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Practice Questions

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1. Sarah, a clinical psychologist, plans to display a series of copyrighted psychoeducational videos to her clients during therapy sessions. She has verified that the content is suitable and has obtained informed consent from the clients. However, she plans to use different devices to display the videos due to limited resources. What crucial step has she missed?

- A. She has not obtained copyright clearance
- B. She has not perfectly standardized the viewing conditions
- C. She has not informed the clients' families

2. Dr. Martin, a licensed psychologist, has observed that his clinic is prioritizing financial gains over patient wellness. Specifically, the clinic insists on using diagnostic tests that are known to be unreliable and often mislead the treatment plans. Which of the following General Principles from the APA's ethics code should Dr. Martin consider in this situation?

- A. Justice
- B. Integrity
- C. Fidelity and responsibility
- D. Beneficence and nonmaleficence

3. During a cognitive assessment of a child, the evaluator notices that the child becomes easily frustrated, has difficulty concentrating, and shows varying levels of performance on different tasks. What type of disorder might these behaviors indicate?

- A. Autism Spectrum Disorder (ASD)
- B. Specific Learning Disorder (SLD)
- C. Attention-Deficit/Hyperactivity Disorder (ADHD)
- D. Generalized Anxiety Disorder (GAD)

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4. Dr. Smith, an organizational psychologist, is evaluating the performance of team members in a corporate setting. During individual interviews, he discovers that some employees are more concerned about their job security due to recent layoffs and are less motivated to take on new projects. What type of motivational theory best explains this response?

- A. Drive theory
- B. Learning theory
- C. Self-determination theory
- D. Need-based theory

5. Sarah is working in a community health clinic to evaluate an adult client's overall wellness. She focuses on how the client's neighborhood, social connections, and workplace environment influence their mental and physical health. Is this a biopsychosocial assessment, an ecological assessment, or neither?

- A. Biopsychosocial assessment
- B. Neither
- C. Ecological assessment

6. During a psychological evaluation, what is the purpose of assessing a person's insight into their own mental health condition?

- A. To diagnose the type of mental illness the person has
- B. To predict the future behavior of the person
- C. To evaluate whether the person understands and accepts their mental health condition

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7. Which of the following statements is true regarding the neurotransmitter targeted by selective serotonin reuptake inhibitors (SSRIs)?

- A. SSRIs target serotonin reuptake
- B. SSRIs target dopamine reuptake
- C. SSRIs target norepinephrine reuptake

8. A psychologist is investigating the reliability of a new cognitive assessment tool. They are comparing the internal consistency, test-retest reliability, and inter-rater reliability. What is the psychologist trying to assess?

- A. Factorial Validity
- B. Reliability
- C. Content Validity



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9. Alison is consulting her client, Jane, in a one-on-one therapy session. She wishes to observe Jane's openness and willingness to discuss personal issues to better understand how Jane might engage in group therapy. What is one potential risk of this approach if Jane knows the therapist's specific goals for the session?

- A. Social desirability bias
- B. Observer effect
- C. Confirmation bias

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10. According to attribution theory, which of the following is NOT an example of a dispositional attribution?

- A. Attitudes
- B. Poor weather
- C. Personality traits
- D. Motives

11. You submitted a report to your supervisor for feedback. The critique received was unexpectedly harsh, leading you to believe the supervisor has a personal issue with you. Which attribution bias is illustrated in this example?

- A. Culture bias
- B. Fundamental attribution error
- C. Actor-observer effect
- D. Self-serving bias

12. Which psychological paradigm asserts that a behavior followed by a pleasant outcome is likely to be repeated?

- A. Operant conditioning
- B. Classical conditioning
- C. Cognitive dissonance
- D. Observational learning

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13. Amanda is a single mother living in a small rural community. She currently has a low-paying job that barely covers her and her child's basic needs. Her child has been frequently sick, and she has limited access to healthcare services. Amanda is also experiencing episodes of severe anxiety and has very few friends or family to rely on. According to Maslow, which of the following would be the most important concern to address in Amanda's life?

