Perry is known for developing a scheme for intellectual and ethical development. This scheme includes three categories and nine positions, ending in which of the following?

Post-commitment, when individuals realize commitment is an ongoing and evolving activity

Dualism, when there are right and wrong answers

Multiplicity, when individuals must listen to their inner voices rather than society

Subjective knowledge, when there are conflicting answers

Correct answer: Post-commitment, when individuals realize commitment is an ongoing and evolving activity

William Perry's scheme was used to explain college students' journeys through intellectual and moral development, and has evolved to apply to other groups of people as well. Perry explains that there are three categories — dualism, discovery of relativism, and commitment to relativism — and nine positions spread across these categories. The final position is sometimes called post-commitment, when individuals realize that commitments are evolving and can sometimes be contradictory.

240.

Which of the following is true about persons 40 and above in the US job market?

They tend to spend more time unemployed than those under 40

They tend to spend less time unemployed than those under 40

They are generally viewed preferentially by employment agencies

They are generally placed in more managerial and supervisory roles

Correct answer: They tend to spend more time unemployed than those under 40

The perception of age and capability is relevant to clients under financial stress, who with variable economic conditions may find themselves unemployed at the age of 40 and above. Unfortunately, there is a bias in employment agencies who view persons 40 and above as "older" and therefore less marketable to companies in search of younger talent; thus, persons 40 and above tend to spend more time unemployed than those under 40.

Persons 40 and above are not generally viewed preferentially by employment agencies, nor are they necessarily placed in more managerial and supervisory roles.

241.

Which of the following would characterize a high-context communicative culture?

A relatively high degree of nonverbal communication

A relatively low degree of nonverbal communication

A high degree of verbal detail

A relatively low respect for tradition

Correct answer: A relatively high degree of nonverbal communication

*Cultures can be described as belonging to one of two groups with respect to their communicative norms. In **high-context** communicative cultures, things outside the lexical content of the message are emphasized, such as nonverbal communication and respect for tradition. The lexical context of the message is less significant in these cultures.*

*By contrast, **low-context** communicative cultures tend to emphasize the detail of the message content over other, more contextual factors.*

242.

A four-year-old child likes to make up games and ask others to participate in activities he enjoys. When at home, he likes to plan out his day and make decisions about what toys he is going to play with and what television shows he is going to watch. This child is in what stage of psychosocial development?

Initiative versus guilt

Autonomy versus shame and doubt

Industry versus inferiority

Identity versus role confusion

Correct answer: Initiative versus guilt

Erik Erikson identified eight stages of psychosocial development; during each stage, a psychosocial task must be mastered. During the initiative versus guilt stage, which occurs in children ages three to six, children initiate activities with others, plan activities, and make up games.

During autonomy versus shame and doubt (ages one and a half to three), the child begins to assert himself and develop independence. During industry versus inferiority (ages six to 11), children are tasked with mastering social and academic skills. During identity versus role confusion (adolescence), the individual establishes social and career identities.

243.

In terms of attraction, marriage, and long-term commitment, which of the following accurately describes the matching hypothesis?

We tend to end up with people with a similar level of attractiveness to our own

We tend to overrate our attractiveness with respect to the perceptions of others

We tend to underrate our attractiveness with respect to the perceptions of others

We tend to match ourselves with people who we perceive as less attractive than ourselves

Correct answer: We tend to end up with people with a similar level of attractiveness to our own

The matching hypothesis addresses human mating behavior as a function of our physical attractiveness. Other factors are certainly important, but taken by itself, the phenomenon of physical attractiveness seems to be the main driver in both short-term and long-term sexual behavior. The matching hypothesis asserts that human beings tend to end up in long-term relationships with people who match our level of attractiveness.

244.

According to Erikson's psychosocial stages of development, which of the following is probably **false** about a person in the intimacy vs. isolation stage?

They are 33-44 years of age

They are learning to depend on others instead of depending on self

They are 23-34 years of age

They are experimenting with marriage and family

Correct answer: They are 35-45 years of age

*Erik Erikson suggested that there were several stages of psychosocial development, each of which dealt with a different test. At about 23-34 years of age, Erikson suggested that we enter the stage of **intimacy vs. isolation**, in which a person is learning the balance of dependence on others versus dependence on self. One of the activities of this stage is the experimentation with marriage and family.*

245.

Harriet believes in explaining the "why" of rules to her children. She has high expectations but is warm and nurturing. What would be the **most** likely outcome for this child in their functioning?

Relatively high happiness, good performance overall, high emotional regulation

Relatively high happiness, poor performance overall, high emotional regulation

Relatively high happiness, good performance overall, low emotional regulation

Relatively low happiness, poor performance overall, high emotional regulation

Correct answer: Relatively high happiness, good performance overall, high emotional regulation

*Harriet is practicing what could be described as an **authoritative** parenting style: authority is present and strictly maintained but is well-explained to children. There is also a general background of warmth and nurturing. This parenting style tends to produce children who have relatively high happiness, good performance overall, and a high degree of emotional regulation.*

246.

A married couple with two school-aged children gets divorced, which drastically reduces the amount of conflict in the home. All of a sudden, however, the younger child starts throwing temper tantrums, whereas before he was perfectly well-behaved. What phenomenon might explain this child's change in behavior following the divorce?

Homeostasis

Enmeshment

Permeability

Cybernetics

Correct answer: Homeostasis

Family counselors often see families as systems that aim to maintain homeostasis, or balance. When one change in the system takes place, it is typical for another change to take place as a way of balancing out the changed dynamics. This family system might be used to conflict, and when the conflict is taken away (due to the parents' divorce), the child unknowingly takes it upon himself to express distress.

247.

John Crites' model of career counseling includes three factors when diagnosing the career problem. What are these three components?

Differential, dynamic, and decisional

Synthesis, prognosis, and follow-up

Analysis, collection, and synthesis

Dynamic, motivational, and synthesis

Correct answer: Differential, dynamic, and decisional

John Crites' model of career counseling is a comprehensive approach that requires the counselor to make three diagnoses of the problem. These diagnoses include differential (what are the problems?), dynamic (why have the problems occurred?), and decisional (how are the problems being dealt with?). Crites also believed that once the career problem has been diagnosed, the counselor should provide client-centered counseling, psychodynamic techniques, and trait-factor and behavioral approaches.

248.

What is meant by the concept of a **critical period** in child development?

A sensitive learning or growth period

A period of physical transformation

A personally defined period of growth

A socially defined period of change

Correct answer: A sensitive learning or growth period

*Within child development, a **critical period** is one in which some process or behavior must be successfully completed, or else it is much more difficult to achieve later. Such things as language and some kinds of social learning must be completed at certain ages, or they will become much more challenging to develop at a later time.*

A critical period in this context does not refer to physical transformation only, nor is the period personally or socially defined.

249.

The concept of **splitting** in object relations means assigning "all good" or "all bad" statuses to a person depending on the circumstances. Psychologically, how does this benefit the individual who engages in splitting?

It reduces anxiety by predicting behavior

It increases anxiety by predicting behavior

It boosts self-esteem by making others predictable

It boosts self-esteem by differentiating the self from others

Correct answer: It reduces anxiety by predicting behavior

*The mind engages in many strategies, conscious and unconscious, to preserve its homeostasis and reduce discomfort. One of these is **splitting** from the field of object relations. In splitting, an "all good" or "all bad" assignment is made to people based on current circumstances. In adults, it is a way of describing the personality of others that in effect reduces anxiety by predicting behavior and making it knowable. The phenomenon suggests an intolerance for the ambiguity and unpredictability of human behavior.*

Splitting is not meant to increase anxiety or self-esteem.

250.

In Kohlberg's theory of moral development, what controls the choice of morals in the post-conventional stage?

The self

Society

The family

Fear of punishment

Correct answer: The self

*Lawrence Kohlberg suggested three stages of moral development. The first stage, **preconventional**, would be characterized by a fear of punishment guiding moral choices. The second, **conventional**, would be characterized by an adherence to society's standards. The last, **post-conventional**, means that the self is able to construct a prosocial morality of its own.*

251.

A college student has known for a while that she wants to be a biologist. She is currently taking classes to determine which area of biology she wants to pursue in her career. This individual is in the process of completing which vocational development task, according to Donald Super?

Specification

Crystallization

Implementation

Stabilization

Correct answer: Specification

Donald Super's explanation of career development consists of vocational development stages and vocational development tasks. The vocational development tasks are crystallization (forming a vocational goal), specification (moving to a more specific career choice), implementation (entering employment), stabilization (performing a job), and consolidation (achieving status and advancing). This student is performing the task of specification, when individuals move from more general career interests to a specific vocational choice.

252.

In which age category is self-concept first stabilized?

Adolescence

Preschool

2 years

Birth

Correct answer: Adolescence

*A person's **self-concept** is defined as their perceptions and beliefs about their qualities, attributes, and traits. At birth, virtually no self-concept exists, but by 24 months, self-recognition has set in, and differentiation from others is a cognitive exercise. A preschool-aged person does not have a stable self-concept yet, but what they have is concrete and physical.*

In adolescence, in light of all the influences from culture, peers, family, and the environment, a stable self-concept is first realized.

253.

Which of the following is **true** regarding contextualism?

It is based on the idea that an individual cannot be separated from their environment

It uses psychodynamic techniques such as interpretation

It focuses on how societal norms influence individuals' experiences

It is the belief that individuals make decisions based on their cognitive, rather than emotional, experiences

Correct answer: It is based on the idea that an individual cannot be separated from their environment

Proponents of contextualism believe that career development results from constant interaction between the individual, the environment, and the dynamics between individual and environment. Contextualists assert that individuals cannot be separated from their environments and that reality is created by individuals' perceptions and ways of organizing information. From a contextualism standpoint, the goal of career counseling is for the individual to make sense of their situation.

254.

Which of the following examples would be illustrative of the concept of **learned helplessness**?

A person who has been abused many times gives up resistance to abuse

A person witnesses their parent being abused and does not resist abuse

A person intellectually processes abuse so that their resistance fades

A person becomes passively psychotic when abuse reaches a certain threshold

Correct answer: A person who has been abused many times gives up resistance to abuse

*First known by this name in the work of Martin Seligman, the concept of **learned helplessness** refers to the way in which an individual, after experiencing many negatives without relief over a subjectively long period, ceases resistance and shows signs of depression and withdrawal. Thus, a person who has been abused many times and gives up resistance (since resistance has been demonstrated to be hopeless) is a good example of the phenomenon.*

The other examples do not illustrate an individual learning to be helpless through their own experiences, and the concept does not involve psychosis.

255.

Which of the following counselors' approaches is **most** likely to have been influenced by the work of Savickas?

A counselor who encourages her clients to be flexible workers and to pursue freelance work when possible

A counselor who sees himself as an expert who relies heavily on inventories

A counselor who meets with clients in a group format so individuals can share their ideas with each other

A counselor who asks the client's family for input about feasible career choices

Correct answer: A counselor who encourages her clients to be flexible workers and to pursue freelance work when possible

Mark Savickas is known for his postmodern approach to career counseling that is based on construction theory, which posits that individuals construct their own reality. Savickas' approach considers the changing nature of the workplace and the move toward flexible work schedules and more freelance employment.

256.

Is language or paralinguistics considered more accurate?

Paralinguistics

Language

They are both considered equally accurate

Neither is considered accurate

Correct answer: Paralinguistics

*While language is generally understood to mean the lexical content of a message, there are many categories of messages outside explicit content. In fact, **paralinguistics**, which refers to almost everything but the lexical content of the message, is considered to be more accurate. Paralinguistics would include factors like tone, volume, speed, and silence, among many others.*

257.

Sara is a 22-year-old woman who has just graduated from college. She does not currently have a romantic partner but would like to find someone special, get married, and have children in the next five to ten years. What stage of Erikson's psychosocial development is Sara going through?

Intimacy versus isolation

Generativity versus stagnation

Integrity versus despair

Industry versus inferiority

Correct answer: Intimacy versus isolation

According to Erikson, intimacy versus isolation is a stage in early adulthood when the young adult seeks intimate relationships and is tasked with either giving up some independence or becoming lonely and isolated. Generativity versus stagnation occurs in middle adulthood when adults desire to contribute to society and produce something valuable. Integrity versus despair occurs during later adulthood when older adults view life as either meaningful or full of regrets. Industry versus inferiority occurs during latency (ages six to eleven) when children are tasked with mastering social and academic skills.

258.

According to the work of Margaret Mahler, what is symbiosis?

The essential bond between a mother and a child

The relationship a child has with their environment

The way a child and a mother support each other psychologically

The way a family bonds around a child

Correct answer: The essential bond between a mother and a child

*According to the work of Margaret Mahler, there is a critical period of time early in a child's development in which there is an essential bond between mother and child. Known as **symbiosis**, it amounts to the child being wholly dependent on and trusting of the mother. If this relationship is disrupted, the psychological consequences are dramatic and can involve psychosis.*

The term does not refer to a child's relationship with their environment, the way a child and mother support each other, or the way a family bonds around a child.

259.

Which of the following is characteristic of what Jean Piaget means by **adaptation**?

Allowing new information into established ideas

Being able to learn new cognitive skills

Learning emotional regulation from others

Forming bonds outside the family unit

Correct answer: Allowing new information into established ideas

*Jean Piaget's concept of **adaptation** refers to the ability of a person to allow new information into established ideas. An example might be a child understanding that all families do not match their definition of family. This process is also known as assimilation.*

This concept does not refer to cognitive skill development, emotional regulation, or attachment/bonding.

260.

Which of the following did Jean Piaget believe about his final stage (formal operational) with respect to helplessness?

Successful completion of this stage would prevent helplessness

Most children would still feel helpless at this stage

Piaget did not address helplessness as part of his developmental theory

Piaget saw helplessness as a function of family dynamics

Correct answer: Successful completion of this stage would prevent helplessness

*Jean Piaget formulated a theory of human development that detailed certain milestones to be achieved as the brain matured and an individual's ability to think and reason through problems in the environment improved. In his last stage, **formal operational**, Piaget suggested that feelings of helplessness would already have been adequately dealt with and the child would be ready for adulthood.*

Piaget did not suggest that most children would still feel helpless at this stage, and he saw the phenomenon of helplessness being dealt with through developmental processes rather than family dynamics.

261.

Which of the following represents the difference between acculturation and assimilation?

