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**Association of State and Provincial Psychology Boards:
Examination for Professional Practice in Psychology**

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Question: 1

Michael is performing an evaluation of an individual to assess their risk for future violence. According to research, which elements of interpersonal style will indicate a higher risk?

- A. Anger and lack of empathy
- B. Flat affect and anger
- C. Flat affect and high latency

Answer: A

Explanation:

Correct answer: Anger and lack of empathy

According to research (Menzies, Webster, & Sepejak, 1985; Mills, 2017), an assessor who is attempting to determine an individual's overall propensity for violence should attend to interpersonal affective factors such as anger and lack of empathy. Individuals who are angry or unable to express empathy are at higher risk for violence.

Flat affect and high latency are not the indicators of future violence cited in the research.

Question: 2

Donna has a reading difficulty that has only occurred in the past few of her 27 years. She struggles to process sentences and comprehend their meaning. Which condition is this?

- A. Alexia
- B. Dyslexia
- C. Agraphia

Answer: A

Explanation:

Correct answer: Alexia

Alexia, as in this case, refers to dysfunction in reading ability that is acquired and not present as a developmental condition in childhood. As a developmental condition in childhood, it has a different etiology and is known as dyslexia.

Agraphia refers to a writing difficulty that is acquired.

Question: 3

A teacher has been diligently reviewing materials with her students in preparation for a big standardized test. The students found the drill over content extremely tedious. The teacher tells the students that if they do well, they will never have to do this review again.

What kind of conditioning is this?

- A. Negative reinforcement
- B. Negative punishment
- C. Positive reinforcement

Answer: A

Explanation:

Correct answer: Negative reinforcement

The language of conditioning offers four alternatives for shaping behavior. Reinforcers supposedly increase behavior, and punishments supposedly reduce it. Negative reinforcement is the incentivization of a behavior by the removal of a stimulus. Positive reinforcement would be the addition of a reward to incentivize behavior.

Punishments work the same way. A positive punishment, such as scolding, is meant to reduce a behavior. A negative punishment, such as taking a favorite toy away, is also meant to reduce a behavior.

Question: 4

William is beginning a supervisory relationship with his colleague Karen. The two are professional peers who studied at the same school and have had parallel careers in the same treatment center. They are both clinical psychologists, and William has a detailed plan of how to enhance Karen's effectiveness during their time together.

What is wrong with this supervisory arrangement, if anything?

- A. The relationship is not hierarchical
- B. There is nothing wrong with this arrangement
- C. There should not be a plan at the beginning stage

Answer: A

Explanation:

Correct answer: The relationship is not hierarchical

Bernard and Goodyear (2009) discuss supervision as necessarily hierarchical. In other words, in their view, peers should not supervise each other. Implicit in the supervisory relationship is the idea that one party is more experienced than the other and has expertise and skills to pass along.

There is nothing wrong with having a detailed supervision plan, although it should have Karen's input.

Question: 5

A client's family is interviewed to gather information about the client's strengths and talents. This is an example of what type of assessment?

- A. Developmental
- B. Qualitative
- C. Cognitive
- D. Quantitative

Answer: B

Explanation:

Correct answer: Qualitative

Qualitative assessments gather information by asking open-ended questions and allowing participants to add to the data. An interview of a child's family is qualitative, as it allows the family to provide lots of information in order to give the clinician a better understanding of the child.

Quantitative assessments gather numerical or specific data by using close-ended questions and include standardized questionnaires and inventories. Cognitive and developmental assessments are often quantitative as well.

Question: 6

Most current psychologists would agree that borders between major domains in development can be described as which of the following?

- A. Firm
- B. Nonexistent
- C. Fuzzy
- D. Clear

Answer: C

Explanation:

Correct answer: Fuzzy

Today, most psychologists would agree that the borders between the major domains of development—physical, cognitive, and socioemotional—are fuzzy rather than firm or clear. Each domain is its own category; however, the domains influence each other constantly.

Borders are not nonexistent, as each domain includes something different. Physical development includes genetic, hormonal, neurocognitive, motor, sensory and perceptual, and health and nutrition. Cognitive development includes sensation, attention, memory, and more. Social-emotional development includes attachment, emotions, self-concept, and more.

Question: 7

Which of the following terms refers to an individual's knowledge base or range of acquired skills?