- A. Ensuring reliable access to healthcare
- B. Improving job skills
- C. Seeking therapy for anxiety
- D. Developing social connections

14. How does the Schachter-Singer theory differ from the Lazarus theory of emotion?

- A. The Schachter-Singer theory typically applies to humans, while the Lazarus theory can only be generalized to animals.
- B. The Schachter-Singer theory proposes that individuals evaluate a situation before feeling an emotion, while the Lazarus theory is based on automatic responses.
- C. The Schachter-Singer theory posits that emotion arises from cognitive appraisal following physiological arousal, while the Lazarus theory proposes that cognitive appraisal precedes physiological arousal.
- D. The Schachter-Singer theory applies to situations involving social interactions, while the Lazarus theory applies to more personal emotions.

15. Which of the following is not a primary cognitive function assessed by traditional intelligence tests such as the Wechsler Adult Intelligence Scale (WAIS)?

- A. Processing Speed
- B. Creativity
- C. Working Memory
- D. Verbal Comprehension

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16. Which two stages of stress response are identified by Hans Selye's General Adaptation Syndrome?

- A. Primary and secondary
- B. Alarm and resistance
- C. Suppression and repression
- D. Adaptation and exhaustion



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17. A coffee shop owner offers their customers random discounts several times throughout the month. Customers receive no hint before the discounts are applied, and there is no discernible pattern for when the discounts are given. Which of the following is true of the reinforcement schedule the coffee shop owner is using?

- A. This type of reinforcement will lead to customers quickly losing interest if discounts are stopped
- B. This reinforcement schedule will cause customer visits to slow down immediately after a discount is given
- C. This type of reinforcement schedule is likely to increase customer visits
- D. This type of reinforcement represents the fastest way for customers to change their buying habits

18. Lauren is conducting a study to determine whether a new therapy method improves symptoms of generalized anxiety disorder over a span of several years. Generally, symptoms of generalized anxiety disorder decrease over time without intervention. Which of the following is the main threat to the validity of this research?

- A. History
- B. Attrition
- C. Maturation

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19. A client who was publically criticized by their boss has begun to show unjustified anger towards their spouse at home. This is an example of which defense mechanism?

- A. Sublimation
- B. Displacement
- C. Projection
- D. Repression

20. A client exhibits cognitive distortions such as all-or-nothing thinking, overgeneralization, and mental filtering. Who proposed these types of cognitive distortions?

- A. Aaron Beck
- B. Albert Ellis
- C. Freud
- D. Piaget



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21. As an industrial-organizational psychologist evaluating a company's promotion process, what should be the primary focus of your assessment?

- A. The overall satisfaction of employees with their current positions
- B. Whether the company meets industry standards for promotions
- C. The profitability of the company after the promotions
- D. The fairness and equity of the promotion criteria and process

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22. You are a school psychologist, and a student showing signs of severe anxiety suddenly requests to speak to a psychologist. It's the end of the school day, and no other mental health professionals are available. What should you do?

- A. Refuse to provide the student with services due to the potential for harm.
- B. Redirect the student to another school with available mental health professionals.
- C. Assess the student and provide mental health services, even if you do not specialize in anxiety disorders.
- D. Attempt to call an off-duty mental health professional who specializes in anxiety disorders.

23. Dr. Emily, a psychologist specializing in adolescent development, is working with a 16-year-old girl named Rachel. Rachel has recently become interested in learning about various religions and spiritual practices different from her family's beliefs. Dr. Emily decides to apply Fowler's Stages of Faith Development and assesses Rachel to be in the Individuative-Reflective stage, as Rachel is critically examining her beliefs and exploring new spiritual concepts. What is the main problem with this assessment, based on criticisms of this model?

- A. Rachel may have multiple influences on her spiritual journey
- B. Rachel is too young to be in this stage
- C. Rachel is still uncertain about her beliefs

24. According to the cognitive dissonance theory, which of the following statements is true about an individual's behavior when they experience dissonance?

