

Counseling and Mental Health

Sample Assessment Questions

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25 Recall/Reproduction Assessment Questions

1. The most highly recommended way of resolving conflict is by _____ and _____.
 - a. assertiveness, mediation
 - b. aggression, compromising
 - c. confrontation, problem-solving
 - d. passiveness, negotiation
2. An indirect way of resolving conflict between people is to lessen the conflicting elements in a situation by considering them more positively. This technique is called _____.
 - a. behavioral restructuring
 - b. physical restructuring
 - c. cognitive restructuring
 - d. exchange image
3. The difference between psychologists and psychiatrists is:
 - a. psychiatrists are not typically trained in the use of psychometrics or psychological testing and interpretation
 - b. psychologists do not need to be licensed
 - c. in all but 20 states, psychologists cannot prescribe medications or perform other diagnostic procedures that are intrusive or invasive of the physical body
 - d. psychiatrists practice solely in a hospital setting
4. What level of certification requires a nurse to have documented experience in psychiatric nursing, documented experience in treatment modalities, a master's degree in psychiatric nursing or a closely related field, post-master's experience in psychiatric nursing, a passing score on an examination that includes theories, psychopathology, treatment modalities, trends and issues, and other areas?
 - a. The National League on Nursing
 - b. Clinical Specialist Certification in Adult, Child/Adolescent and Mental Health Nursing
 - c. Psychiatric and Mental Health Nurse Certification
 - d. Board Certification in Mental Health Nursing, Diplomat
5. The degree required for independent practice as a social worker is:
 - a. BSW
 - b. MSW
 - c. Ph.D.
 - d. Any degree will yield the practitioner the ability to practice independently
6. Which of the following is true of the licensed professional counselor and the licensed psychologist?
 - a. Both provide counseling
 - b. Both allow for assessment of individuals and the ability to provide individual or group treatments
 - c. Both professions compete in the same market of mental health services
 - d. All of these
7. The type of system used to collect and store client identification and demographic data that is verified and updated at the time of each hospital visit is a(n):
 - a. nursing information system
 - b. client registration system
 - c. administrative registration system
 - d. quality assurance system

8. A(An)_____ is used to access client data that is used to plan, implement, and evaluate care.
- Clinical Information System (CIS)
 - Administrative Information System (AIS)
 - Information System (IS)
 - Hospital Information System
9. A group of systems used within a hospital or enterprise that support and enhance patient care are:
- healthcare information systems
 - hospital information systems
 - both a and b
 - neither a nor b
10. Responsive communication skills include:
- all listed
 - paraphrasing
 - summarizing
 - asking questions for elaboration
11. Community-based programs that offer support to individuals involved in substance abuse consist of self-help services such as:
- Alcoholics Anonymous
 - Crackle
 - Cannabis Collective
 - Hashish Home
12. A new counselor has worked with several challenging clients throughout the day and is scheduled to meet his supervisor at the end of the day for scheduled supervision. During this supervisory session, he recounts the difficulties in his client sessions of that day. The supervisor is aware of the confidential nature of the information the counselor is sharing. However, the supervisor shares one of the cases with her spouse, who works in the same building as this client. Has confidentiality been breached and who is at fault?
- No, confidentiality has not been breached; no names were used
 - Yes, confidentiality has been breached; the supervisor should not have shared the information with her spouse, but ultimately the counselor is responsible because he initially shared the information
 - Yes, confidentiality has been breached, but it is the agency that is at fault for requiring supervision of the new counselor
 - No, confidentiality has not been breached
13. The process of detecting lies has become increasingly sophisticated; the ability to analyze speech in this way is possible because nonverbal communication:
- is largely unconscious
 - has the potential to conflict with verbal communication
 - shows the sender's feelings and attitudes
 - has all of the above characteristics which can help determine the truthfulness of the speaker (but is not an exact science)