Acculturation represents how individuals identify with a dominant culture, and assimilation refers to how much an individual is absorbed by the dominant culture

Assimilation represents how individuals identify with the dominant culture, and acculturation refers to how much an individual is absorbed by the dominant culture

Assimilation and acculturation are equivalent terms

Assimilation is the practice of deliberately absorbing individuals to negate their culture, and acculturation is the mediated process of cultural belonging

Correct answer: Acculturation represents how individuals identify with a dominant culture, and assimilation refers to how much an individual is absorbed by the dominant culture

*When examining culture and cultural concerns, it is important to remember how individual membership in the dominant culture is achieved and maintained and with what consequences to an individual's identity this takes place. **Acculturation** represents how individuals identify with a dominant culture and take on its norms and values. **Assimilation** refers to how much individuals are "absorbed" into a dominant culture and lose their source culture's norms and values.*

The terms are not equivalent, and there may or may not be a deliberate process at work.

262.

What are automatic thoughts, following the work of Beck?

Random, negative, and intrusive cognition

Chosen negative cognition in response to stress

Unconscious cognition resulting in neurosis

Trauma-inflected reactive cognition

Correct answer: Random, negative, and intrusive cognition

Automatic thoughts are a key principle to understand in the work of Beck and his school of cognitive therapy. Automatic thoughts are random, negative, and intrusive cognition that arises in response to the pressures of the world and a client's experience. If unchallenged, these can drive depression and contribute to unrealistic views about the world.

In this view, automatic thoughts are not chosen, unconscious, or specifically trauma-inflected.

263.

Which of the following is consistent with a behaviorist view of child development?

The mind is a blank slate at its beginning

The mind comes equipped with substantial inferential knowledge

The mind acts on biological drives at all times

The mind only knows social input at the beginning

Correct answer: The mind is a blank slate at its beginning

In general, the behaviorist school disallows such concepts as the unconscious and devalues cognitive preconditions in the mind. To simplify, behaviorists view the mind as a blank slate before it learns anything. The focus is on conditioning and learning as definitional to development.

Behaviorists would likely disagree that any preexisting knowledge would have a substantial effect on development, if it existed at all. Social inputs, similarly, are expected to be learned later.

264.

Which of the following is an accurate overall statement about complementarity theory in relationships?

What one person lacks, another provides

People see the faults of others more easily

We are more responsive to those who praise us

People tend to be attracted to others with the same flaws

Correct answer: What one person lacks, another provides

There are many ways to view how human beings form and maintain relationships. One such view is complementarity theory, which suggests that one personality can make up what another personality lacks in terms of strengths and that weaknesses are similarly balanced by strengths in a partner or significant other.

Social exchange theory does not deal with the perception of faults, our responsiveness based on positive feedback, or the similarity of flaws.

265.

Which of the following would be the best example of **centration**, according to Piaget?

Focusing on the word **STOP** on a stop sign

Filtering unnecessary noise

Being able to focus on one idea at a time

Believing that objects have a life of their own

Correct answer: Focusing on the word STOP on a stop sign

*The work of Jean Piaget focused on the stages of child development, in which the child's mental processes, cognitive ability, and sensory operations work in concert. His concept of **centration** refers to a phenomenon known in the **preoperational stage**, in which a child concentrates on one feature of an object, such as the word **STOP** on a stop sign.*

Centration does not refer to filtering noise, intellectual focus, or a belief that objects have a life of their own.

266.

In the adolescent years and later, what factor is **most** important when determining which occupation is selected?

Self-awareness

Gender roles

Social valuation

Intelligence level

Correct answer: Self-awareness

Linda Gottfredson, known for her career development theory "Circumscription and Compromise," posits that vocational self-concept develops in childhood and influences occupational selection. While various tasks are typically completed before the age of 14, in the teenage years, and later, self-awareness of one's unique characteristics helps determine occupational selection. Orientation to sex and gender roles and social valuation typically occur in latency and preadolescent years.

267.

It is common for individuals living near each other, such as those residing in the same neighborhood or area of a city, to form romantic relationships with each other. This phenomenon is known as:

propinquity

prevalence

comorbidity

etiology

Correct answer: propinquity

Propinquity is often one of the main factors leading to romantic attraction between individuals. It refers to the proximity between people who live or work near each other. The propinquity effect, therefore, is the tendency for people to form relationships with others they encounter often.

268.

A career counselor usually assists clients by identifying their career-related needs problem components, formulating courses of action, prioritizing these actions, and developing plans for implementation. This counselor's approach is based on which concept?

Cognitive information processing

Social valuation

Social cognitive theory

Psychosocial development

Correct answer: Cognitive information processing

Cognitive information processing was presented by Reardon, Lenz, Sampson, and Peterson (2008) as a way of approaching career problems by using a sequential procedure called CASVE. This procedure uses the skills of communication, analysis, synthesis, valuing, and execution.

269.

Would dialectical behavior therapy (DBT) be considered an appropriate treatment for suicidal clients? Why or why not?

Yes, as DBT helps with controlling suicidal ideation

No, as DBT is only designed for those with borderline personality disorder

Yes, as DBT was designed for suicidal clients

No, as DBT does not address inner thought patterns that lead to suicide

Correct answer: Yes, as DBT helps with controlling suicidal ideation

Marsha Linehan's dialectical behavior therapy (DBT) is a mindfulness-focused treatment strategy that was first designed for use with persons diagnosed with borderline personality disorder. However, it is helpful for other conditions due to its focus on inner thought patterns and control of impulses with skill-building strategies.

DBT does help suicidal clients with various aspects of their condition, including suicidal ideation.

270.

Irene was diagnosed with an intellectual disability in childhood, and her IQ was tested to be 68. Now in her 30s after on-the-job training, a subsequent test suggests that her IQ is actually higher, around 72. Which of the following statements is likely true about this change?

Both tests can be accurate

Neither test is likely accurate

One test result must be wrong

The intellectual disability diagnosis was mistaken

Correct answer: Both tests can be accurate

A person can be diagnosed with intellectual disability (ID) if the onset of the condition was before the age of 18 and their IQ test result is 70 or below. However, IQ as a measurable result can change over time and often does, usually in response to some kind of training. Therefore, both results can be accurate in the case at hand.

271.

Which of the following is true about people's sexual habits in older age?

Men and women tend to keep the same habits as earlier in life

Men maintain the same habits, while women do not

Women maintain the same habits, while men do not

For men and women, sexual interest drops dramatically

Correct answer: Men and women tend to keep the same habits as earlier in life

As men and women age, they may or may not experience a decline in sexual interest and activity. However, later interest, activity, and practice tend to be the same as earlier interest, activity, and practice. Physical and psychological factors related to aging are major influences.

This tendency to keep the same habits is not broken by gender, and sexual interest does not always drop dramatically.

272.

Which of the following is an accurate definition of confirmation bias?

Taking in information that agrees with your view and ignoring that which does not

Taking in information that agrees with your view as well as that which does not

Remembering information that agrees with your view but not that which does not

Taking in information that agrees with your view as long as there is no evidence to the contrary

Correct answer: Taking in information that agrees with your view and ignoring that which does not

Confirmation bias is a perceptual/judgmental phenomenon by which people tend to take in and accept information and data that agree with their point of view while ignoring those that do not. This is in keeping with the general tendency of the mind to attempt to prevent challenges to its homeostasis.

This tendency does not have to do with memory or evidence per se, except insofar as evidence is less favored when it does not agree with an established point of view.

273.

A middle-aged woman, employed for 20 years at a financial institution, meets with a career counselor to discuss the fact that she has not been given a promotion in 15 years. The woman is intelligent, performs excellently at her job, and gets along well with coworkers. The career counselor notices that several men, younger and less experienced than the client, have been promoted to positions above the client over the past ten years. The career counselor believes that, due to preconceived notions about women's abilities and other constraints, the client has been overlooked for higher-paying positions with more responsibilities. This is known as the:

glass ceiling

occupational family tree

homemaker effect

self-fulfilling prophecy

Correct answer: glass ceiling

The "glass ceiling" refers to the idea that a collection of restraints in the workplace have historically prevented women from moving up the career ladder in organizations. These restraints include childcare duties, stereotypes of women's cognitive abilities, and other factors.

274.

A dog does not like being placed in their kennel. As a reward for good behavior, the dog is allowed to spend more time outside their kennel. Which of the following reinforcement/punishment strategies is being enacted here?

Negative reinforcement

Positive reinforcement

Positive punishment

Negative punishment

Correct answer: Negative reinforcement

*Reinforcement and punishment strategies are usually considered in four ways. **Negative reinforcement** is when an undesirable is removed in order to increase behavior.*

***Positive reinforcement** would be a desirable addition in order to increase behavior. All **punishment** aims to reduce a behavior, either by adding something (**positive**) or taking something away (**negative**).*

275.

Which of the following is **true** about those who complete suicide?

The majority express their intentions to someone

Few express their intentions to someone

The majority express their intentions online

The majority express their intentions to peers

Correct answer: The majority express their intentions to someone

Suicide is a complicated and individualistic phenomenon, but certain common factors can be identified that can help prevent it. One key factor about suicide is that those who complete it have expressed their intentions to someone in the vast majority of cases. This may involve almost any medium and chosen other and is not necessarily expressed online or to their age peers. This expression underlies the importance of taking any such mention of suicide by a client very seriously.

276.

Some individuals who have experienced trauma, losses, and other potentially damaging events seem to cope well and function relatively normally in society. What quality do these individuals possess?

Resiliency

Plasticity

Tabula rasa

Thought blocking

Correct answer: Resiliency

Resiliency is the ability to adapt relatively well to situations despite exposure to adverse experiences or circumstances. This quality is seen sometimes in individuals who have been exposed to traumatic or potentially devastating events, yet manage to maintain healthy relationships and are able to function well.

Plasticity refers to the ease and smoothness that most individuals experience in moving from one developmental stage to the next. Tabula rasa is John Locke's view that children begin as a "blank slate" who are influenced by their environments over time. Thought blocking occurs when someone with a psychiatric illness stops speaking suddenly due to feelings of anxiety surrounding the content of the conversation.

277.

Which of the following would be the **best** example of the concept of object permanence?

When a child thinks that an object removed from their vision still exists

When a child thinks that an object removed from their vision is still in their visual field

When a child conceptualizes objects as part of themselves

When a child imagines objects have an intelligence of their own

Correct answer: When a child thinks that an object removed from their vision still exists

*As first described by the developmental psychologist Jean Piaget, **object permanence** refers to the understanding that an object still exists if it is removed from a person's immediate vision. This is part of an overall developmental progression in which the senses and the mind work together to create an accurate conceptual model of the world.*

Object permanence does not refer to a child conceptualizing objects as part of themselves or the idea that objects have an intelligence of their own.

278.

According to the attachment work of John Bowlby, which of the following is the result of poor attachment and bonding in childhood?

Conduct disorder and other forms of psychopathology

Thought disorder and other forms of psychosis

Mood disorder and other forms of dysregulation

Substance disorders and other impulse control issues

Correct answer: Conduct disorder and other forms of psychopathology

The work of John Bowlby focused on the nature and importance of attachment in human beings. Among other conclusions, Bowlby suggested that if a child was poorly bonded and badly attached in the critical periods of early childhood, various forms of psychopathology would result, including conduct disorder.

Bowlby's work did not specifically suggest thought disorder, mood disorder, or substance disorders would result from poor attachment and bonding.

279.

Beginning in the 1950s and '60s, Donald Super conceptualized career development to include specific stages and tasks. Which of the following is a common criticism of Super's early ideas?

They applied mostly to white, middle-class, college-educated males

The stages and tasks lacked clear explanations and definitions

They neglected the role of self-concept in careers

They did not address the retirement stage of peoples' lives

Correct answer: They applied mostly to white, middle-class, college-educated males

Super's explanation of career development, which began in the 1950s, consists of vocational development stages and vocational development tasks. This model was initially focused on white, middle-class, college-educated males. Super's theories continued to evolve, and his later ideas such as the life-career rainbow and the Archway Model tend to apply to a more diverse range of individuals.

280.

A counselor wants to know what types of counseling approaches work best for adolescent depression. She gathers many studies completed over the past ten years and examines the results of the studies to answer her question. This is known as a(n):

meta-analysis

longitudinal study

single-subject design

action study

Correct answer: meta-analysis

Meta-analyses compare research findings across studies in order to bring together as much information as possible about a specific question. Rather than base all of her knowledge about treatment for adolescent depression on one study, this counselor is compiling research results from the past ten years to give a much better picture of what interventions are likely to work best.

281.

Who developed the concept of the life-career rainbow?

Donald Super

John Holland

John Crites

John Krumboltz

Correct answer: Donald Super

Early in his career, Super's explanation of career development consisted of vocational development stages and vocational development tasks. In the middle part of his career, however, Super acknowledged that career development involves not only the career but variables within the individual. His life-career rainbow acknowledges the eight life roles that many people hold (homemaker, spouse, parent, worker, citizen, leisurite, student, and child) and helps people think about the work/life balance in their lives.

282.

Which of the following represents the **most** common profile of sexual abusers of children?

A male known to the child

A female known to the child

A male stranger to the child

A female stranger to the child

Correct answer: A male known to the child

The demographics of child abuse have been measured and studied. In the majority of cases, the abuser tends to be a male who is known to the child and not a stranger.

283.

All the following are common purposes of a treatment plan, **except**:

To help the client receive financial assistance from insurance companies

To help the client resolve problems

To help the client function at a higher level

To help the client move to the least restrictive environment if applicable

Correct answer: To help the client receive financial assistance from insurance companies

Treatment plans are important documents and agreements between counselor and client to ensure that all parties agree on the goals of treatment and how those goals will be reached.

While some insurance companies do require treatment plans for the insured, the main purposes of a treatment plan are to help the client:

- *Resolve problems*
 - *Function at a higher level*
 - *If applicable, move to the least restrictive environment*
-

284.

Which of the following would be the **best** example of morphostasis as expressed by a family?

A family that handles its crises in a way that does not threaten stability

A family that handles its crises in a dysfunctional way

A family that handles its crises in a way that enhances functioning

A family that regresses to previous patterns under pressure

Correct answer: A family that handles its crises in a way that does not threaten stability

*In terms of family dynamics as expressed in family therapy, **morphostasis** refers to the way in which a family is able to handle its crises in a way that does not threaten stability. The family can be said to be less amenable to change but will be resistant to shock.*

The concept does not refer to enhancing function, addressing dysfunction, or handling regression.

285.

Which of the following would be the **best** example of family enmeshment?