- A. The individual is motivated to change their behavior or beliefs to reduce the dissonance
- B. The individual will always justify their behavior irrespective of the dissonance
- C. The individual is unaware of the dissonance and continues their behavior

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25. Dr. Patel is a psychologist conducting a therapy session with Jim, a teenager, regarding his social anxiety. Although Dr. Patel makes suggestions and offers support, she consistently interrupts Jim, frequently looks at the clock, and sighs often throughout the session. What underlying messages are conveyed by Dr. Patel's behavior?

- A. Double-bind communication
- B. Transference
- C. Metacommunication

26. What do most studies suggest about the correlation between social media usage and levels of anxiety?

- A. Increased social media usage is associated with higher levels of anxiety.
- B. Social media usage has no noticeable impact on anxiety levels.
- C. Increased social media usage reduces anxiety, especially in group interactions.

27. Dr. Kim is a consulting psychologist working with a team of school counselors. Initially, she provided directive guidance and structured interventions. Recently, she has shifted to a more supportive role, addressing the counselors' individual emotional and professional concerns. According to the model of collaborative consultation, is this change of approach appropriate?

- A. No, it is not appropriate for Dr. Kim to address emotional concerns
- B. Yes, as the approach should be flexible to meet evolving needs
- C. No, as the initial consultative approach should remain consistent

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28. Which of the following is a key component of Jean Piaget's theory of cognitive development?

- A. Operant conditioning
- B. Attachment patterns
- C. Stages of development
- D. Sociocultural interactions

29. All the following structures are part of the limbic system except:

- A. Thalamus
- B. Hippocampus
- C. Amygdala
- D. Cingulate gyrus



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30. In a clinical trial, selection bias is most likely to occur when participants are selected based on what type of characteristics?

- A. Common characteristics
- B. Moderate characteristics
- C. Random characteristics
- D. Extreme characteristics



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Answer Key & Explanations

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1. A — She has not obtained copyright clearance

Answer: She has not obtained copyright clearance Using copyrighted materials such as psychoeducational videos in therapy sessions requires proper copyright clearance. Even though standardizing viewing conditions is desirable, it is not always feasible. Informing families is not necessary unless the clients cannot provide legal informed consent.

2. D — Beneficence and nonmaleficence

Answer: Beneficence and nonmaleficence The General Principles of the APA's ethics code highlight the aspirational goals of the profession, particularly through concepts such as beneficence and nonmaleficence—emphasizing the importance of doing good and avoiding harm to patients, including avoiding the use of unreliable or misleading diagnostic tests. Justice is more related to ensuring equal and fair treatment. The concept of integrity pertains to the professional's honesty. Fidelity and responsibility involve upholding professional standards of conduct and building trust in the profession.

3. C — Attention-Deficit/Hyperactivity Disorder (ADHD)

Answer: Attention-Deficit/Hyperactivity Disorder (ADHD) ADHD is characterized by patterns of inattention, hyperactivity, and impulsivity. Symptoms include becoming easily frustrated, difficulty concentrating, and inconsistent performance on tasks. Generalized Anxiety Disorder (GAD) involves excessive worry and tension, but does not typically include the same levels of inattention and hyperactivity seen in ADHD. Autism Spectrum Disorder (ASD) presents with social communication difficulties and restrictive or repetitive behaviors, which are distinct from ADHD symptoms. Specific Learning Disorder (SLD) involves difficulties with specific academic skills, rather than the broader attention and hyperactivity issues observed in ADHD.

4. D — Need-based theory

Answer: Need-based theory In this scenario, the employees are primarily concerned about their basic need for job security. This aligns with the need-based theory of motivation, particularly Maslow's Hierarchy of Needs. According to Maslow, individuals are motivated by their needs in a hierarchical order, starting from basic physiological needs to higher-level self-actualization. Since the basic need of job security is unmet, employees are less focused on higher-order needs such as taking on new projects. Drive theory is less relevant here as it focuses on internal drives and reinforcements, which are not specified in this scenario. Similarly, learning theory emphasizes how behavior is learned and reinforced, but there is no emphasis on reinforcement schedules in this context. Self-determination theory involves intrinsic motivation and growth tendencies, which are not apparent in the employees' concerns in this case.

