

1. Which ONE of the following is NOT a principle of clinical practice described in Richard McFall' s Manifesto for a Science of Clinical Psychology?
  - a. The claimed benefits of the service are stated explicitly.
  - b. The claimed benefits are validated scientifically.
  - c. A second clinical opinion regarding the best treatment should be sought.
  - d. Negative side effects that might outweigh benefits must be ruled out empirically.
  
2. Which of the following is not a common symptom of PTSD?
  - a. Hypervigilance.
  - b. Intrusive thoughts.
  - c. Desire to confront triggers.
  - d. Desire to avoid triggers.
  
3. Which ONE of the following is the MOST typical age of onset for schizophrenia?
  - a. 13-16 years old.
  - b. 18-24 years old.
  - c. 45-55 years old.
  - d. 18-24 for males and 45-55 for females
  
4. Which of the following are true of CBT?
  - a. CBT is primarily focussed on early childhood experiences.
  - b. CBT does not set time limits on therapy.
  - c. CBT focuses on the relationship between the therapist and client.
  - d. CBT is usually conducted according to an explicit treatment manual.
  
5. Efficacy trials tell us about ?
  - a. How well a therapy works in 'real-world' settings
  - b. How well a therapy works in ideal settings
  - c. How well the control group responded to the treatment being tested
  - d. All of the above
  
6. Effectiveness trials tell us about?
  - a. How well a therapy works in 'real-world' settings
  - b. How well a therapy works in ideal settings
  - c. How well the control group responded to the treatment being tested
  - d. All of the above
  
7. Clinical Psychologists are normally trained under the \_\_\_\_\_ model.

- a. Scholar-Practitioner
  - b. Scientist-Practitioner
  - c. Scientist-Scholar
  - d. Clinical-Scholar
8. Generally speaking, in the treatment of mental disorder, \_\_\_\_\_ focus on the prescription of medication and \_\_\_\_\_ focus on psychotherapy.
- a. Clinical Psychologists, Psychiatrists
  - b. Clinical Psychologists, Scientists
  - c. Psychiatrists, Clinical Psychologists
  - d. Psychiatrists, Scientists
9. What is a problem with defining mental disorder through statistical deviance?
- a. It is not possible to estimate population prevalence for mental disorders
  - b. Not all mental disorders are rare
  - c. Not all rare mental states are abnormal
  - d. Both (b) and (c) are correct
10. What is a problem with defining mental disorder through distress or disability?
- a. Lots of conditions cause distress or disability but are not disorders
  - b. Some disordered states are not distressing
  - c. Distress and disability are not considerations for mental disorder
  - d. Both (a) and (b) are correct.
11. \_\_\_\_\_ refers to observable expression of emotion while \_\_\_\_\_ refers to subjective experience of emotion
- a. mood, affect
  - b. affect, mood
  - c. mood, cognition
  - d. cognition, affect
12. Major Depressive Episode does not commonly involve?
- a. Depressed mood
  - b. Anhedonia
  - c. Disrupted sleep patterns
  - d. Hallucination
13. Which of the following is true of Panic Disorder?
- a. Criteria for Major Depressive Episode must be met
  - b. There should be a history of mania or hypomania
  - c. Distressing physiological symptoms peak within a 10-minute period
  - d. A substance is implicated in causation
14. Generalized Anxiety Disorder typically involves?
- a. Distressing physiological symptoms peak within a 10-minute period

- b. Excessive worry about a number of things over a 6 month period or more
  - c. Worry about things but the worry is easily controlled
  - d. Compulsions to perform behaviours in order to alleviate anxiety
15. Obsessive-Compulsive Disorder typically involves?
- a. Compulsions to perform behaviours in order to alleviate anxiety
  - b. Depressed mood
  - c. Recurrent intrusive or inappropriate thoughts that cause anxiety
  - d. Both (a) and (c)
16. A negative symptom of Schizophrenia is?
- a. Hallucination
  - b. Delusion
  - c. Avolition
  - d. Clanging
17. Histrionic Personality Disorder is associated with?
- a. Suspicion of others
  - b. Unstable relationships
  - c. Fantasies of power and prestige
  - d. Concern with physical attraction
18. A diathesis for depression may be?
- a. Anxiety sensitivity
  - b. Dependency
  - c. Schizotypy
  - d. Thought-action fusion.
19. Schizoid Personality Disorder is associated with?
- a. Hallucinatory experiences
  - b. Delusional experiences
  - c. Little or no interest in interpersonal relationships
  - d. Both (a) and (b) are correct
20. Core Beliefs can be uncovered with the use of?
- a. The upwards arrow technique
  - b. The downwards arrow technique
  - c. The downwards dog technique
  - d. Don't sweat the technique

## Answers

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