A family where members are overly involved with each other

A family where the members are isolated

A family in which decision-making is democratic

A family in which outsiders are welcome

Correct answer: A family where members are overly involved with each other

*Closeness in a family is generally seen as desirable, but there are exceptions. In a family that is characterized by **enmeshment**, everyone is overly involved with each other, and individual autonomy decreases as the identity of the family as a whole predominates.*

Enmeshment does not suggest a family where members are isolated, where decision-making is democratic, or where outsiders are welcomed.

286.

Which of the following would be the **best** example of Bowen's idea of triangulation?

Two parents in conflict putting their child in the middle

A child manipulating relationships with different parents

A family member being strategically left out of family events

Two family members targeting a third family member

Correct answer: Two parents in conflict putting their child in the middle

*In the context of Bowen's intergenerational family therapy, **triangulation** refers to when two parties in conflict take a third party into their relationship to act as a sort of emotional mediator, hoping this will add stability to the original relationship. One example might be two parents in conflict putting their child in the middle.*

In this context, triangulation does not refer to the overt manipulation of relationships by children or the targeting or differential treatment of any individual family member.

287.

Which of the following would be the **best** example of a holophrase?

"Me sleep."

"I hear voices."

"Are you my counselor?"

"I am depressed."

Correct answer: "Me sleep."

*A **holophrase** refers to a vocalization, commonly after the first year of life, in which only one or two words are used to communicate meaning. Holophrases generally do not adhere to rules of grammar or sentence structure and are seen as a building block to further and more robust expression in language.*

The other phrases listed are either rational or delusional, not holophrases.

288.

What group has the **highest** rate of unemployment in the United States?

Black males

Hispanic females

Hispanic males

White females

Correct answer: Black males

Rates of unemployment often depend on the cultural/ethnic group. Black males experience the highest levels of unemployment, while white males have the lowest unemployment rates, followed by white females, Hispanic males, Hispanic females, and black females.

289.

According to most career counselors, what is the **first** step in the career counseling process?

Establish a relationship with the client

Identify the client's problem

Provide information to the client about various career options

Assess the client's strengths using inventories and standardized instruments

Correct answer: Establish a relationship with the client

Within the career counseling process there are several steps: establishing a relationship, identifying the problem, conducting an assessment, providing information, making a decision, and implementing the plan. Career counseling is built upon the relationship between the counselor and the client, and the individual must be able to trust the counselor for the process to be most effective.

290.

Which of the following accurately describes the conclusions of Harry Harlow's experiments with wire and cloth monkeys?

Affection and warmth are more important than sustenance

Affection and warmth are less important than sustenance

Affection and warmth are not significant in development

Affection and warmth are matters of perception

Correct answer: Affection and warmth are more important than sustenance

Harry Harlow's famous experiments dealt in part with how the development and behavior of young rhesus monkeys were affected by the presence and character of a wire monkey or a cloth monkey as a mother figure. Although the experiments were varied in their formation, one standout conclusion was that the infant rhesus monkeys seemed more interested in a cloth monkey mother (which is a more warm and affectionate figure) than a wire monkey mother, even when the wire monkey mother dispensed food and the cloth monkey did not. The conclusion seems to be that parental affection and warmth are more important in some ways than sustenance.

The experiments did not indicate that affection and warmth are matters of perception or that affection is not significant to development.

291.

A client tells her career counselor that they have been diagnosed with bipolar disorder and must take medication daily to control their symptoms. How should the counselor respond?

By assessing the client with their disability in mind, asking the client to honestly tell them what duties they do and don't feel capable of doing

By assuming that the client is unable to perform most types of stressful work and should look for a less-intensive job

By applying motivational interviewing techniques and encouraging the client that they are capable of doing whatever they want

By contacting potential employers to ask them if they would consider hiring someone with a mental illness

Correct answer: By assessing the client with their disability in mind, asking the client to honestly tell them what duties they do and don't feel capable of doing

Career counselors have a responsibility to their clients to respect the clients' desires and individual limitations. When assisting a client with a disability, a career counselor should request that the client talk openly about what duties they feel capable of doing. For example, the client in this question may need to eat a full breakfast when taking their medications, and therefore might not be able to accept a job that requires them to arrive early in the morning.

292.

When sharing her moral beliefs with her counselor, a client states that she believes there are universal ethical principles, but she wouldn't be afraid to go against these principles in the name of human rights such as justice or liberty. What stage of Kohlberg's moral development is this client in?

Postconventional

Conventional

Preconventional

Self-interested

Correct answer: Postconventional

Lawrence Kohlberg identified three levels of moral development that relate to the relationship between the individual and society. In the first level, preconventional, individuals judge the morality of an action based on its immediate consequences and rewards. During the conventional level of moral reasoning, individuals judge morality based on the comparison of actions to society's expectations. During the final level, postconventional, individuals realize they are separate from society and can have principles and ethics different from the greater society.

293.

A counselor asks their client what day it is, where he is right now, and what his name is. The counselor is gathering information for what part of the mental status exam?

Sensorium

Affect

Thought processes

Intellectual functioning

Correct answer: Sensorium

The mental status exam typically includes appearance and behavior, thought processes, mood and affect, intellectual functioning, and sensorium. Sensorium refers to the client's ability to be aware of the location, the time, and their identity. If a client is not oriented to these things, the clinician should make note of it and explore reasons why.

294.

All the following are true regarding spirituality and counseling, **except**:

To reduce the chance of an ethical dilemma occurring, counselors should avoid the topic of spirituality with clients

Over 90 percent of the American population believes in a higher power

Conversations about spirituality with clients will likely require counselors to examine their own spiritual beliefs

Spirituality is a key issue for many individuals' understanding of themselves and their relationships

Correct answer: To reduce the chance of an ethical dilemma occurring, counselors should avoid the topic of spirituality with clients

Because over 90 percent of Americans believe in a higher power, counselors should be prepared to discuss issues of spirituality with their clients. This might require counselors to explore matters regarding their own spiritual beliefs, and counselors may have to work to familiarize themselves with a variety of spiritual issues.

295.

Irene is a highly directive, "bossy" parent. She does not explain the "why" of household rules but maintains them through strict punishment and occasional verbal abuse.

Which of the following would characterize the trajectory of a child associated with this parenting style?

A withdrawn child prone to drug abuse and antisocial behavior

A happy, outgoing child who does well in school

A child with extremely poor boundaries who is highly demanding

A child with good boundaries who does badly in school

Correct answer: A withdrawn child prone to drug abuse and antisocial behavior

*Parenting styles are associated with certain outcomes for the children produced by those styles. In this case, an **authoritarian** style is being practiced. This style is characterized by harsh punishment, poor explanation of the rules, and abuse in response to infractions. This parenting style is associated with withdrawn children who can be prone to drug and alcohol problems and exhibit antisocial behavior.*

*A child from this household would likely not be successful; poor boundaries are more associated with children from households practicing **permissive** parenting.*

296.

A counselor is meeting with a client who has sought out counseling due to anxiety related to a recent divorce. The counselor asks the client to pretend that a miracle happened and then explain how she would know and what would be different. Each time the counselor meets with the client, she asks the client to rank her anxiety levels related to different situations on a scale of one to ten. This counselor is **most** likely using what type of counseling approach?

Solution-Focused Brief Therapy

Narrative therapy

Adlerian therapy

Reality therapy

Correct answer: Solution-focused brief therapy

Solution-Focused Brief Therapy (SFBT) is used to address specific problems in the moment rather than dwelling on past experiences or the history of the problem. Counselors operating from this perspective believe that the client is capable of finding solutions. Frequently used techniques of SFBT include the miracle question (what would be different if a miracle occurred in the client's life), the exceptions questions (what things were like when the problem didn't exist), and scaling questions (rating changes in the client's affect, emotions, etc., from one to ten).

297.

A career counselor operating from a contextual point of view would **most** likely work toward which of the following goals?

Assist the individual in making meaning of their own situation

Direct the individual in how to change their environment

Encourage the individual to see themselves as separate from their environment

Focus on the individual's affective experiences rather than cognitive understanding

Correct answer: Assist the individual in making meaning of their own situation

Career counselors working from a contextualist viewpoint aim to assist individuals in making meaning of their own situations. These career counselors believe that career development results from constant interaction between the individual, the environment, and the dynamics between individual and environment.

298.

In 1976, Gail Sheehy wrote *Passages: Predictable Crises of Adult Life*. What is one of the main points of this work?

Transitions from one life stage to another are opportunities for growth

Transitional times are when negative life events tend to occur

Everyone goes through the same transitional periods

Positive relationships are essential in order for individuals to navigate stages successfully

Correct answer: Transitions from one life stage to another are opportunities for growth

Gail Sheehy is known for her claim that life stages are marked by transitional periods that are likely to be different for each individual. Sheehy saw these stages as opportunities for growth, because crises challenge individuals to make positive changes.

299.

Which of the following describes the concept of conservation, according to the work of Jean Piaget?

Quantity does not change because appearance changes

Quantity changes because appearance changes

Quantity changes indirectly when appearance changes

Quantity only changes when the object is removed completely

Correct answer: Quantity does not change because appearance changes

Conservation, according to the work of Jean Piaget, is the knowledge by a child that quantity and volume do not necessarily change because the appearance of that object changes; in other words, it is a realistic and diagnostic assessment of the effect of physical change on an object.

This is seen as characteristic of the concrete operations stage of Jean Piaget's model, which takes place between the ages of 7 and 12.

300.

A career counselor is meeting with a client for the first time. This client, a middle-aged Asian woman, wants to speak with the counselor about her desire to get a part-time job now that her children have left for college. Which of the following is **true** as the counselor begins working with this client?

The counselor should ask questions about the client's personal values, particularly as they pertain to cultural norms

The counselor should be careful not to address race, since this might offend the client

The counselor should suggest only opportunities that he knows are typically pursued by Asian women

The counselor should offer to speak with the client's husband due to the patriarchal nature of many Asian families

Correct answer: The counselor should ask questions about the client's personal values, particularly as they pertain to cultural norms

Career counselors must be sensitive to clients' backgrounds and cultural norms. Although the client may not have any values in common with other Asian individuals, it is worthwhile for the counselor to explore the client's personal values to guide the direction as they assist the client.

301.

What is the **main** problem with early career theories?

They tend to be limited to white, college-educated males

They are generalizable only to lower-class workers

They were developed mostly in Europe rather than America

They often reference data from samples too large to analyze

Correct answer: They tend to be limited to white, college-educated males

Early career theories, most of which were developed in the 1950s and 1960s, were usually developed by whites, and data were limited to young, white, middle-class males. This is clearly a problem because increasing numbers of women and multicultural workers are entering the workforce. Single-parent households and dual-earner families are also reasons to support the development of updated career theories.

302.

Who is known for his belief that developmental tasks, which are the skills a person obtains through maturation, must be accomplished at each stage of growth before the next stage can successfully occur?

Robert Havighurst

Abraham Maslow

John Watson

Aaron Beck

Correct answer: Robert Havighurst

Robert Havighurst developed the idea that, in order to move through life successfully, individuals must master the developmental tasks of each stage of growth. These developmental tasks are those that result from physical growth, societal influences, and personal values.

Abraham Maslow is known for his hierarchy of needs, which begins with physiological needs and progresses to social and cognitive needs. John Watson was a behaviorist who believed individuals' behaviors result from rewards and punishment. Aaron Beck was a psychiatrist who developed cognitive therapy.

303.

Counselors and other mental health professionals have many different ways of viewing human growth and development. These include qualitative or quantitative, continuous or discontinuous, and mechanistic or organismic. Which of the following is an example of organismic development?

Ethical development

Reflexive behavior

Language development

Sexual development

Correct answer: Ethical development

Organismic development is the belief that the individual (or other organism) is involved in the development. This can lead to change or discontinuity depending on the individual. Ethical development and moral development are both regarded as organismic development. Reflexive behavior is mechanistic development, the reduction of behavior to common elements. Language development is discontinuous development, and sexual development is qualitative development.

304.

Human growth and development can be conceptualized as either qualitative or quantitative in nature. Which of the following is an example of quantitative change?

An improved score on a depression screening

Maslow's hierarchy of needs

Erikson's stages of psychosocial development

Progression of self-concept over time

Correct answer: An improved score on a depression screening

Counselors can view human growth and development changes as qualitative or quantitative. Qualitative changes refer to changes in structure or development, such as stages of growth. Quantitative changes can be measured using changes in number, degree, or frequency for reference, such as a changed score on a mental health screening.

305.

Which of the following is **most** likely to be used to treat a phobia?

Systematic desensitization

Psychotherapy and medication

Inpatient treatment

Medication alone

Correct answer: Systematic desensitization

*Based on the work of Ivan Pavlov, **systematic desensitization** works on the principle of gradual exposure to the feared stimulus in some form. There are various types of systematic desensitization, and different patients may proceed at varying rates through the modality.*

Psychotherapy and medication do not address the heart of the problem, which is fear of a particular stimulus. Inpatient treatment is most likely not called for, and medication alone would do nothing to address the root issue.

306.

Career counselors have the option of giving many types of assessments to help clients choose careers that match their interests and abilities. The ACT and the ITBS measure:

Achievement

Aptitude

Personality

Interest

Correct answer: Achievement

Because there are so many assessments and inventories, career counselors should be careful to recommend only those that are appropriate for individuals' specific needs. The American College Test (ACT) and Iowa Test of Basic Skills (ITBS) are typically given to K–12 students and are achievement tests that measure an individual's readiness for further education.

307.

A student in a college counseling class performs a survey of 100 students at her school. She finds that 8% meet criteria for major depressive disorder.

Which of the following statements is **true** about this student's data?

There is an 8% prevalence rate of depression in the population surveyed by the student

There is an 8% incidence rate of depression in the population surveyed by the student

The prognosis for the students with depression is poor

The etiology of the students' depression is related to the college they attend

Correct answer: There is an 8% prevalence rate of depression in the population surveyed by the student

Prevalence refers to how many, or what percent, of a population is affected by something. In this situation, there is an 8% prevalence rate of depression.

Incidence is the number of new cases that occur within a given time frame.

Prognosis is the anticipated course of a disorder.

Etiology refers to the factor(s) that cause a disorder.

308.

Circumscription and Compromise focuses on which of the following?

Career preferences as they develop in childhood

A person's career as an extension of his or her personality

The role of social learning in career selection

The fact that people choose careers to address unmet needs

Correct answer: Career preferences as they develop in childhood

Linda Gottfredson is known for her career development theory "Circumscription and Compromise." According to Gottfredson, vocational self-concept develops in childhood and influences occupation selection. An individual progresses through four stages: orientation to size and power (ages three to five), when children think concretely and begin thinking about occupations they might like; orientation to sex roles (ages six to eight), when children learn that occupations are sex-typed and performed primarily by one sex or the other; orientation to social valuation (ages nine to 13), when children realize that occupations vary in social value and desirability; and orientation to internal unique self (ages 14 and up), when adolescents reflect on their own values and interests and use these to inform occupational decisions.