14. The most common types of administrative risks for malpractice for mental health professionals would include all of these except:
- impact of HIPAA
 - family treatment and forensic situations
 - responding to subpoenas
 - staying in touch with ethical principles
15. A team of professionals, including representatives of different disciplines who coordinate the contributions of each profession (which are not considered to overlap) in order to improve patient care, is called a(n):
- transdisciplinary team
 - multidisciplinary team
 - intraprofessional team
 - interdisciplinary team
16. In which of the following cases was it ruled that, "a state cannot constitutionally confine a non-dangerous individual, who is capable of surviving safely in freedom by himself or with the help of willing and responsible family and friends"?
- Durham vs. United States (1954)
 - Donaldson vs. O' Connor (1975)
 - Wyatt vs. Stickney (1972)
 - Barrett vs. United States (1977)
17. Which of the following was a case in which the Supreme Court of California held that mental health professionals have a duty to protect individuals who are being threatened with bodily harm by a patient?
- Durham vs. United States (1954)
 - Tarasoff vs. Regents of the University of California (1974)
 - Donaldson vs. O' Connor (1975)
 - Wyatt vs. Stickney (1972)
18. Humanistic therapies generally emphasize:
- making full use of one's potential
 - an in-depth analysis of unconscious forces within the personality
 - alteration of long-established habits
 - the value of spontaneous remissions
19. The trend of reducing the resident population of the chronically mentally ill in state and county mental hospitals by increasing the use of community-based services is called:
- community mental health
 - homelessness
 - deinstitutionalization
 - de-escalation
20. Behavior modification is an example of which of the following treatment methods:
- enable the individual to unlearn maladaptive behaviors and emotions
 - enable the individual to explore their childhood behaviors
 - enable the individual to analyze the behavior of others
 - enable the individual to modify the behavior of others

21. A pervasive, unfounded suspicion and mistrust of others along with irrational jealousy, secrecy, and doubt about the loyalty of others describes:
- paranoia
 - narcissistic personality disorder
 - antisocial personality disorder
 - bipolar disorder
22. A person who feels an excessive, irrational fear of specific objects and engages in efforts to escape and avoid them most likely has a:
- generalized anxiety disorder
 - phobic disorder
 - bipolar disorder
 - dissociate identity disorder
23. In Schizophrenia, psychotic symptoms such as hallucinations, delusions, disorganized speech and grossly disorganized or catatonic behaviors are known as:
- negative symptoms
 - positive symptoms
 - mediating symptoms
 - catastrophic symptoms
24. Disorders that involve extreme and persistent feelings of sadness, hopelessness, and despair; and a loss of interest in things that were formerly pleasurable are:
- anxiety disorders
 - personality disorders
 - bipolar disorders
 - depressive disorders
25. Dr. Jekyll sometimes turned into Mr. Hyde. This best illustrates the disorder called:
- seasonal affective disorder
 - dissociative identity disorder
 - antisocial personality disorder
 - schizophrenia

Recall/Reproduction Assessment Key

1. c
2. c
3. a
4. b
5. b
6. d
7. b
8. a
9. c
10. a
11. a
12. b
13. d
14. b
15. b
16. b
17. b
18. a
19. c
20. a
21. a
22. b
23. a
24. d
25. b

25 Skills/Concepts Assessment Questions

1. The intentional infliction of harm on others is called:
 - a. assertiveness
 - b. aggression
 - c. injury
 - d. frustration

2. When client information is stored on electronic media, which of the following is true?
 - a. Electronic media should not be used to store client data; hard copies are more reliable
 - b. Protocols need to be established to assure access to ethically appropriate parties
 - c. Client information should be accessible to any counseling professional
 - d. According to the Health Insurance Portability and Accountability Act (HIPAA), your computer must have a padlock

3. Which of the following brain imaging technologies involves exposing a person to radiation?
 - a. magnetic resonance imaging (MRI)
 - b. electroencephalogram (EEG)
 - c. computerized tomography (CT)
 - d. event-related potentials (ERP)

4. Which of the following provides a picture of the activity in the brain?
 - a. magnetic resonance imaging (MRI)
 - b. position-emission tomography (PET)
 - c. computerized tomography (CT)
 - d. event-related potentials (ERP)

5. The _____ nervous system is involved in fight or flight responses.
 - a. somatic
 - b. parasympathetic
 - c. sympathetic
 - d. central

6. The autonomic nervous system contains two branches called the:
 - a. spinal nerves and cranial nerves
 - b. somatic and spinal systems
 - c. sympathetic and parasympathetic systems
 - d. parasympathetic and spinal systems

7. The technique for studying the brain that yields the clearest picture of the brain tissue is the:
 - a. MRI
 - b. PET scan
 - c. EEG
 - d. CT scan

8. When striving to explain something that is vague or incomprehensible and searching for a mutual understanding, the question, "I'm not sure that I understand, would you please explain?" is an example of:
 - a. giving recognition
 - b. seeking clarification and validation?
 - c. making observations
 - d. formulating a plan of action