5. C — Ecological assessment

Answer: Ecological assessment An ecological assessment involves evaluating variables that influence behavior and overall wellness within a specific setting. In this case, the assessment includes factors such as the neighborhood, social connections, and workplace environment. This differs from a biopsychosocial assessment, which addresses the biological, psychological, and social dimensions of the individual's health but does not specifically focus on the contextual variables in their environment.



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6. C — To evaluate whether the person understands and accepts their mental health condition

Answer: To evaluate whether the person understands and accepts their mental health condition Assessing insight into one's mental health condition is essential to determine whether the person is aware of their mental illness and the associated implications. It helps clinicians understand the person's ability to participate in their treatment plan and make informed decisions about their care. This assessment does not determine the specific type of mental illness or predict future behaviors.

7. A — SSRIs target serotonin reuptake

Answer: SSRIs target serotonin reuptake Selective serotonin reuptake inhibitors (SSRIs) were developed to treat depression and other mood disorders. These include medications such as fluoxetine (Prozac), sertraline (Zoloft), and paroxetine (Paxil), among others. SSRIs function by blocking the reuptake of serotonin into presynaptic neurons, increasing the level of serotonin available in the synaptic cleft. While traditional antidepressants may affect multiple neurotransmitter systems, SSRIs specifically and selectively inhibit serotonin reuptake.

8. B — Reliability

Answer: Reliability. Reliability refers to the consistency of a test or assessment tool. Since the psychologist is examining internal consistency, test-retest reliability, and inter-rater reliability, they are focusing on the reliability of the cognitive assessment tool. Content validity is the extent to which a test measures all facets of a given construct, while factorial validity refers to the degree to which a test scores relate to the theoretical factors they represent.

9. B — Observer effect

Answer: Observer effect The observer effect occurs when an individual changes their behavior due to their awareness of being observed. In this case, Jane might alter her openness and willingness to discuss personal issues if she knows Alison's specific goals, thereby impacting the validity of Alison's assessment for group therapy. Confirmation bias is not applicable here as it refers to the tendency to search for, interpret, and favor information in a way that confirms one's preconceptions. Social desirability bias could be considered, but it specifically refers to individuals providing responses that are socially acceptable rather than truthful, which is related but distinct from the observer effect.

10. B — Poor weather

Answer: Poor weather Dispositional attributions assign causality to internal characteristics (e.g., personality traits, motives, attitudes). Situational attributions assign causality to external factors such as poor weather, social norms, or random chance.

11. B — Fundamental attribution error

Answer: Fundamental attribution error The fundamental attribution error occurs when we overvalue personal explanations for behavior and undervalue situational explanations. For instance, your supervisor's harsh critique could be due to external factors like stress or tight deadlines, not a personal issue with you. The actor-observer effect happens when we attribute dispositional factors to others' behavior while attributing situational factors to our own behavior. The self-serving bias is the tendency to attribute dispositional factors for success and external factors for failure. Culture bias involves judging based on the standards inherent to one's culture.

12. A — Operant conditioning

Answer: Operant conditioning The operant conditioning paradigm states that a behavior followed by a



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pleasant outcome is likely to be repeated. This involves the concept of reinforcement, where positive reinforcement increases the likelihood of a behavior. Classical conditioning involves associating a neutral stimulus with an unconditioned stimulus to elicit a conditioned response. Cognitive dissonance refers to the psychological discomfort experienced when holding contradictory thoughts or beliefs. Observational learning, or modeling, involves learning through observing the behavior of others.

13. A — Ensuring reliable access to healthcare

Answer: Ensuring reliable access to healthcare Maslow's hierarchy of needs is structured in a pyramid, with physiological needs such as healthcare at the base, followed by safety, social needs, self-esteem, and self-actualization at the top. For Amanda, the immediate need is access to healthcare, which is a fundamental physiological need. Without addressing this, she won't be able to move on to higher-level needs such as job skills, therapy for anxiety, or developing social connections, which are higher in Maslow's hierarchy. While improving job skills and developing social connections are important, ensuring her and her child's health is more urgent, suggesting the need for reliable healthcare access should be the primary focus.

14. C — The Schachter-Singer theory posits that emotion arises from cognitive appraisal following physiological arousal, while the Lazarus theory proposes that cognitive appraisal precedes physiological arousal.