309.

Which of the following would **best** illustrate the concept of animism in child development?

A child believes that the rocks in the garden have personalities

A child hears the voice of a beloved cartoon character at times

A child does not understand that a person who has died cannot visit them

A child has a negative reaction to the loss of a pet

Correct answer: A child believes that the rocks in the garden have personalities

***Animism** as it is known in the field of child development refers to the stage of childhood in which persons believe that inanimate objects have personalities and character, even a "life" of their own. Animism can refer to any human characteristic applied to an object in the environment. Thus, a child believing that rocks in the garden have personalities is an example of animistic thinking.*

Animism does not strictly refer to the hearing of imaginary voices, the misunderstanding of death, or normal grieving.

310.

Which of the following is **true** about career counseling?

It tends to incorporate self-understanding and personal values into its approach

It is more practical than career guidance and focuses on logistics

It is a dwindling field that is becoming less and less relevant

Its main focus is informing clients about the opportunities that exist and connecting these individuals with potential jobs

Correct answer: It tends to incorporate self-understanding and personal values into its approach

Career counseling focuses on the individual's career development, paying special attention to values and attitudes. Career counseling also focuses on self-understanding in the context of decision-making. Career guidance, on the other hand, helps individuals learn what opportunities are available and typically focuses more on logistics than career counseling. Both approaches are important and relevant to finding rewarding and sustainable careers.

311.

What is the **main** difference between emotion and mood?

Emotions are temporary, while moods are more persistent

Emotions are less intense than moods

Moods usually precede emotions

Emotions are defense mechanisms that individuals use to avoid mood

Correct answer: Emotions are temporary, while moods are more persistent

Both emotions and mood have an extremely important role in individuals' overall psychological functioning. Emotions are usually viewed as temporary, lasting for a short period, whereas mood is more persistent over a longer period of time.

312.

In the 1980s and 1990s, American society saw a drastic increase in the number of people with mental illnesses in homeless shelters and prisons. Though community mental health centers existed, there were not enough resources to serve everyone who needed treatment. This change is attributed to:

deinstitutionalization

the stock market crash

increased numbers of people diagnosed with schizophrenia

the worsening housing market and lack of support for single parents

Correct answer: deinstitutionalization

Deinstitutionalization refers to the process of moving individuals with severe mental illness out of residential institutions and into communities. Unfortunately, beginning in the 1980s there was an increase in homelessness and in the criminal justice system due to not enough community mental health services being available.

313.

What do the career theories of Donald Super, Linda Gottfredson, and Eli Ginzberg have in common?

They all take a developmental approach

They all classify career development into three main periods

They all use the Archway model as a graphic representation of self-concept

They all focus on circumscription and compromise

Correct answer: They all take a developmental approach

Developmental theorists view career selection as something that grows and changes over time and usually goes through stages. Donald Super, Linda Gottfredson, and Eli Ginzberg are known for their career development theories. Ginzberg and his colleagues divided career development into three main periods, but Super divided it into five periods and Gottfredson into four. Super developed the Archway model later in his career to show the many factors that influence an individual's career selection. Gottfredson's career development theory is known as Circumscription and Compromise.

314.

Which of the following is generally true about persons suffering from somatic symptom disorders?

They experience their symptoms as real

They are manufacturing symptoms and do not really experience them

They are experiencing a mild form of psychosis

They are experiencing traumatic flashbacks

Correct answer: They experience their symptoms as real

*Persons who suffer from disorders that the DSM-5 has placed in the category of **somatic symptom and related disorders** are not manufacturing symptoms that they do not really feel. They do experience symptoms that are real in their experience, although they do not have any medical or physical evidence to support their existence.*

These people are not experiencing psychosis, and most likely the somatic symptom disorder is not a traumatic flashback.

315.

The parents of a three-year-old child come to see a counselor for help with their son. He has been throwing extreme temper tantrums for the past year to the point that he will yell, scream, and sometimes hit his head on the floor. The parents report that the tantrums didn't start out this bad but have gradually gotten worse. When the child starts having a tantrum, the parents say that they tell him to stop and try to talk to him about his feelings. If this doesn't work, they try to ignore him until he becomes so disruptive that they hold him in a bear hug until he calms down. The parents' unsuccessful intervention is a(n):

positive-reinforcing stimulus

negative-reinforcing stimulus

punishment

example of classical conditioning

Correct answer: positive-reinforcing stimulus

A positive-reinforcing stimulus is a reward that, sometimes unintentionally, maintains or increases a behavior. In this situation, the child is receiving verbal and sometimes physical attention from his parents when he throws tantrums, so he continues to throw the tantrums in order to get their attention.

A punishment, or negative-reinforcing stimulus, results in weakening or termination of the undesired behavior. Classical conditioning is the process of forming an association between two stimuli, resulting in a learned response.

316.

With which of the following conditions is the technique of flooding seen as **most** effective?

Agoraphobia

Mood disorders

Thought disorders

Substance issues

Correct answer: Agoraphobia

*The technique of **flooding** comes from the behaviorist school of **desensitization**, whose general premise is that exposure to a feared stimulus reduces fear of that stimulus. Many such approaches are gradual, such as the technique of **systematic desensitization**. Flooding involves immediate exposure to the feared stimulus. This approach is seen as more effective in some circumstances than others and seems to be particularly effective in cases of agoraphobia.*

Flooding is not seen as being as effective in cases of mood disorder, thought disorder, or substance issues. The technique requires a specific feared stimulus.

317.

According to the work of John Bowlby, what is the most likely result of object loss?

Psychopathology

Normal development

Object replacement

Substance use

Correct answer: Psychopathology

*According to John Bowlby's attachment and bonding theory, the formation and status of critical attachment bonds at an early age have immense consequences for later life. In order for someone to have normal psychological development, a secure attachment figure must be present and bonded with, or the likely result is psychopathology of various kinds. Losing this key attachment figure is known as **object loss**.*

Bowlby did not suggest that a result of object loss would be normal development, object replacement, or substance use per se.

318.

A counselor facilitating a group for older adults with anxiety and depression has noticed that recently one of the longtime group members, Samantha, has been reluctant to participate. Samantha frequently denies having any recent feelings of anxiety or depression when asked directly, though Samantha's individual therapist has contacted the group counselor to let her know that she is worried Samantha's depression is getting worse. What is the **best** way for the group counselor to address Samantha's resistance?

"Samantha, I've noticed that you've not been as talkative lately, but you seem sad. I wonder if the group could help you figure out why talking about anxiety and depression has been so difficult lately."

"As a group, let's tell Samantha what we think about her depression lately."

"Samantha, I just don't understand why you don't want to talk to us anymore. It doesn't make any sense, especially since your depression is getting worse."

The counselor should not say anything to Samantha; she will begin to participate again when she is ready.

Correct answer: "Samantha, I've noticed that you've not been as talkative lately, but you seem sad. I wonder if the group could help you figure out why talking about anxiety and depression has been so difficult lately."

Sometimes, resistance should be met directly in a confrontational way. Confrontation does not have to be rude or disrespectful, however, and the counselor can make gentle yet firm statements about her observations. In this way, the counselor models for all the group members how to handle conflict in a helpful, non-threatening way.

319.

A school-aged child is a member of several systems: family, school, neighborhood, and peers. Who would argue that it is important to examine all systems impacting this child?

Bronfenbrenner

Bandura

Perry

Levinson

Correct answer: Bronfenbrenner

Urie Bronfenbrenner is known for his ecological view of human development and his belief that it is important to examine all systems impacting an individual. A school-aged child is not only affected by his family and school, but also by his neighborhood, peers, and other groups.

Albert Bandura developed social learning theory, which combines social and cognitive factors. William Perry is known for his work in combining intellectual and ethical development. Daniel Levinson is known for his work in defining developmental tasks during major stages of life.

320.

Which of the following best illustrates the concept of regression?

An adult moves in with their parents when under stress

An adult who is self-conscious about their body begins going to the gym

A child starts to wear adult clothes and speak like an adult

A child attempts to suppress thoughts about harming others

Correct answer: An adult moves in with their parents when under stress

*The concept of **regression** has a strict meaning in the context of psychoanalytic defense mechanisms that is congruent with its more general definition as a broad psychological phenomenon. In both cases, a person is attempting to retreat into an earlier stage of development that is seen as less challenging and threatening. Thus, an adult who moves in with their parents when under stress may be enacting this concept by a symbolic return to childhood.*

The other cases listed do not describe an attempt to regress to an earlier stage of development.

321.

Which of the following is true about homeostasis as it applies to families?

Homeostasis can be good or bad

Homeostasis is a positive state of stability

Homeostasis is a negative state of stability

Homeostasis implies a rejection of patterns

Correct answer: Homeostasis can be good or bad

*The concept of **homeostasis** as it applies to families can indicate a good state or a bad state. Homeostasis itself is only a description meaning a steady state of functioning or equilibrium as the family attempts to preserve its cohesion. The nature of that steady state can be pathological.*

Homeostasis implies holding to patterns, not rejecting them.

322.

Which of the following would be the **best** illustration of the Premack principle?

A daughter who is not allowed to go out unless she cleans her room

A son who is allowed to compete in sports despite having bad grades

A child who does not understand interactions outside the family

A parent who insists on stricter rules than necessary

Correct answer: A daughter who is not allowed to go out unless she cleans her room

*The **Premack principle** suggests that a behavior that one is not likely to engage in (a low probability behavior, or LPB) can be reinforced by a behavior that one is likely to engage in (a high probability behavior, or HPB). Thus, a daughter not allowed to go out (HPB) until she cleans her room (LPB) is an illustration of this principle.*

A son allowed to compete in sports is not being reinforced according to this schedule. The Premack principle does not deal with interactions outside the family or refer to family rules per se.

323.

All the following have made significant contributions to the field of career counseling, **except**:

Virginia Satir

John Holland

Linda Gottfredson

Mark Savickas

Correct answer: Virginia Satir

Virginia Satir is known for her work in the field of family therapy, not career counseling.

John Holland views career selection as a reflection of one's personality and has developed several career assessment instruments.

Linda Gottfredson is known for her career development theory "Circumscription and Compromise," which focuses on children's vocational development processes.

Mark Savickas' theory of career counseling is based on career construction theory, and he believes career counselors assist clients in making sense of their life and work.

324.

The anal stage of development typically occurs during what ages?

Two to three years

Birth to 18 months

Three to five years

Six to 12 years

Correct answer: Two to three years

Freud describes five psychosexual stages of development: the oral stage, which lasts from birth to 18 months; the anal stage, ages two to three; the phallic stage, ages three to five; the latency stage, from age five to puberty; and the genital stage, which begins at puberty and lasts through adulthood.

325.

According to Super, about how old are most individuals in the exploratory vocational development stage?

15–24 years

Birth–15 years

25–44 years

45–64 years

Correct answer: 15–24 years

Super's explanation of career development consists of vocational development stages and vocational development tasks. Vocational development stages are growth (birth to age 14 or 15, development of capacity and interests), exploratory (ages 15 to 24, tentative choices made), establishment (ages 25 to 44, trial and stabilization), maintenance (ages 45 to 64, adjustment process), and decline (age 65 and up, retirement).

326.

A counselor tells a client that the client is only going to be as successful as they believe they can be. This is an example of:

Self-efficacy theory

Social learning theory

Psychosocial theory

Constructivist theory

Correct answer: Self-efficacy theory

Self-efficacy theory posits that career success depends on how much an individual believes they can be successful. This theory states that whether a behavior will be initiated, how much energy will go into this behavior, and how persistent the individual will be are dependent on the individual's expectations.

327.

A client tells their counselor that they think they have a drinking problem, because drinking has started to interfere with their functioning and overall quality of life. Which of the following is a physiological symptom this client might have?

Sweating and shaky hands

Inability to think clearly

Becoming violent when drunk

Inability to hold down a job

Correct answer: Sweating and shaky hands

Physiological symptoms refer to those that affect the physical functioning of the body. Some physiological effects of alcohol include sweaty and shaky hands, nausea, headaches, muscle aches, and fatigue.

Cognitive effects include the inability to think clearly and depressive thoughts. Behavioral effects include becoming violent when drunk, being unable to function at work, and acting differently when under the influence of alcohol.

328.

A counselor wants to give a client a vocational aptitude assessment. All the following would be appropriate measures for this purpose, **except**:

GRE

ASVAB

GATB

DAT

Correct answer: GRE

Because there are so many assessments and inventories, career counselors should be careful to recommend only those that are appropriate for individuals' specific needs. The Graduate Record Examination (GRE) is an example of an achievement aptitude test, not vocational, and is often required for application to graduate school.

The Armed Services Vocational Aptitude Battery (ASVAB), General Aptitude Test Battery (GATB), and Differential Aptitude Test (DAT) are examples of vocational aptitude assessments.

329.

By pairing a negative stimuli with positive events, a counselor successfully helps a client overcome his anxiety. This process is known as:

systematic desensitization

aversion therapy

token economy

paradoxical intention

Correct answer: systematic desensitization

Systematic desensitization is based on the theory of reciprocal inhibition, the belief that a person cannot be anxious and relaxed at the same time. The goal of systematic desensitization is to associate negative stimuli that cause anxiety with positive events. In this type of intervention, images that the client finds anxiety-provoking are paired with muscle relaxation and other techniques.

330.

Generally speaking, when does stranger anxiety begin in children?

8 months

12 months

6 months

From birth

Correct answer: 8 months

Stranger anxiety, or the behaviors a child shows that indicate unease around unfamiliar people, tends to set in at about 8 months of age. This is in keeping with developmental theories which state that some psychological factors appear to be innate and present across human cultures and populations.

331.

Which of the following is one practical example of **fixation** as it is meant in human development?

A child continues growing physically and cognitively but emotionally remains in one place

A child continues growing emotionally and cognitively but physically remains in one place

A child continues growing physically and emotionally but cognitively remains in one place

All development stops for a short time under the influence of acute stress or trauma

Correct answer: A child continues growing physically and cognitively but emotionally remains in one place

*Sigmund Freud suggested that, as a result of traumatic experiences in certain critical and formative stages, **fixation** might result in human development. Though his own language about developmental stages is specific to his theory, the broader concept of fixation is a useful one when considering psychological development in early life. The general idea is that, due to unresolved stress or trauma, a child can continue growing physically and cognitively but emotionally remain in one place. In other words, a child can grow normally physically and intellectually but can emotionally remain stunted.*

332.