9. A comment acknowledging and indicating awareness rather than complimenting such as "Hello Mr. J. I noticed that you made a ceramic ashtray in occupational therapy." Is an example of:
- giving recognition
 - making observations
 - giving broad openings
 - voicing doubt
10. Reactions to stress can be affected by personal variables, including:
- cognitive factors
 - emotional characteristics
 - personality characteristics
 - all of the above
11. Decision-making situations can be categorized along a scale which ranges from:
- certainty to uncertainty to risk
 - certainty to risk to uncertainty
 - certainty to risk to uncertainty to ambiguity
 - uncertainty to certainty to risk
12. Stigma and discrimination of people who have experienced mental illness:
- have no effect on the individual
 - makes individuals more resilient
 - prevents and discourages seeking help
 - makes recovery faster
13. Which of the following correct statements relates to the fear and ignorance about mental illness which is sometimes portrayed in the media?
- Many people with early symptoms of mental illness are reluctant to seek help from a doctor as they don't know what the symptoms mean, and associate mental illness with the inaccurate reports in the media
 - Stigma is part of society and should not be challenged
 - a and d
 - Stigma makes it difficult to find accommodations and work, and the fear and ignorance about mental illness, encouraged by media misrepresentation, contributes to discrimination
14. When putting into a question what the patient's statement implied, the question, "Are you feeling that nobody understands?" is an example of:
- presenting reality
 - offering self
 - using silence
 - verbalizing the implied
15. The development of drugs to effectively treat mental illness outside the hospital setting has made it possible for many patients, who were once hospitalized, to now be released into the community. This process is referred to as:
- the medicalization of mental illness
 - the comorbidity of mental illness
 - deinstitutionalization
 - total institutionalization

16. The primary method social workers, the police and judges use to deal with individuals who they believe are a threat to themselves and others because of a perceived mental illness is:
- physician referral
 - voluntary commitment
 - referral by a spouse, friend, or coworker
 - court referral
17. A condition caused by poverty and neglect in which the child does not grow at a normal rate either physically or mentally is known as:
- failure to thrive
 - anoxia
 - retardation
 - Tay-Sachs disease
18. Phineas Gage suffered a brain injury in the association areas of the brain. As a result, he was reckless, irresponsible, and at times, irrational. The damaged areas controlled his:
- sensory functioning
 - motor functioning
 - somatosensory functioning
 - executive functioning
19. As a result of the implementation of _____, many ethical concerns regarding the handling of confidential client information should be reduced.
- the Social Security Act
 - the Health Insurance Portability and Accountability Act
 - the Geneva Convention
 - the Family Medical Leave Act
20. The court ruling that found immunity from prosecution following a “duty to warn/duty to protect” disclosure is not necessary where the report is true - it is only necessary where the report is false, is referred to as _____ decision.
- the United States v. Chase
 - the Jaffee v. Redmond
 - the Searcy v. Auerbach
 - the Stecks v. Young
21. The form of ethics which reflects an individual’s internal sense of how he should live, what he should strive for, and serves as the basis for moral decisions or judgments and guiding behavior is referred to as:
- ethical virtues
 - personal ethics
 - ethical principles
 - ethical values
22. An EEG records:
- the number of neurons in the brain
 - electrical impulses from the brain
 - chemical activity in the cranial nerves
 - direct electrical stimulation and activation of the brain

23. An innovative scanning technique that uses magnetic technology to visualize brain activity is called:
- PET
 - MRI
 - CAT
 - fMRI
24. Poverty is a factor contributing to psychiatric disorders because:
- all listed
 - employment status is a major factor in understanding the differences in prevalence rates of all psychiatric disorders in adults
 - children in the poorest households are three times more likely to have mental illness than children in the richest households
 - disruptive behaviors are most marked in children of families facing persistent economic stress
25. What are the main parts of the central nervous system?
- brain and cranial nerves
 - spinal nerves and spinal cord
 - brain and vagus nerve
 - spinal cord and brain

Skills/Concepts Assessment Key

1. b
2. b
3. c
4. b
5. c
6. c
7. a
8. b
9. a
10. d
11. c
12. c
13. c
14. d
15. c
16. d
17. b
18. b
19. b
20. d
21. b
22. b
23. d
24. a
25. d