- A. Occupational intelligence
- B. Crystallized intelligence
- C. Fluid intelligence
- D. Recall intelligence

Answer: B

Explanation:

Correct answer: Crystallized intelligence

Crystallized intelligence refers to an individual's knowledge base or range of acquired skills and is dependent on cultural exposure. Fluid intelligence refers to nonverbal and non-culturally based abilities such as new learning.

Recall intelligence and occupational intelligence are both fabricated terms.

Question: 8

Children who have been abused or neglected may have which of the following issues in relation to emotions?

- A. They may experience more shame and guilt than other children
- B. They may avoid positive emotions
- C. They may only understand negative emotions
- D. They may have trouble discriminating between different emotions

Answer: D

Explanation:

Correct answer: They may have trouble discriminating between different emotions

Children who have been abused or neglected have more trouble than other children with discriminating between emotions. This may be due to impaired emotional understanding as a result of family relations lacking warmth, support, and healthy modeling.

Children with depressed mothers may experience more shame and guilt than other children. Children who have been mistreated most likely understand both positive and negative emotions but have more difficulty than other children understanding the differences between specific feelings.

Question: 9

Ethical theory focuses on all the following concepts except:

- A. Nonmaleficence
- B. Respect for autonomy
- C. Justice
- D. Fees and financial arrangements

Answer: D

Explanation:

Correct answer: Fees and financial arrangements

Ethical theory focuses on four concepts: respect for autonomy, nonmaleficence, beneficence, and justice. These four concepts help psychologists understand how to consider and apply the values in the APA's General Principles and Ethical Standards.

Fees and Financial Arrangements, Section 6.04, is an individual standard found within the general standards of the APA's ethical code. It is not one of the four concepts in ethical theory.

Question: 10

Elaine is a psychotherapist helping a combat veteran with PTSD. She asks the veteran to write impact statements to explore how his trauma has affected his beliefs about safety in the world. When he reads them aloud, Elaine studies his message and presentation for cognitive distortions that limit the processing of his pain, trauma, and grief.

Which of the following is Elaine doing?

- A. Prolonged exposure therapy
- B. Cognitive processing therapy
- C. Behavioral activation

Answer: B

Explanation:

Correct answer: Cognitive processing therapy

Cognitive processing therapy is a way of treating PTSD by removing the blocks to the mind's natural processing of trauma. These blocks mainly take the form of avoidance of the emotions associated with the trauma. The impact statement is one of CPT's techniques designed expressly to identify the cognitive distortions a patient feels and remove the blocks to better processing.

Behavioral activation is more related to depression and is aimed at building a more positively reinforcing environment. Prolonged exposure therapy involves the patient being exposed to more and more disturbing thoughts, memories, and trauma triggers to create systematic desensitization.

Question: 11

The Selective Optimization with Compensation (SOC) model describes how many factors that are critical across the lifespan?

- A. Three
- B. Seven
- C. Ten
- D. Two

Answer: A

Explanation:

Correct answer: Three

Baltes and colleagues (1980, 1998) developed the SOC model, which describes three factors that are critical across the lifespan: selection of goals, optimization of activities to pursue these goals, and adjustment of goals. The premise of SOC is that the utilization of these three factors helps provide the basis for adaptive functioning and positive development.

Question: 12

You are preparing to meet a patient in the hospital who has lateralized lesions to the postcentral gyrus of their parietal lobe. What is the likely outcome of this dysfunction?

- A. Deficits in object naming
- B. Aphasia
- C. Hemisensory loss

Answer: C

Explanation:

Correct answer: Hemisensory loss

The postcentral gyrus of the parietal lobe, the location of the primary somatosensory cortex, is mainly responsible for the somatotopic detection of touch, pressure, and pain. Lateralized lesions in this area might produce hemisensory loss (i.e., the loss of sensation on one side of the body).

Aphasia is a difficulty in communication, such as the production of language; it is less likely as an outcome of lesions in this area. A deficit in the naming of objects would be more likely due to damage to the temporal lobes.

Question: 13

Vanessa is a clinical psychologist in an acute care setting. She is evaluating Hannah, a young woman who has a severe cocaine problem. Hannah knows that her habit is causing problems in relationships and work but cannot seem to manage her desire for the substance.

If Vanessa tells Hannah she is experiencing cognitive dissonance, what does she mean?