Which of the following would be a statement consistent with **social exchange theory**?

Positive relationships are characterized by profit

Negative relationships are characterized by profit

Positive relationships are characterized by loss

Negative relationships are characterized by loss

Correct answer: Positive relationships are characterized by profit

Social exchange theory characterizes human relationships as calculations between individuals. These calculations then define much about that relationship. Positive relationships, in this view, are characterized by profit accruing to the individuals in that relationship. In other words, relationships are based on what the individuals in them see as a cost-benefit analysis.

The other statements do not capture this sense of profit (in the sense of the cost-benefit analysis) being a driver of relationships.

333.

Which term applies to the anticipated course of a disorder?

Prognosis

Etiology

Prevalence

Incidence

Correct answer: Prognosis

When clinicians refer to a client's prognosis, they are referring to the likelihood that the individual will recover, stabilize, or otherwise be able to function in the future. This requires a counselor or other clinician to be familiar with the course of specific disorders and collections of behaviors along with the factors that help or hinder a person to deal with a disorder.

Etiology refers to the cause of a disorder. Prevalence is what proportion of the population has a disorder. Incidence is how many new cases occur within a given time frame.

334.

In the past, the best way to find job openings was to check newspaper advertisements. Currently, what are considered the **best** ways to identify job openings?

Networking and regularly checking employers' websites

Sending emails and making phone calls to various companies

Going to job fairs and sending resumes through the mail to employers

Working to build skills at one's current job and returning to school

Correct answer: Networking and regularly checking employers' websites

In the past, the best way to find job openings was to regularly check newspaper classifieds. In today's internet-driven world, most employers list job openings on their websites rather than taking time to advertise widely. Career counselors should encourage clients to regularly check the websites of potential employers to check for possible opportunities. Networking, the process of informally making social connections with others in one's desired field, can also be an effective way of finding employment.

335.

What does Erik Erikson's theory of psychosocial development suggest about a person who has passed the final stage (integrity vs. despair)?

They have mastered the previous stages

They have become self-actualized

They are happy with their previous choices

They are ready to die

Correct answer: They have mastered the previous stages

*Erik Erikson's psychosocial stages of development suggest a series of stepwise tests a person either passes or does not throughout their lifespan. These stages generally describe some form of successful or unsuccessful psychosocial interaction with the environment. In the last stage, **integrity vs. despair**, one enters a creative period after having successfully passed previous stages or becomes inwardly focused and depressed.*

The passage of the final stage does not necessarily imply self-actualization, happiness with previous choices, or a readiness to die.

336.

In order to meet the criteria for a DSM-5 diagnosis, individuals must experience psychological dysfunction. Which of the following is the **best** definition of this term?

Impaired cognitive, emotional, or behavioral functioning

Labile emotional states that interfere with cognition

The lack of interpersonal relationships

Confusion regarding one's spiritual, emotional, and psychological needs

Correct answer: Impaired cognitive, emotional, or behavioral functioning

Individuals whose functioning is severely impaired are said to be experiencing psychological dysfunction. While specific DSM-5 diagnoses might require that certain criteria, such as extreme mood states, are met, it is a requirement for all diagnoses that the individual experience impaired functioning as a result of the symptoms.

337.

A young girl decides she wants to be a doctor when she grows up, but after reading several children's books about doctors she tells her mother she is going to be a nurse "because doctors are boys and nurses are girls." In what stage of vocational development is this child, according to Gottfredson?

Orientation to sex roles

Orientation to gender allowances

Orientation to size and power

Orientation to social valuation

Correct answer: Orientation to sex roles

Linda Gottfredson is known for her career development theory "Circumscription and Compromise." According to Gottfredson, vocational self-concept develops in childhood and influences occupational selection. An individual progresses through four stages: orientation to size and power (ages three to five), when children think concretely and begin thinking about occupations they might like; orientation to sex roles (ages six to eight), when children learn that occupations are sex-typed and performed primarily by one sex or the other; orientation to social valuation (ages nine to 13), when children realize that occupations vary in social value and desirability; and orientation to internal unique self (ages 14 and up), when adolescents reflect on their own values and interests and use these to inform occupational decisions.

338.

Gelatt's decision-making process consists of what five steps?

Recognize, collect data, examine outcomes, attend to values, evaluate and decide

Assess, de-escalate, intervene, stabilize, evaluate

Interview, decide, maintain, motivate, terminate

Connect, motivate, maintain, terminate, evaluate

Correct answer: Recognize, collect data, examine outcomes, attend to values, evaluate and decide

H B Gelatt presents a five-step process for making decisions about careers: recognize the need to make a decision, collect data, examine potential outcomes, attend to your value system, and make a temporary or permanent decision. Later Gelatt research focused on the balance between reason and intuition when making career decisions.

339.

What is the difference between heteronomous and autonomous morality?

Heteronomous morality sees rules as absolute, and autonomous morality does not

Heteronomous morality sees rules as flexible, and autonomous morality does not

Heteronomous morality reflects the will of a group, and autonomous morality does not

Heteronomous morality reflects the will of an individual, and autonomous morality does not

Correct answer: Heteronomous morality sees rules as absolute, and autonomous morality does not

*The moral development of human beings can be conceptualized in various ways. One description comes from the work of Jean Piaget, who classified morality in children as going through a **heteronomous** stage, in which rules are seen as absolute, followed by an **autonomous** stage in which rules are seen as having some flexibility.*

The concept does not refer to the will of a group or an individual per se.

340.

A client tells their career counselor that they are interested in having an annual salary of about \$50,000, and they want to know what types of careers are currently on the rise. They have a bachelor's degree and are not interested in going back to school.

What tool might the career counselor use to help this client narrow down their search?

OOH

DOT

World-of-Work map

SIGI 3

Correct answer: OOH

The Occupational Outlook Handbook (OOH) is published every other year and offers information about current salaries and projected trends. This would be the best way for this particular client to narrow down their options for an occupation based on salary, educational requirements, and future job projections.

None of the remaining answer options are as effective as the OOH at narrowing down options based on the information given in this question.

The World-of-Work map is a tool developed by ACT that organizes occupations based on primary tasks related to People, Data, Things, and Ideas.

The Dictionary of Occupational Titles (DOT) offers summaries of about 12,000 occupations.

The System of Interactive Guidance and Information (SIGI 3) is a top-of-the-line computer-assisted career guidance system that can supplement the assessments and guidance of career counselors.

341.

Which of the following distinguished Roe's approach to career development from that of others?

Roe believed that the parent-child relationship was a central determinant in career selection

Roe operated from a social learning approach in which career selection is heavily influenced by social experiences

Roe took a developmental approach to vocation

Roe focused on self-efficacy and social cognitive theory in her explanation of career selection

Correct answer: Roe believed that the parent-child relationship was a central determinant in career selection

Ann Roe operated from a needs approach and believed that individuals choose careers to meet needs based on parental influences and early childhood experiences. However, there is not a significant base of research to support this theory.

Krumboltz, not Roe, operated from a social learning approach. As stated above, Roe had a needs-based approach, not a developmental approach.

Self-efficacy is an individual's belief that they are capable of performing a task and does not apply to Roe's theory.

342.

According to Krumboltz, which of the following is **most** likely to be the task of the career counselor?

Challenging preconceived notions of acceptable career options

Administering assessments to determine which career path fits the individual best

Working with the individual to identify a zone of acceptable career alternatives

Helping the individual resolve ego-relevant crises

Correct answer: Challenging preconceived notions of acceptable career options

John Krumboltz developed the Learning Theory of Career Counseling (LTCC), based on Bandura's social learning theory. Because learning experiences over an individual's lifetime influence career choice, the career counselor may need to challenge the individual's beliefs and generalizations. Career counselors may administer assessments, but this is not required from Krumboltz's point of view. Working with the individual to identify a zone of acceptable career alternatives applies to Linda Gottfredson's theory, and helping the individual resolve ego-relevant crises applies to Tiedeman's model.

343.

According to John Holland, career choice is an expression of what?

Personality

Society

The economy

Unmet needs

Correct answer: Personality

John Holland's career theory is structural in approach, but he believes that career choice is an expression of personality. He identified six personality types that develop due to parental influences, genetic factors, and the environment. These types include realistic, investigative, artistic, social, enterprising, and conventional.

344.

Donald Super is highly regarded for his developmental approach to career counseling. All the following are vocational development stages described by Super, **except**:

Crystallization

Establishment

Maintenance

Decline

Correct answer: Crystallization

Super's explanation of career development consists of vocational development stages and vocational development tasks. Vocational development stages are:

- *Growth (development of capacity and interests)*
- *Exploratory (tentative choices made)*
- *Establishment (trial and stabilization)*
- *Maintenance (adjustment process)*
- *Decline (retirement)*

The vocational development tasks are:

- *Crystallization (forming a vocational goal)*
 - *Specification (moving to a more specific career choice)*
 - *Implementation (entering employment)*
 - *Stabilization (performing a job)*
 - *Consolidation (achieving status and advancing)*
-

345.

What is the **best** way to follow up with a client after career counseling has terminated?

In whatever way the counselor and client agree upon

Mail-in surveys and telephone calls

An in-person meeting with the career counselor

A group session when several of the counselor's clients discuss their experiences

Correct answer: In whatever way the counselor and client agree upon

The final stage of career counseling is implementation and follow-up. During this stage, the client takes action on the decision they made based on sessions with the counselor. The career counselor and the client should discuss when, how, and under what circumstances the counselor should follow up with the client. This can vary greatly depending on the situation.

346.

A two-year-old boy shouts, "Car!" any time he sees a bicycle, truck, or anything else with wheels. According to Piaget, this is an example of a(n):

schema

hallucination

defense

misinterpretation

Correct answer: schema

Jean Piaget is known for his work studying cognitive development in children and adults. Piaget used the term "schema" to refer to mental structures that process information, perceptions, and experiences. This toddler has a schema in which all moving objects with wheels are called cars. Over time, this child will most likely accommodate his experiences so that he will be able to distinguish between cars, bicycles, and trucks, and will understand the differences between each object.

347.

A counselor is performing an assessment on a 22-year-old male client who reports that he has begun hearing voices and feeling as if everyone is out to get him. He says he has difficulty sleeping at night because of these fears and sometimes the voices tell him to do harmful things, such as hurt his children. The counselor performs a risk assessment on the client and does not think that he is at immediate risk for hurting himself or others. What should the counselor do next?

Refer the client to a psychiatrist for continued evaluation of psychotic symptoms

Offer to provide supportive, insight-oriented therapy to the client

Invite the client's family members in for family counseling

Begin educating the client about psychotic symptoms and arrange for him to attend a psychoeducational group

Correct answer: Refer the client to a psychiatrist for continued evaluation of psychotic symptoms

If psychotic symptoms are evident or suspected in a client, the counselor should refer the client to a psychiatrist for a full psychiatric evaluation. Psychosis can arise for a variety of reasons, and clients should be referred to a professional who can determine whether they have a psychotic disorder and if so, can prescribe medication.

348.

Multidimensional models of abnormal human behavior typically look at what four dimensions?

Biology, cognition, emotions, and culture

Adaptation, functioning, etiology, and prognosis

Thought processes, appearance, mood, and intellectual functioning

Spirituality, reactivity, passivity, and locus of control

Correct answer: Biology, cognition, emotions, and culture

Causal models can be one-dimensional or multidimensional. Multidimensional models typically are based on the belief that disorders are a result of a variety of interrelated factors that affect the individual's behaviors and feelings. These models usually look at four dimensions: biology, which includes genetics and brain chemistry; cognition, which refers to how individuals learn and process information; emotions and mood; and sociocultural factors.

349.

Which of the following describes the concept of **object permanence**?

An object still exists if it is not in the field of view

An object does not exist if it is not in the field of view

An object has a continuous existence inside one's consciousness

An object has a continuous existence inside one's unconscious

Correct answer: An object still exists if it is not in the field of view

*Jean Piaget's work in child development yielded the concept of **object permanence**: an object still exists if it is removed from the field of view. This is seen as characteristic of the earliest of Piaget's stages of child development, the sensorimotor stage (birth to 2 years).*

Object permanence is a perceptual-cognitive matter and is not as much a matter of consciousness or the unconscious.

350.

Which of the following accurately describes the triad of attraction between persons?

Proximity, physical attractiveness, similar values

Proximity, genetic similarity, physical attractiveness

Proximity, similar backgrounds, physical attractiveness

Proximity, similar education, similar values

Correct answer: Proximity, physical attractiveness, similar values

*Research has shown that three factors tend to stand out when people are attracted to each other. These are **proximity** (literally the physical closeness of the person), **physical attractiveness** (though there are some variations as to what this means), and **similar values**.*

The research does not support the idea that genetic similarity, similar backgrounds, or similar educations are as important as the three factors listed.

351.

In terms of family dynamics, what is the point of feedback loops?

To help the family self-correct

To keep the family informed

To establish permeable boundaries

To isolate members who are not in favor

Correct answer: To help the family self-correct

*A family can be seen as a system that is constantly in motion and either in a state of homeostasis (relative stability) or change. As a system, the family has a function and an identity that rise above the identity of any individual member. **Feedback loops** are ways in which the family communicates with itself and self-corrects, generally in the interest of preserving homeostasis.*

Feedback loops are not primarily about information, boundaries, or whether an individual member is in favor.

352.

A career counselor has a positive relationship with a client they have known for several months. However, after identifying the client's problems, conducting assessments, and helping the client obtain additional information, the client is still unable to commit to making a decision about her career. What should the career counselor do **next**?

Work with the client to determine the underlying causes of their inability to make a decision

Refer the client to another career counselor who may have a different, more useful, approach

Suggest the client make a decision anyway and see if it works

Terminate services with the client, as the counselor has reached beyond their scope

Correct answer: Work with the client to determine the underlying causes of their inability to make a decision

Though there are several steps in the career counseling process (establishing a relationship, identifying the problem, conducting an assessment, providing information, making a decision, and implementing the plan), it is common for some steps to be repeated and revisited as the counseling process moves forward. If a client is unable to make a career decision after spending significant time with a career counselor, it is likely that there are other reasons for this hesitancy, such as the presence of emotional or psychological stress. The career counselor, assuming they have a good relationship with the client, can try to explore the underlying reasons, or the counselor may refer the client for personal counseling elsewhere.

353.