Answer: The Schachter-Singer theory posits that emotion arises from cognitive appraisal following physiological arousal, while the Lazarus theory proposes that cognitive appraisal precedes physiological arousal. There are several theories that attempt to explain the emotional experience. The Schachter-Singer theory, also known as the two-factor theory, proposes that an individual experiences physiological arousal and then interprets it cognitively, which leads to the experience of emotion. The Lazarus theory proposes that cognitive appraisal occurs first and it is this appraisal that provokes emotional and physiological responses.

15. B — Creativity

Answer: Creativity Traditional intelligence tests, such as the Wechsler Adult Intelligence Scale (WAIS), assess specific cognitive functions that include working memory, verbal comprehension, and processing speed. Creativity is not one of the primary cognitive functions typically measured by these tests. Working memory, verbal comprehension, and processing speed are essential components of intelligence assessments according to WAIS, whereas creativity requires a different set of measurements to evaluate accurately.

16. B — Alarm and resistance

Answer: Alarm and resistance Hans Selye's General Adaptation Syndrome identifies three distinct stages in the stress response: alarm, resistance, and exhaustion. The alarm stage is the initial reaction to a stressor, characterized by the activation of the sympathetic nervous system. The resistance stage involves the body attempting to adapt to the continuous presence of the stressor. Should the stressor persist and resources deplete, the body enters the exhaustion stage. Suppression and repression are not stages in Selye's model. Adaptation and exhaustion refer only to the third stage and miss the initial phase. Primary and secondary are terms associated with Lazarus' appraisal theory, not Selye's stress response stages.

17. C — This type of reinforcement schedule is likely to increase customer visits

Answer: This type of reinforcement schedule is likely to increase customer visits. The effects of operant conditioning, including how often reinforcers appear, depend on the reinforcement schedule. Random discounts are an example of a variable ratio schedule, in which reinforcers are spaced at random times. Such schedules typically lead to a high response rate and increased behavior, in this case, more frequent visits to the coffee shop. With customers unsure when the next discount will be given, they may be more likely to visit



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regularly. Continuous reinforcement, where customers receive a discount every time they make a purchase, allows for the fastest learning but is not represented by random discounts. Extinction happens when a behavior ceases due to the removal of reinforcers. A variable ratio schedule would likely slow the extinction rate. Fixed interval schedules, which involve equal time gaps between reinforcements, tend to cause behavior to drop off immediately after the reinforcer is delivered. Since there is no pattern in the coffee shop's discount schedule, it does not use a fixed interval schedule.

18. C — Maturation

Answer: Maturation All providers must be able to evaluate the validity of research. Maturation is a natural effect that can be mistaken for an experimental outcome. In this scenario, Lauren's experiment doesn't account for the natural decrease in generalized anxiety disorder symptoms over time, which could lead to incorrect conclusions. History is a threat to validity that comes from changes participants make during the experiment or larger events that affect the entire experiment. Attrition refers to participants dropping out of the study, which can lead to misleading results about the efficacy of the intervention.

19. B — Displacement

Answer: Displacement Displacement occurs when a person is not able to express feelings toward the direct cause of those feelings, so they release that energy by targeting another person. The client may not have felt safe expressing their anger directly toward their boss, so instead, they have directed their anger towards their spouse. Projection involves attributing one's own unacceptable thoughts or feelings to someone else. Repression is a defense mechanism aimed at unconsciously blocking disturbing thoughts from awareness. Sublimation channels unacceptable impulses into socially acceptable actions.

20. A — Aaron Beck

Answer: Aaron Beck Aaron Beck is a prominent figure in cognitive therapy. He proposed several types of cognitive distortions that negatively impact an individual's thinking and contribute to psychological problems. These distortions include all-or-nothing thinking, overgeneralization, and mental filtering. Albert Ellis is known for Rational Emotive Behavior Therapy (REBT), focusing on changing irrational beliefs. Freud developed psychoanalysis, emphasizing unconscious conflicts. Piaget is recognized for his theory of cognitive development, explaining how children construct a mental model of the world.