- A. Hannah is determined to change
- B. Hannah is experiencing discomfort due to conflicting ideas
- C. Hannah is resistant to changing her behavior

Answer: B

Explanation:

Correct answer: Hannah is experiencing discomfort due to conflicting ideas

Festinger (1957) is credited with the idea of cognitive dissonance, which is the notion that human beings do not like having two conflicting ideas in their heads. In these circumstances, Festinger suggests, the dissonance will be resolved one way or another. In this case, Hannah is experiencing discomfort because she knows she loves cocaine but also knows that it comes at a cost.

Cognitive dissonance does not suggest determination or resistance to change, only the state of discomfort caused by conflicting ideas and/or behaviors.

Question: 14

How many divisions are located on the spinal cord?

- A. Seventeen
- B. Four
- C. Forty
- D. Two

Answer: B

Explanation:

Correct answer: Four

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

Question: 15

Jeffery, a clinical psychologist, is facing an unethical practice that the APA Code does not specifically address. According to the APA Code, would this make the practice ethical, unethical, or neither?

- A. Neither
- B. Ethical
- C. Unethical

Answer: A

Explanation:

Correct answer: Neither

The APA Code acknowledges that it is not exhaustive. It would not be possible to enumerate every ethical circumstance and problem in which a psychologist would have to make a decision about an ethical dilemma. Although enforceable and specific, the APA guidelines are written broadly in order to be applicable to various roles and situations.

In this case, a practice that is unethical but not discussed in the APA Code cannot be said to be either ethical or unethical according to the APA. Further investigation and consultation may determine this, but if a practice is unethical, a lack of APA prohibition is not a legitimate defense.

Question: 16

Bobbi, who is under clinical supervision, is becoming increasingly upset with the disrespectful way she is being spoken to by her supervisor. According to the ASPPB Code of Conduct, what are Bobbi's rights in this situation?

- A. Bobbi is not entitled to make a complaint as a supervisee
- B. There is no guideline for this issue in the ASPPB Code
- C. Bobbi should not be spoken to in a demeaning way

Answer: C

Explanation:

Correct answer: Bobbi should not be spoken to in a demeaning way

According to the guidelines in the ASPPB Code of Conduct, no supervisee should be spoken to in ways that are seductive, demeaning, harassing, and/or exploitative. Bobbi's rights in the situation are to be treated with respect.

Question: 17

William is feeling good about his results on a final exam for a difficult class. He attributes his success to spending time mastering the content, as he knew what to expect in terms of topics covered. This is in contrast to his usual low effort in studying. He feels as though he always had control over the outcome due to his effort.

According to Weiner (1985), how would his attribution set look in this situation?

- A. Stable cause, internal locus of control, controllable
- B. Changeable cause, internal locus of control, controllable
- C. Stable cause, external locus of control, uncontrollable

Answer: B

Explanation:

Correct answer: Changeable cause, internal locus of control, controllable

Weiner (1985) proposed a schema of emotional attribution for events and behavior. According to Weiner's theory, there are three dimensions in which these phenomena are gauged. First, the event or behavior is assessed for its causation stability; in other words, was this outcome due to a stable cause such as personality or an unstable cause such as extraordinary effort? Second, the locus of control is assessed; that is, was the control of the situation internal or external? Finally, was any control over the outcome possible in the first place?

In this example, William attributes his success to studying and not temperament (unstable cause), and he felt that he had control over the outcome, which was controllable (internal locus of control, controllable).

Question: 18

Viola, a clinical psychologist, has been encouraged to use a co-therapist in her addiction groups. According to Yalom and Leczcz (2008), what gender setup is advised?

- A. There should be a male and a female therapist
- B. Both therapists should be male
- C. Both therapists should be female

Answer: A

Explanation:

Correct answer: There should be a male and a female therapist

According to Yalom and Leczcz (2008), it is often very useful to have co-therapists; in addition, it is most helpful to have a male and female therapist to better capitalize on the transference phenomena at work. In other words, people will respond better to a male or female therapist based on biography and psychology, so a mixed approach is probably more effective in helping more clients.

Question: 19

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

- A. Acetylcholine
- B. Dopamine
- C. Serotonin
- D. Norepinephrine

Answer: C

Explanation:

Correct answer: Serotonin

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

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

Question: 20

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

- A. The hippocampus
- B. The superior temporal gyrus
- C. The cerebellum
- D. The parietal lobe

Answer: B

Explanation:

Correct answer: The superior temporal gyrus

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

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

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