At which of the following ages does a person generally arrive at their gender identity?

3

5

2

8

Correct answer: 3

*Developmental processes can be observed with consistency across human populations. One of these is **gender identity**, which in most cases proceeds with a person having arrived at a firm gender identity by the age of 3.*

There are many influences on this identity, such as genetics, culture, and socialization.

354.

A displaced homemaker meets with a career counselor to get help finding a job now that her children have entered adolescence. Which of the following is most likely **true** regarding this client?

She will need help building her job-seeking skills and self-concept

She will need to develop a new skill set, as her former job skills are now obsolete

Once she gets a job, she will relegate most of the housework and childcare to her husband or partner

She will be unable to retire at the same time as her husband or partner

Correct answer: She will need help building her job-seeking skills and self-concept

Career counselors sometimes encounter individuals who have been stay-at-home parents for a number of years and wish to return to the workplace. Common issues for these "displaced homemakers" include a lack of self-confidence in the job market, poor job-seeking skills, and, at times, no support system.

355.

Which of the following comes closest to stating the fundamental attribution error?

Personality is more important than circumstances when evaluating others

Personality is more important than circumstances when evaluating self

Circumstances are more important than personality when evaluating others

Circumstances are more important than personality when evaluating self

Correct answer: Personality is more important than circumstances when evaluating others

*The **fundamental attribution error** is a phenomenon of evaluation. It suggests that when we are evaluating others, permanent and dispositional factors such as personality are more important than transitory and circumstantial factors. For example, a person who gets fired from their job is more likely to be evaluated as having that outcome due to who they are than a more circumstantial factor such as the business environment.*

356.

Which of the following disorders is typically considered to be more ego-syntonic than ego-dystonic?

Anorexia nervosa

Panic disorder

Bipolar I disorder

Obsessive-compulsive disorder

Correct answer: Anorexia nervosa

Ego-dystonic behaviors are those that the individual considers unacceptable. Individuals with panic disorder, for example, feel uncomfortable with the physiological symptoms of anxiety that accompany the disorder and are therefore more likely to be motivated to change. Individuals with anorexia nervosa, however, often experience ambivalence about receiving treatment for the disorder, since the symptoms are somewhat effective at temporarily relieving anxiety about body shape and control.

357.

Which of the following is true about the decline of IQ in older adults?

It tends to occur only in the last five years of life and deals mostly with verbal skills

A steady decline in IQ takes place after about age 40 in most adults

It tends to occur at a steady pace after age 60 and affects men more than women

A steady decline in IQ does not affect most adults

Correct answer: It tends to occur only in the last five years of life and deals mostly with verbal skills

*Contrary to what many believe about cognition in later life, a decline in IQ tends to occur only in the last five years of life and deals mostly with verbal skills. This phenomenon is sometimes referred to as **terminal drop** or **terminal decline**.*

This decline in IQ is more relative to the person than absolute age, and there does not appear to be a breakout by gender.

358.

Which of the following is the **best** definition of systems theory in family therapy?

A family is a system composed of subordinate systems

A family is a subordinate system composed of dominant systems

A family is made of individuals who control systems

A family is a system of beliefs and culture

Correct answer: A family is a system composed of subordinate systems

Systems theory in family therapy refers to the status of the family as an overarching system composed of subordinate systems. All of these systems, whether they are functional or dysfunctional, are always being enacted in the life of the family. Systems theory seeks to understand, describe, and change the functioning of systems.

Individuals are not seen as controlling systems per se, and systems theory addresses structure rather than specifics about beliefs and culture.

359.

Which of the following would be the **best** example of morphogenesis?

A family adapting functionally and supportively to an unexpected pregnancy

A family unable to survive within the context of a divorce

A family creating its own values outside those of society

A family failing to change to deal with the behavior of an individual member

Correct answer: A family adapting functionally and supportively to an unexpected pregnancy

*In terms of family dynamics as expressed in family therapy, **morphogenesis** describes the ability of the family to change. Being adaptable in the face of an unexpected situation (which would involve multiple people in the family reevaluating their roles and behavior) would be an example.*

The concept does not refer to family survival, independently chosen values, or the way the family fails to change.

360.

Which of the following is a diagnostic category change in the DSM-5?

Autism and Asperger's disorder are now both autism spectrum disorder

Intellectual disability is now mental retardation

Neurocognitive disorders no longer exist

Agoraphobia and panic disorder have been eliminated from the anxiety disorders category

Correct answer: Autism and Asperger's disorder are now both autism spectrum disorder

There are many categorical and philosophical changes in the DSM-5. One of these is the elimination of the Asperger's disorder diagnosis and the inclusion of clients with these symptoms under the diagnosis of autism spectrum disorder.

In the DSM-5, mental retardation is now an intellectual disability, neurocognitive disorders include dementia and delirium, and both agoraphobia and panic disorder have been added to the anxiety disorders category.

361.

Which social behavior is congruent with low-context communication?

Providing a high level of explicit verbal detail

Providing a low level of explicit verbal detail

Providing a high level of nonverbal communication

Engaging in a high level of reference to tradition

Correct answer: Providing a high level of explicit verbal detail

*Different cultures and folk groups adhere to different communicative norms. In **low-context communication**, the emphasis is on the verbal, lexical content of the message. A high level of detail and a relatively low level of nonverbal communication would be the norm.*

***High-context communication** is the opposite. In these groups, factors such as respect for tradition and nonverbal communication are emphasized, with a relatively low level of lexical detail.*

362.

"Positive Uncertainty" is a model of career decision-making associated **most** closely with whom?

H B Gelatt

Frank Parsons

Mark Savickas

John Crites

Correct answer: H B Gelatt

The later research of H B Gelatt focused on the balance between reason and intuition when making career decisions and is termed "Positive Uncertainty." This is related to Gelatt's earlier five-step process for making decisions about careers, which included the need to consider objective information while also attending to one's value system.

363.

Find Occupations, Skills Search, and Crosswalk are three components found in which of the following?

O*NET

DOT

OOH

SIGI 3

*Correct answer: O*NET*

*O*NET is a comprehensive database that categorizes occupations according to worker characteristics, amount of education and training needed, and other factors. On the website, users can search in a variety of ways, such as by specific occupation, education, basic skills, and many others.*

*The Dictionary of Occupational Titles (DOT) has been largely replaced by O*NET but still offers summaries of about 12,000 occupations. The Occupational Outlook Handbook (OOH) is published every other year and offers information about current salaries and projected trends. The System of Interactive Guidance and Information (SIGI 3) is a top-of-the-line computer-assisted career guidance system that can supplement the assessments and guidance of career counselors.*

364.

Of the following behavioral disruptions, family counseling is **most** often recommended for which one?

Feeding and eating disorders

Paraphilic disorders

Sleep-wake disorders

Sexual dysfunctions

Correct answer: Feeding and eating disorders

There are many different behavioral disruptions listed in the DSM-5 in five separate categories: feeding and eating disorders, elimination disorders, sleep-wake disorders, sexual dysfunctions, and paraphilic disorders. In addition to medical and behavioral interventions, individuals with eating disorders or elimination disorders are particularly likely to benefit from family counseling.

365.

Which of the following was the point of Erik Erikson's psychosocial stages?

To illustrate the role of crisis and transition in an individual's personality

To describe the ongoing developmental stages of society

To address the neuropsychiatric continuum of development

To aid in understanding social learning

Correct answer: To illustrate the role of crisis and transition in an individual's personality

Erik Erikson identified a stage-wise development pattern in individuals characterized by conflictual transitions and whether the transition was successful. For example, in his first state of Trust vs. Mistrust (birth to 1.5 years), the conflictual transition is the most basic ability to trust others. Each individual personality navigates Erikson's stages in a different way.

Erikson's stages are not meant to describe the developmental stages of society, aid in understanding social learning, or address the neuropsychiatric continuum.

366.

In Erikson's theory of development, is biology or the environment more important?

Environment

Biology

Both equally

Neither

Correct answer: Environment

Erik Erikson's theory of psychosocial development describes many stages throughout the lifespan in which critical tests either are or are not passed. One example is the first such stage, trust vs. mistrust, which usually takes place in an early phase of life (from birth to about 18 months). The test here is to learn to be able to invest appropriately in trusting relationships with other human beings.

Although Erikson's theory has stages tied to certain nominal age groups, the most important factor in development is the environment—in particular the social environment—in which most of the tests take place.

Social environments and one's ability to navigate them actually determine success in Erikson's model, not biology.

367.

Which of the following is meant by the behaviorist principle of reciprocity in marriage?

Two individuals help each other at about the same rate over time

One individual supports another consistently in a marriage

Two individuals express feelings for each other at about the same intensity

One individual tends to behave like another over time

Correct answer: Two individuals help each other at about the same rate over time

*In terms of behaviorist approaches to marriage therapy, **reciprocity** means that two individuals support each other at about the same rate over time. When there is such a stable and consistent reinforcement schedule, trust develops.*

The concept does not refer to one individual supporting another per se, nor is it about the expression of feelings or the sharing of identity.

368.

A child gets an excellent grade on their math exam and is rewarded with a gold star. Which of the following reinforcement/punishment strategies is at work here?

Positive reinforcement

Negative reinforcement

Positive punishment

Negative punishment

Correct answer: Positive reinforcement

*Reinforcement and punishment strategies are defined by (a) whether they add or remove something and (b) whether their aim is to increase or reduce a behavior. All reinforcement seeks to increase a behavior—in this case, by adding something, making it **positive reinforcement**.*

***Negative reinforcement** would be the removal of something undesirable in order to increase behavior. All punishment seeks to reduce a behavior, either by adding something (**positive punishment**) or taking something away (**negative punishment**).*

369.

A counselor meeting with a young woman struggling with anxiety suggests that they work together to identify dysfunctional thoughts. The counselor then asks questions regarding the validity and helpfulness of those thoughts and helps the client replace those thoughts with healthy, more reasonable thoughts in order to decrease the client's anxiety.

This is an example of what type of counseling?

Cognitive behavioral counseling

Existential counseling

Multimodal therapy

Feminist therapy

Correct answer: Cognitive behavioral counseling

The basic principle behind cognitive behavioral counseling is that behavior, including ways of thinking, is learned and therefore can be unlearned. Goals of cognitive behavioral counseling are to identify triggers and causes for a specific behavior and the reinforcements that help continue the behavior. The counselor then helps the client think critically about their behaviors and finds ways to change them using alternate reinforcements and other types of conditioning.

370.

After attending weekly cognitive behavioral therapy counseling sessions for 16 weeks, a client notices that her depression has lifted somewhat and she is able to enjoy life much more than she could before starting therapy. What is the **best** explanation for this change in mood?

The effects of the cognitive behavioral therapy changed the amounts of neurotransmitters in the client's brain

The counselor's positive attitude has rubbed off on the client

Counseling has distracted the client from remembering how depressed she actually is

The client is experiencing significant denial, which will be addressed once the cognitive behavioral therapy stops

Correct answer: The effects of the cognitive behavioral therapy changed the amounts of neurotransmitters in the client's brain

Neurobiological research has shown that, through counseling with various techniques and approaches, the rate and amounts of neurotransmitters in the brain can change. Individuals experiencing severe depression typically lack sufficient levels of serotonin and sometimes dopamine, and through participation in cognitive behavioral therapy, the levels of these neurotransmitters can be increased, resulting in alleviation of symptoms.

371.

If a child can be said to be egocentric according to the work of Piaget, which of the following would be true?

The child cannot differentiate between themselves and the world

The child has an inflated view of their personal value

The child believes that the world does not exist without them

The child is demanding in terms of the resources of others

Correct answer: The child cannot differentiate between themselves and the world

*According to the work of Jean Piaget, **egocentrism** is the state of not really knowing the differentiation between the outside world and self (i.e., living in a world that is constantly referring back to the self).*

The concept does not describe an elevated self-concept, the idea that the world does not exist without oneself, or demanding behaviors.

372.

A large factory is moving out of the country and is planning on terminating employment for most of its workers. As a service to these employees, a career counselor at the company meets individually with each worker to provide career assessments, help them identify possible jobs elsewhere, and assist them in networking and making connections at other companies in the area. This approach is known as:

outplacement counseling

retirement counseling

career education

hidden job counseling

Correct answer: outplacement counseling

Outplacement counseling is a form of career counseling offered to employees who are going to be terminated. Various components of outplacement counseling include assessment, career counseling, assistance with job-seeking skills, and help to find a new place of employment.

373.

Information-processing theories and behavioral theories fall into what broad category explaining how humans grow and develop?

Learning theories

Cognitive theories

Humanistic theories

Psychoanalytic theories

Correct answer: Learning theories

Learning theories include behavioral theories, social learning theories, and information-processing theories. All of these concepts attempt to explain how humans grow and develop by observing and learning behaviors and responses from others.

Cognitive theories include cognitive behavior therapy and other approaches that aim to change the individual's thoughts. Humanistic theories are client-centered and emphasize an individual's potential for self-growth. Psychoanalytic theories, such as ideas developed by Freud, are those that focus on the unconscious drives and feelings of individuals as the source of problematic behavior.

374.

Which of the following is the **best** example of an encore career?

After 30 years working for the federal government, Sam decides to take a job at a local home improvement store

At age 40, Karen, a psychiatrist, decides to make a career change and become a pharmacist

Kevin is employed full-time as an architect, but on the weekends takes photographs at weddings and other occasions

Jesse went to school to become an actor, but after graduation, he decides to pursue a career in psychology

Correct answer: After 30 years working for the federal government, Sam decides to take a job at a local home improvement store

Encore careers refer to those times when, for different reasons, retired workers return to work. Most of the time, workers do not return to their former employer but find some other kind of employment. None of the other options refer to individuals who have retired.

375.

Which of the following types of counseling would be **best** suited for a four-year-old girl struggling with severe temper tantrums and anxiety?

Play therapy

Bowenian family therapy

Narrative therapy

Group therapy

Correct answer: Play therapy

Play therapy is best suited for children who lack the verbal and emotional maturity to talk about their feelings. Instead, they express their feelings, act out goals, and direct their own lives through play. Counselors can then comment on the child's play and help them organize the play to best resolve their feelings.

376.

Which of the following is true about the stages of dying according to Kubler-Ross?

Stages can be skipped or repeated

There are six stages

Depression is the final stage

Anger is the final stage

Correct answer: Stages can be skipped or repeated

Kubler-Ross conceived a structural pattern of adjustment in people she observed who were dying. These are:

- *Denial*
- *Anger*
- *Bargaining*
- *Depression*
- *Acceptance*

Kubler-Ross found that people often skip stages or repeat them before moving on to another stage. Kubler-Ross' theory has since been extrapolated to many other areas dealing with grief and acceptance.