25 Strategic Thinking Assessment Questions

1. Which statement best characterizes the beliefs of the moral treatment movement?
 - a. Mental disorders result from blasphemy and the abandonment of religion: the purpose of treatment is to restore people's morality so that they might function again
 - b. Mental disorders result from natural causes and should be treated biologically
 - c. Mental disorders result from the separation of people from nature and the stresses of rapid social change
 - d. Hospitals should isolate mentally ill people to keep their immorality from afflicting the general populace
2. The moral treatment movement collapsed toward the end of the nineteenth century because:
 - a. patients experienced little improvement even under the improved conditions
 - b. the expansion of asylums created a shortage of personnel and resources
 - c. biological treatments were developed and were considered more effective
 - d. fewer patients were being admitted to asylums
3. Which of the following is not a psychological barrier to negotiation?
 - a. Having an opinion
 - b. Feeling guilty about wanting to assert an opinion
 - c. Fearing the loss of face in front of work colleagues
 - d. Wanting to be liked
4. What is the United States government's principal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves?
 - a. Agency for Health Care Research and Quality
 - b. U.S. Public Health Service Commissioned Corps
 - c. Department of Health and Human Services
 - d. Health Resources and Services Administration
5. What is the primary federal agency for improving access to health care services for people who are uninsured, isolated or medically vulnerable?
 - a. Agency for Health Care Research and Quality
 - b. United States Public Health Service Commissioned Corps
 - c. Department of Health and Human Services
 - d. Health Resources and Services Administration
6. Feedback can come in the form of:
 - a. verbal communication only
 - b. environmental noise
 - c. nonverbal communication only
 - d. verbal and nonverbal responses
7. Which of the following is an example of a nonverbal message?
 - a. Jargon
 - b. Eye contact
 - c. Mumbling
 - d. Yelling

8. The ability to communicate effectively:
- depends on the education level of those around you
 - depends on not using technology to send messages
 - is a natural talent that cannot be learned
 - can be learned
9. A message can only be deemed effective when it is:
- communicated face-to-face
 - delivered with confidence
 - repeated back as proof of understanding
 - understood by others and produces the intended results
10. Empathetic listening takes into account the speaker's:
- feelings
 - thoughts and feelings
 - thoughts
 - culture and feelings
11. Nonverbal messages are:
- important for a listener to understand
 - often overestimated in importance
 - attempts at manipulation and should be ignored
 - generally irrelevant to overall message meaning
12. A technique that might be used by an active listener is to:
- offer a point of view often when in conversation
 - express concern
 - explain the speaker's meaning.
 - paraphrase the speaker's meaning
13. A _____ has achieved a medical degree (M.D. or O.D.), as well as completed a residency in psychiatry, and is qualified to provide psychotherapy, as well as prescribe medication and hospitalize patients for serious psychological disorders.
- social worker
 - clinical psychologist
 - psychiatrist
 - counseling psychologist
14. A _____ possesses an M.D., Ph.D., or Psy.D., with additional specific training in psychoanalysis, a branch of psychology founded by Sigmund Freud and highly influenced by the work of Carl Jung. A _____ may practice a particular kind of therapy that is not necessarily well-suited to all Clients; so before choosing to receive treatment from one, further reading on the theories surrounding psychoanalysis is recommended.
- licensed professional counselor
 - licensed chemical dependency counselor
 - counseling psychologist
 - psychoanalyst

15. A _____ has a Ph.D. or Psy.D., and has successfully completed an internship in clinical psychology. A _____ is qualified to diagnose and treat psychological disorders and perform psychological testing. In some cases, after additional training, they may prescribe drugs in some medical settings.
- counseling psychologist
 - licensed professional counselor
 - psychoanalyst
 - clinical psychologist
16. A _____ has either a Ph.D. or an Ed.D., with an internship in counseling psychology. Like a clinical psychologist, a _____ can perform psychological testing. In addition, he or she may assess and provide therapy for the normal problems of life.
- counseling psychologist
 - licensed professional counselor
 - psychoanalyst
 - clinical psychologist
17. A _____ must have at least a master's degree (M.S.W.), and may have done additional course work and training to pass accreditation tests as a L.C.S.W., or licensed clinical _____. These professionals may diagnose and treat psychological disorders, and are often instrumental in helping individuals identify community services that may provide ongoing support. They often work in conjunction with institutions such as hospitals.
- social worker
 - clinical psychologist
 - psychiatrist
 - counseling psychologist
18. A _____ also has a master's degree, as does a marriage and family therapist (M.F.T.), but these professionals emphasize private practice, and may specialize in relationships, day-to-day life problems, and/or psychological disorders.
- counseling psychologist
 - licensed professional counselor
 - psychoanalyst
 - clinical psychologist
19. A _____ may have little or no post-secondary education, depending on standards which vary from state to state, and are often former addicts themselves. They may provide counseling and education for substance abuse problems, but may not diagnose or provide official treatment.
- licensed professional counselor
 - licensed chemical dependency counselor
 - counseling psychologist
 - psychoanalyst
20. Older people with a mental illness are in two main groups:
- those who have longstanding mental health problems, and those who develop mental health problems when they are older
 - those who have longstanding mental health problems, and those who do not develop mental health problems when they are older
 - those who have no longstanding mental health problems, and those who develop mental health problems when they are older
 - None of the above