21. D — The fairness and equity of the promotion criteria and process

Answer: The fairness and equity of the promotion criteria and process As an industrial-organizational psychologist, your primary focus should be on ensuring that the promotion criteria and process are fair and equitable. This involves assessing whether all employees have equal opportunities for advancement based on merit and relevant qualifications, rather than subjective biases or irrelevant factors. The overall satisfaction of employees with their current positions is important, but it is not directly related to the fairness of the promotion process. Meeting industry standards is beneficial but does not guarantee internal equity. Profitability is a consequence that might be indirectly related but is not the primary focus of an ethical promotion assessment.

22. C — Assess the student and provide mental health services, even if you do not specialize in anxiety disorders.

Answer: Assess the student and provide mental health services, even if you do not specialize in anxiety disorders. According to Standard 2.02, in emergency or crisis settings (such as a sudden request for mental health assistance at the end of the school day), psychologists are not obliged to have the same specific competencies that are required under less urgent circumstances. Even though you may not have specialized training for anxiety disorders, the pressing nature of the situation requires you to assess the student as best



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as you can. If you feel that the student needs a more specialized follow-up assessment, this could be arranged.

23. A — Rachel may have multiple influences on her spiritual journey

Answer: Rachel may have multiple influences on her spiritual journey. Fowler's Stages of Faith Development posits six stages, starting with the Intuitive-Projective faith of early childhood and progressing through Universalizing faith in later adulthood. The Individuative-Reflective stage usually occurs during young adulthood and is characterized by individuals critically examining their own beliefs and those of others to form a more personal faith. Criticisms of Fowler's model highlight that spiritual and faith development is not always linear and can be influenced by cultural, social, and individual factors. Rachel's exploration might be influenced by various sources, and categorizing her strictly into one stage may oversimplify her complex spiritual journey.

24. A — The individual is motivated to change their behavior or beliefs to reduce the dissonance

Answer: The individual is motivated to change their behavior or beliefs to reduce the dissonance. According to the cognitive dissonance theory, dissonance occurs when an individual holds two or more contradictory beliefs, values, or behaviors. This creates psychological discomfort, motivating the individual to reduce this discomfort by altering their beliefs, behaviors, or perceptions to achieve consistency.

25. C — Metacommunication

Answer: Metacommunication Metacommunication refers to the non-verbal messages that accompany verbal communication. In this scenario, Dr. Patel's interruptions, time-checking, and sighing send messages that may contradict her words of support, potentially indicating disinterest or impatience, which can impact the therapeutic relationship.

26. A — Increased social media usage is associated with higher levels of anxiety.

Answer: Increased social media usage is associated with higher levels of anxiety. The relationship between social media usage and anxiety has been widely studied. While results can vary, most findings suggest a positive correlation between increased usage and elevated anxiety levels. This trend is not significantly influenced by whether the social media usage happens individually or within a group context.

27. B — Yes, as the approach should be flexible to meet evolving needs

Answer: Yes, as the approach should be flexible to meet evolving needs. In the model of collaborative consultation, the consultant may take on various roles such as expert, collaborator, or counselor, depending on the needs of the team. Flexibility is crucial in this model to ensure that the consultant can adapt to the changing needs of the counselors.

28. C — Stages of development

Answer: Stages of development Jean Piaget is renowned for his theory of cognitive development, which posits that children go through a series of distinct stages in cognitive growth. These stages include the sensorimotor stage, preoperational stage, concrete operational stage, and formal operational stage. Each stage represents a new mode of thinking and understanding the world.

29. A — Thalamus

Answer: Thalamus While the thalamus is a vital part of the brain, it is not considered part of the limbic system. The thalamus serves primarily as a relay station for sensory and motor signals to the cerebral cortex. The limbic system consists of structures such as the hippocampus, amygdala, and cingulate gyrus, which are involved in emotional regulation, memory, and motivation.



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30. D — Extreme characteristics

Answer: Extreme characteristics Selection bias occurs when participants with extreme characteristics are chosen for a clinical trial, making it less likely that the outcomes will be generalizable to the broader population. This bias can skew results as the participants are not representative of the general population, especially when the characteristics significantly deviate from the norm.



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