377.

A four-year-old child regularly becomes upset when his mother is not able to read him a bedtime story. He frequently makes comments like, "I wish Daddy was dead," and often tells his father to go in another room so he and his mother can be alone. What is **most** likely true regarding this child?

He is experiencing a typical Oedipal complex

He is showing early signs of mental illness

It is likely that he is being abused by his father

He and his mother are enmeshed

Correct answer: He is experiencing a typical Oedipal complex

During the phallic stage (age three to five), typically-developing children tend to experience either an Oedipal complex (boys) or an Electra complex (girls). During this stage, children become attracted to the opposite-sex parent and frequently attempt to "shut out" the same-sex parent. If parents are tolerant of these attitudes and set limits with their children about what is expected, children should move smoothly out of this stage into latency.

378.

Counselors and other professionals have noted that women tend to perform lower than men on Kohlberg's moral dilemma test. What is the **most** likely reason for this?

Women have different criteria than men when making moral judgments

Women generally have lower moral standards than men

Clinicians are not properly trained to score the test

Women lack the self-confidence to answer questions on the test honestly

Correct answer: Women have different criteria than men when making moral judgments

Since the development of Kohlberg's moral dilemma test in the 1950s, people have questioned why women tend to score lower than men. Though there tends to be overlap between men and women on the instrument, women generally use different criteria than men when making moral judgments. Women prioritize human relationships and caring over justice and rights, which are typically more valued by men.

379.

A child has their toy taken from them as a result of bad behavior. Which of the following reinforcement strategies is this?

Negative punishment

Positive punishment

Negative reinforcement

Positive reinforcement

Correct answer: Negative punishment

*There are four general ways in which reinforcement and punishment strategies are conceptualized. In a **negative punishment**, something is taken away in an attempt to reduce the target behavior.*

***Positive punishment** would be the addition of something in order to reduce the behavior. **Negative reinforcement** and **positive reinforcement** both seek to increase a behavior, either by removing something (negative) or adding something (positive).*

380.

Which of the following is true about the neurochemical brain responses of gambling behavior?

They are similar to those in substance abuse

They are similar to those in traumatized persons

They are similar to those in depressive disorders

They are similar to those in anxiety disorders

Correct answer: They are similar to those in substance abuse

As clinical research has deepened into gambling behavior, the neurochemical reward system that is implicated in substance abuse is highly similar to those in gambling and risk-taking behavior. This insight has implications for diagnosis, classification, and treatment.

This similarity does not extend to traumatized persons, depressive disorders, or anxiety disorders.

381.

What are the typically recommended treatments for bipolar disorders?

Mood-stabilizing medication and psychotherapy

Interpersonal therapy and cognitive behavior therapy

Relaxation training and antipsychotic medication

Group therapy and family counseling

Correct answer: Mood-stabilizing medication and psychotherapy

Bipolar and related disorders include some aspect of mania and/or hypomania, such as changes in energy and activity. Clinicians agree that a combination of mood-stabilizing medication, such as Depakote, and psychotherapy are recommended for individuals with bipolar disorder. Psychoeducation, cognitive behavioral therapy, family therapy, and interpersonal therapy are the best therapeutic options for clients with bipolar disorder.

382.

Which of the following is an accurate statement about neuroplasticity?

The brain changes in response to the environment

The brain does not change past a certain age

The brain has complete control over its own structure

The brain forms no new neuronal connections after childhood

Correct answer: The brain changes in response to the environment

Neuroplasticity is the way the brain changes in response to the environment. Research suggests that neuroplasticity is present at every age of development, and learning and other stimuli can help form new neuronal connections long after childhood.

Research does not suggest, and the notion of neuroplasticity does not support, the idea that the brain does not change past a certain age or that the brain has complete control over its own structure.

383.

What is the consensus on the age range for a typical midlife crisis?

35 to 45 years for men, about five years earlier for women

25 to 35 years for men, about the same age for women

45 to 50 years for men, about five years later for women

30 to 45 years for men, about the same age for women

Correct answer: 35 to 45 years for men, about five years earlier for women

*The concept of **midlife crisis** refers to a period in which a person realizes that their life is half over and begins to adjust to that knowledge by evaluating past events. According to consensus among theorists, it tends to take place at about 35 to 45 years of age for men, and about five years earlier in women.*

384.

Clients with dissociative disorders along with depression, anxiety, and/or substance use are at highest risk for:

self-injurious and suicidal behavior

personality disorders

psychotic symptoms

divorce

Correct answer: self-injurious and suicidal behavior

Clients with dissociative disorders are those who experience disruptions in the normal integration of behavior, consciousness, identity, memory, body representation, and motor control. Dissociative disorders are common in individuals who have experienced trauma. They are often comorbid with depression, anxiety, and substance use, as well as suicidal and self-injurious behavior.

385.

Which of the following accurately describes cognitive dissonance theory?

We change our beliefs to match our behaviors to reduce tension

We change our beliefs to match our behaviors and enhance social acceptance

We change our behaviors to match our beliefs and reduce tension

We change our behaviors to match our beliefs and enhance social acceptance

Correct answer: We change our beliefs to match our behaviors to reduce tension

*Festinger's **cognitive dissonance theory** suggests that when there is a difference between our beliefs and our behaviors, we will change our beliefs to match our behaviors. This is done to reduce overall tension in the mind and preserve homeostasis.*

This change does not go in the other direction according to this theory, and it does not involve social acceptance.

386.

What type of assessment measures abilities such as language expression, motor skills, memory, and perceptual skills?

Neuropsychological

Emotional

Achievement

Projective

Correct answer: Neuropsychological

Neuropsychological assessments measure brain dysfunctions and abilities such as language expression, motor skills, memory, and perceptual skills. Examples of neuropsychological assessments include the Luria-Nebraska Neuropsychological Battery and the Bender Visual-Motor Gestalt Test, which is often used with children.

387.

It is common for anxiety disorder and attention deficit hyperactivity disorder to occur in the same individual at the same time. This phenomenon is known as:

comorbidity

contraindication

disorientation

prodromal symptoms

Correct answer: comorbidity

Comorbidity refers to two illnesses occurring at the same time in the same person. It is important for counselors to be aware of which disorders tend to be comorbid, such as depression and substance abuse. While it is sometimes difficult to ascertain which disorder occurred first, counselors can work with clients to figure out whether symptoms of one disorder are worsening symptoms of the other.

388.

Which of the following is **most** often seen as the root of dissociative disorders?

Trauma

Psychosis

Developmental issues

Mood instability

Correct answer: Trauma

***Dissociative disorders** present issues of disconnection from self, others, and behavior. Their root is most often traumatic experiences in critical periods, when the dissociation may have been formed as an unconscious survival mechanism. The effect of trauma on the organism can be far-reaching, influencing self-concept, memory, and even motor control.*

Psychosis, developmental issues, and mood instability are not usually seen as the root of dissociative disorders.

389.

According to most research, at which age is a person **most** afraid of death?

During middle age

In later life

In childhood

In adolescence

Correct answer: During middle age

*According to the available research, the fear of death seems to peak in middle age in most individuals. This is coterminous with the onset of what is usually referred to as a **midlife crisis**, in which the consciousness of death and evaluation of one's former life are significant factors.*

Fear of death tends to be low in childhood and adolescence. Among older adults, it decreases as acceptance of death is achieved.

390.

What are the three broad areas of development?

Physical, cognitive, and psychosocial

Biological, social, and psychological

Emotional, spiritual, and cognitive

Physiological, psychological, and social

Correct answer: Physical, cognitive, and psychosocial

Individuals experience continuous change and development throughout the lifespan. Systematic change in the individual typically is categorized into areas of physical development, cognitive development, and psychosocial development.

391.

Computer programmer and chemist are examples of what type of career, according to Holland?

Investigative

Realistic

Enterprising

Conventional

Correct answer: Investigative

John Holland's career theory is structural in approach, but he believes that career choice is an expression of personality. He identified six personality types that develop due to parental influences, genetic factors, and the environment. These types include realistic (explicit tasks requiring physical work, e.g., mechanic), investigative (intellectual and prefers systematic, creative activities), artistic (imaginative), social (enjoys interacting with and helping others), enterprising (prefers leadership roles), and conventional (practical and ordered). Computer programmer and chemist are examples of the investigative career style.

392.

One major change in the DSM-5 is the reliance on:

dimensional assessments

a multiaxial system

therapy and counseling treatments

ICD-10 descriptors

Correct answer: dimensional assessments

Several changes were made to the newest version of the DSM, the DSM-5. One of these changes is the reliance on dimensional assessments rather than descriptions of disorders that are based on categories. Clients' experiences are now assessed for severity, frequency, and duration rather than whether or not a particular symptom is present. The DSM-5 eliminated the multiaxial system and does not include extensive descriptions of different therapy modalities. ICD-10 classification codes are included in the DSM-5, but clinicians using the DSM-5 do not rely on them.

393.

In the view of developmental psychology, when does human psychological development begin?

At conception

At birth

At one month of age

Between birth and one month of age

Correct answer: At conception

Developmental psychologists deal with the array of issues and factors that influence human development from its earliest point of conception. As a baby in the womb can be affected in later behavior by the behavior and situation of the mother, prenatal development of psychology can be meaningfully addressed.

Developmental psychologists do not contend that human psychological development begins at birth or any later time.

394.

A career counselor, who is white, is confronted by an African-American client he has been seeing for several months. The client tells the counselor she feels that he has been pointing her in a career direction based more on her race and gender than on her true abilities.

What should the career counselor do **first**?

Listen to the client explain why she feels this way, then validate her feelings

Explain the reasons why this is not true

Ask the client to leave, then call an attorney for assistance

Consult with a supervisor or colleague

Correct answer: Listen to the client explain why she feels this way, then validate her feelings

Career counselors must be careful not to stereotype clients based on race, ethnicity, gender, religion, background, or any other characteristic. If a client expresses concerns that the counselor is making suggestions based on stereotypes, the counselor should be open to hearing from the client (rather than becoming defensive). The counselor can validate the client's feelings and should self-reflect to examine whether the counselor is correct about their suspicions.

395.

All the following are learning experiences often used by career counselors operating from a self-efficacy approach, **except**:

Psychoanalysis

Vicarious learning

Social persuasion

Physiological states

Correct answer: Psychoanalysis

Career counselors who operate from a social cognitive perspective attempt to strengthen self-efficacy by exposing clients to learning experiences such as vicarious learning (modeling), social persuasion, personal performance accomplishments, and the client's physiological states and reactions.

Psychoanalysis is a longer-term therapeutic approach that addresses early childhood experiences and current defenses, and is not used in the self-efficacy approach.

396.

According to Kohlberg, which of the following levels of moral development would be governed by punishment and consequences?

Preconventional

Post-conventional

Conventional

Protoconventional

Correct answer: Preconventional

*Lawrence Kohlberg suggested three general levels of moral development. In the first or **preconventional** stage, behavior is mainly governed by consequences. In the next stage, **conventional**, a person is steered by a desire to conform to social rules. In the last stage, **post-conventional**, a person has a set of moral principles and standards.*

"Protoconventional" is a fabricated term.

397.

A counselor meets with an adolescent client and her mother for the first time. During the session, the counselor learns that the teenager is currently serving parole for breaking into a neighbor's home and stealing jewelry. The teenager frequently skips school, gets into fist fights with peers, and has little regard for her teachers and parents. The teenager denies any mood symptoms and admits that she smokes marijuana once in awhile, but the drug tests her parole officer orders always come back negative. Without having any more information about this client, what diagnosis might the counselor think would be **most** appropriate?

Conduct disorder

Pyromania

Intermittent explosive disorder

Cyclothymia

Correct answer: Conduct disorder

Conduct disorder is under the DSM-5 umbrella category of disruptive, impulse-control, and conduct disorders. These typically appear first in childhood or adolescence and include severe problems with emotional and/or behavioral regulation. Conduct disorder can be diagnosed when individuals meet certain criteria such as aggression toward people or animals, destruction of property, deception or theft, and/or serious violations of rules.

398.

Which of the following would be the **best** example of "splitting" in object relations?

A daughter sees her mother as "all good" or "all bad" depending on the circumstances

A child forms traumatic personas for different circumstances

A man sees his wife as incapable of doing harm to anyone

A wife sees her husband as absolutely wrong in every instance

Correct answer: A daughter sees her mother as "all good" or "all bad" depending on the circumstances

***Splitting** in the context of object relations generally refers to the way people can make significant people in their lives either all good or all bad depending on the circumstances. The assignment is not a permanent one, nor is it necessarily attached to a real aspect of the significant other's personality. The concept as it exists in object relations does not refer to a phenomenon children engage in under traumatic circumstances.*

399.

Which of the following would be consistent with a conventional stage of moral development?

A person whose morals are dictated by society

A person whose morals are dictated by fear of punishment

A person whose morals are dictated by their desires

A person who has arrived at their own moral code

Correct answer: A person whose morals are dictated by society

According to the work of Lawrence Kohlberg, there are three levels of moral development.

- *The first stage, **preconventional**, is exhibited by those whose only moral governance of behavior is fear of punishment.*
 - *The second stage, **conventional**, is exhibited by those whose moral governance is a desire to adhere to society's rules.*
 - *The final stage, **post-conventional**, is characterized by those who have a self-accepted moral code to follow and independently chose ethical behavior.*
-

400.

Erik Erikson is well known for his stages of psychosocial development from birth to death. Whose explanation of career development parallels these eight stages?

Tiedeman

Gottfredson

Super

Holland

Correct answer: Tiedeman

For Tiedeman and his colleague O'Hara, career development and its accompanying cognitive development parallel Erikson's stages of psychosocial development. Like Erikson, Tiedeman believed that each stage of career decision making consists of two phases, either Anticipation or Preoccupation and Implementation or Adjustment. The individual's task is to differentiate the ego, resolve psychosocial crises, and process developmental tasks in order to successfully navigate career development.

401.

Which of the following is an accurate statement about the maturation hypothesis?

Heredity guides behavior but only at the right time or under the appropriate stimuli

Heredity guides behavior and does so without reference to the environment

Heredity guides behavior but only when social cues are present

Heredity guides behavior but only when homeostasis is available

Correct answer: Heredity guides behavior but only at the right time or under the appropriate stimuli

***The maturation hypothesis** suggests that heredity guides behavior but only at the right time or under the appropriate stimuli. For example, a baby has all of the innate resources they need to master language but will only do so when this step is developmentally possible.*

The maturation hypothesis does not suggest that heredity guides behavior without reference to the environment, only when social cues are present, or only when homeostasis is available.