21. According to the child and adolescent component of the National Survey of Mental Health and Well-being (ABS, 2007), adolescents with mental health problems report a high rate of suicidal thoughts and other health-risk behaviors, including smoking, drinking and drug use. Signs and symptoms that must be taken seriously when working with young people include:
- a decline in school performance
 - a and c
 - loss of interest and social withdrawal
 - improved school performance
22. Which of the following characteristics are typical of an abuser?
- jealously
 - low self-esteem
 - insecurity
 - all of the above
23. Which of the following is an organization dedicated to changing the way in which society views people with mental health problems?
- Madness Matters
 - Pro Mental
 - Mad Pride
 - Mental Health Proud
24. Which age group is believed to have some form of mental illness among 25% of its cohort?
- ages 35 through 50
 - 65 and older
 - ages 18 through 34
 - ages 9 through 17
25. Chronic stress in children may lead to:
- low self-esteem
 - low academic achievement
 - substance abuse
 - all of the listed responses are correct

Strategic Thinking Assessment Key

1. c
2. b
3. a
4. c
5. d
6. d
7. b
8. d
9. d
10. b
11. a
12. d
13. c
14. d
15. d
16. a
17. a
18. b
19. b
20. a
21. b
22. d
23. c
24. b
25. d

25 Extended Thinking Assessment Questions/Tasks

1. Analyze the roles of the different professionals within the mental health professions. What are their roles, levels of education, and primary functions in providing mental health treatment? Which professionals may seek specialty certification?
2. Describe four of the seven types of psychotherapy that can be used in treating mental disorders.
3. Discuss why effective decision making for counselors needs to be a daily and habitual practice.
4. Offer an example of when a counselor can break confidentiality. Under what circumstances and what should be disclosed when confidentiality is broken?
5. Which ethical principles are essential when discussing informed consent with a client? Why?
6. Describe how changing societal understandings of mental illness and the rise of the biomedical model in the 20th century affected occupational therapy mental health practice.
7. What is the link between stress and ill health?
8. Deinstitutionalization is a major theme of mental health practice. Define and describe non-institutional environments where mental health occupational therapists currently practice.
9. Does stress lead to ill health? Critically discuss theories which have attempted to explain the possible link.
10. What is schizophrenia? Why has it been such a controversial concept within psychology and psychiatry?
11. What is schizophrenia? Describe some recent approaches to therapy for this disorder.
12. Discuss the history of mental hospitals in the United States. Why have we seen such a reduction in the population of mental hospitals? What has taken their place and what have been the consequences?
13. Does anxiety tell us anything about social inequality?
14. Why might a physician order an MRI of the brain?
15. Explain how non-verbal cues can affect communications.
16. Describe the impact of managed care organizations on the ethical practice of mental health counseling.
17. List and briefly describe the exceptions to confidentiality.
18. Describe the physical changes that accompany normal aging.
19. Briefly discuss the impact of electronic communications and databases on protection of client confidentiality.
20. How does social class affect one's physical and mental health?
21. Define "scope of practice."
22. Briefly describe the counselors' responsibilities when expanding the scope of their practice.

23. Describe ways that counselors can maintain and evaluate their competence.
24. Describe a time when a message you were listening to did not match the speaker's nonverbal messages. Which did you trust more, the verbal or the nonverbal messages? Explain.
25. Describe how you can be an active listener and what techniques you might use to communicate actively.

Extended Thinking Assessment Questions/Tasks Key

1 - 25 Student responses will vary