402.

Fantasy, tentative, and realistic are three stages of career development presented by:

The Ginzberg Group

Ann Roe

Miller-Tiedeman

John Holland

Correct answer: The Ginzberg group

Ginzberg, Ginsburg, Axelrad, and Herma (also known as The Ginzberg Group) believed occupational choice moved through three different stages: fantasy (birth to 11), tentative (11 to 17), and realistic (17 and up). The group posited that adolescent adjustment patterns play a significant role in career decision making.

403.

In the Archway model, one of the pillars represents individual characteristics. What does the second pillar represent?

Family, the labor market, and other external factors

Religious beliefs and cultural influences

The person's socioeconomic status, education, and intelligence

The individual's career options

Correct answer: Family, the labor market, and other external factors

Donald Super developed the Archway model as a way to show the factors that influence an individual's self-concept. One pillar represents factors within the individual, such as personality traits and interests, and the other pillar represents external factors that influence career development, such as community and the economy.

404.

A mental health practitioner wants to know more about a client's unconscious drives and emotional functioning. Which of the following psychological assessments might help the practitioner gather this type of information?

Rorschach

California Psychological Inventory

WISC-IV

Beck Depression Inventory

Correct answer: Rorschach

There are many psychological assessments, called projective tests, that can give counselors and other mental health practitioners additional information about clients' unconscious drives and feelings. Projective tests include the Rorschach Inkblot test, the Thematic Apperception test, the Incomplete Sentences Blank, and others. Personality tests include the California Psychological Inventory and the Minnesota Multiphasic Personality Inventory. The WISC-IV is a measure of cognitive intelligence.

405.

A woman in couples' counseling complains that her husband keeps his emotions to himself and refuses to talk about his feelings. After hearing this, the husband turns to his wife in surprise and says, "I try to tell you how I feel, but you're the one who never wants to talk about your emotions!"

The woman is **most** likely using which of the following defenses?

Projection

Denial

Repression

Reaction formation

Correct answer: Projection

Projection, a type of defense mechanism, occurs when a person attributes their own feelings and urges to another person. In this situation, the wife is so uncomfortable expressing her own feelings that she accuses her husband of not expressing his.

Denial is the inability to recognize significant factors in one's life.

Repression occurs when someone forgets as a way of coping with uncomfortable feelings.

Reaction formation is when someone takes on feelings that are the opposite of what they actually feel.

406.

Which statement is **true** regarding trauma- and stressor-related disorders?

Depending on the client, a wide variety of psychotherapeutic approaches may be recommended

They are caused only by recurring, chronic traumatic events

They must be diagnosed before the age of 18

A diagnosis should be automatically given to any child or adult who has experienced a traumatic event

Correct answer: Depending on the client, a wide variety of psychotherapeutic approaches may be recommended

Trauma- and stressor-related disorders are caused by being involved in, witnessing, or otherwise being exposed to one or more traumatic events. Reactive attachment disorder, disinhibited social engagement disorder, posttraumatic stress disorder, acute stress disorder, and adjustment disorders all fall into this category. This category of disorders is very broad, so a wide variety of psychotherapeutic approaches may be recommended.

407.

Which of the following is true about suicide in adolescence?

Males complete suicide more often than females

Females complete suicide more often than males

Suicide in adolescence is relatively rare

Females and males complete suicide at about the same rate

Correct answer: Males complete suicide more often than females

The phenomenon of suicide expresses itself differentially in males and females in adolescence, with males completing suicide more often. This is thought to be due mainly to the choice of more deadly means, which seems to be true of males across age groups.

Suicide is unfortunately not rare in adolescents; it is often the second or third leading killer of adolescents in a given year.

408.

Who was a developmental psychologist known for the belief that children learn best through interactions with others?

Jean Piaget

Sigmund Freud

John Bowlby

Erik Erikson

Correct answer: Jean Piaget

Jean Piaget was a Swiss psychologist and developmental theorist known for his theory of cognitive development. His theory is based on the belief that children learn best through interactions with others, and it breaks down human development into sensorimotor, preoperational, concrete operational, and formal operational stages.

Sigmund Freud is best known for his development of psychoanalysis and psychoanalytic theory. John Bowlby is notable for his development of attachment theory and a focus on relationships in early childhood. Erik Erikson created the eight stages of psychosocial development, based on the idea that individuals experience specific types of tension in different stages of life.

409.

Career counselors use a tool that organizes over 500 careers into 26 areas based on the tasks of working with people, data, things, and ideas. This graphic organizer is known as:

the World-of-Work Map

the Life-Career Rainbow

SIGI 3

O*NET

Correct answer: the World-of-Work Map

Career counselors often use the World-of-Work Map, a tool developed by ACT that organizes occupations based on primary tasks involving people, data, things, and ideas. The map includes 26 families of occupations, and hundreds of occupations and college majors can be identified by using ACT's career exploration materials.

410.

Which of the following accurately describes Beck's **cognitive triad of depression**?

Feelings of worthlessness, negative worldview, hopeless future

Feelings of worthlessness, personal un-achievement, hopeless future

Feelings of worthlessness, history of failure, hopeless future

Feelings of worthlessness, emotional lability, hopeless future

Correct answer: Feelings of worthlessness, negative worldview, hopeless future

*Aaron Beck's **cognitive triad of depression** addresses the way in which individuals assess their world and the way in which this assessment shapes the client toward depressive thinking. This triad consists of feelings of personal worthlessness, a negative worldview in which the client is a victim, and a future that is seen as hopeless.*

The other choices do not accurately capture this triad of poor self-concept, poor worldview, and negative future evaluation.

411.

Play therapy and art therapy have which of the following advantages over other kinds of intervention for children?

They are less influenced by cultural differences

They are better at identifying psychosis in children

They are less difficult to reimburse

They have more of a research base than other interventions

Correct answer: They are less influenced by cultural differences

Play therapy and art therapy are specializations in which the traditional forms of therapy (where language is the dominant component) are put aside in favor of expressive modalities where children feel more comfortable. One advantage of these kinds of treatment is that they are less vulnerable to cultural differences, which may affect a more traditional therapeutic interaction in terms of language, trust, and other factors.

412.

Which of the following is **false** about adolescent behavior in the past decade?

Fewer are going to college

Fewer have a driver's license

Fewer work for pay

Fewer have tried alcohol

Correct answer: Fewer are going to college

According to research, many factors about adolescent behavior in the past decade have changed, with implications for the mental health treatment of these persons and their families. In the past decade, the percentage of adolescents who have a driver's license, who work for pay, and who have tried alcohol have all decreased significantly.

The same is not true for the college admissions in this population.

413.

According to research, which of the following is true about parents who do not use or tolerate aggression in their family?

They produce less aggressive children

They produce more aggressive children

They influence other families similarly

They communicate better than other families

Correct answer: They produce less aggressive children

Research into parenting styles has revealed that when parents do not use or tolerate aggression in the home, the children growing up in these homes tend to be less aggressive. This research does not suggest that these families will influence other families to operate in a similar manner, nor does it suggest that communication is better in families that do not tolerate aggression.

414.

Which of the following would be the **best** example of introjection as expressed in psychoanalytic family therapy?

A wife takes on the personality traits of her husband

A child distracts from family problems with misbehavior

A family thoughtfully examines its own structure

A family begins to act like another family

Correct answer: A wife takes on the personality traits of her husband

*In psychoanalytic family therapy, the term **introjection** refers to roughly the same phenomenon as the defense mechanism of the same name: taking on aspects of another person within oneself. An example might be a wife taking on aspects of her husband's personality.*

The concept does not refer to a family structure or gross changes in family behavior.

415.

A counselor has a twelve-year-old client with autism spectrum disorder. The counselor sees the client on a weekly basis to work on social skills and communication skills, such as maintaining eye contact. Which of the following statements is the **most** likely scenario regarding this case?

The client was diagnosed with autism at a younger age and the counselor was asked to help with skill-building rather than diagnostic clarification

Symptoms of autism did not show up in this child until recently and the counselor has been asked to provide diagnostic clarity

Psychopharmacological interventions have masked the child's symptoms of autism, but adolescence has led to a resurgence of symptoms

The counselor's interventions will be minimally effective, since children with autism are usually incapable of learning social skills

Correct answer: The client was diagnosed with autism at a younger age and the counselor was asked to help with skill-building rather than diagnostic clarification

Autism spectrum disorder is a neurodevelopmental disorder typically diagnosed in childhood. Individuals with neurodevelopmental disorders usually have contact with several medical professionals before counselors become involved, though counselors in schools and community mental health agencies may be in contact with these individuals.

Symptoms of autism typically have a biological basis and appear very early in childhood, and it is usually a medical professional rather than a counselor who diagnoses it. Medications cannot mask symptoms of autism, such as the lack of ability to understand social cues. Children with autism can learn social skills with individualized interventions that provide social scripts and models.

416.

A counselor working with a four-year-old child gives the child a small piece of candy after he completes three tasks in a row. This is an example of what type of reinforcement schedule?

Fixed ratio

Fixed interval

Variable interval

Variable ratio

Correct answer: Fixed ratio

There are different types of conditioning principles that counselors can be aware of when helping clients to change their behaviors. A fixed ratio schedule reinforces a certain response after a fixed number of responses. A fixed interval schedule reinforces the responses after a certain period of time, a variable interval reinforces after an average number of minutes, and a variable ratio reinforces after an average number of responses.

417.

When is marital satisfaction greatest, according to current research?

At the time of the wedding

When children are born

When children leave home

In later married life

Correct answer: At the time of the wedding

Many studies have arrived at the conclusion that for most couples, marital satisfaction is highest at the time of the wedding itself. Although some improvement in marital satisfaction tends to emerge when a child leaves home, for most couples the happiest time of marriage seems to be when it begins.

These studies do not say the greatest time of marital satisfaction is any other time but the wedding.

418.

For adolescents and children who are gender-variant, counselors should consider all the following interventions, **except**:

Psychopharmacology

Family therapy

Supportive, insight-oriented therapy

Group counseling with like-minded clients

Correct answer: Psychopharmacology

Gender-variant individuals are those whose behavior and gender expression does not match feminine and masculine gender norms. Often, family therapy is recommended to help these individuals navigate social interactions and their own identities. Supportive therapy and group therapy with other gender-variant individuals may help as well.

Psychopharmacology is not recommended, since gender variance is not viewed as a disorder.

419.

What is the resulting ego virtue for the final stage of Erikson's eight psychosocial stages?

Wisdom

Love

Will

Hope

Correct answer: Wisdom

Erik Erikson is known for developing eight psychosocial stages of development throughout the lifespan. During the final stage, integrity versus despair, individuals look back on their lives and either view them as meaningful or have regrets. The resulting ego virtue is wisdom.

The resulting ego virtue for intimacy versus isolation (early adulthood) is love. The resulting ego virtue for autonomy versus shame and doubt (ages one and a half to three) is will. The resulting ego virtue for trust versus mistrust (birth to one and a half) is hope.

420.

Which of the following would be the **best** example of the Barnum effect?

A client accepts your diagnosis unquestioningly

A client rejects your diagnosis outright

A client becomes psychotic in response to a diagnosis

A client is undiagnosable

Correct answer: A client accepts your diagnosis unquestioningly

*The **Barnum effect** is named after the famous showman P. T. Barnum, who suggested that people are highly gullible and suggestible in general. The Barnum effect refers to the idea that a client may believe anything a counselor tells them due to trust, authority, rapport, or other factors.*

The Barnum effect would probably not result in an outright rejection of a diagnosis or involve psychosis or an undiagnosable client.

421.

What is the importance of neurotransmitters in the context of counseling individuals with mood disorders?

Neurotransmitters directly affect a person's mood as well as their emotional and cognitive functioning

Neurotransmitters are solely responsible for memory, so clients can remember counseling sessions and apply concepts in between sessions

Neurotransmitters act as sponges to absorb the extreme emotional reactions that tend to come up in counseling sessions

Neurotransmitters are a good predictor of how good someone's prognosis will be after receiving counseling

Correct answer: Neurotransmitters directly affect a person's mood as well as their emotional and cognitive functioning

Neurotransmitters, which include acetylcholine, serotonin, dopamine, and Gamma Amino Butyric Acid (GABA), are brain chemicals that affect all types of emotional, psychological, behavioral, and cognitive responses people have to their surroundings. When an individual lacks a certain neurotransmitter, they can experience symptoms such as severe depression, anxiety, emotional dysregulation, or poor cognitive performance.

422.

When a counselor is conducting a mental status exam, he notes that his client smiles appropriately throughout the session and tells the therapist that he has been feeling more peaceful and happy over the past several weeks. The counselor is assessing the client's:

mood and affect

thought processes

appearance and behavior

sensorium

Correct answer: mood and affect

Counselors may frequently conduct clinical interviews and can use a formal mental status exam to gather information about the client's overall functioning. Components of the exam include appearance and behavior, mood and affect, thought processes, intellectual functioning, and sensorium. Mood and affect include the client's facial expressions and other nonverbal expressions of emotion along with statements that reflect their feelings.

423.

Who is typically regarded as the "Father of Guidance" and developed the trait-factor approach to career counseling?

Frank Parsons

E. G. Williamson

John Krumboltz

John Holland

Correct answer: Frank Parsons

Frank Parsons, also known as the "Father of Guidance," developed the trait-factor approach to career counseling. This approach requires the career counselor to study the individual, survey the occupations, and then match the person with an occupation. The trait-factor approach was later refined by E. G. Williamson.

424.

A company with at least 50 employees is legally required to allow all of the following individuals (each of whom has worked full-time for the company for at least one year) to take 12 weeks of leave, **except** which one?

A young employee, adopted at birth, just found her biological parents and wants to take leave to spend time with them

A married father wishes to take 12 weeks of leave beginning the day his new son is born

A single female employee adopts a five-year-old and wants to take two months off work to help the child get settled

A middle-aged employee's mother is terminally ill and the employee needs to care for her during the last weeks of her life

Correct answer: A young employee, adopted at birth, just found her biological parents and wants to take leave to spend time with them

The Family and Medical Leave Act (FMLA) provides up to 12 weeks of unpaid leave during a 12-month period. It may be taken by a parent with a newly biological or adopted child or by any employee to care for an immediate family member who is ill. An adult who wants to spend time with her biological parents is not eligible to take FMLA leave.
