

## **Chapter 2**

### **True / False**

1. The evidence-based practice model encourages practitioners to integrate scientific evidence with their practice expertise.

- a. True
- b. False

ANSWER: True

2. “Accurate empathy” is one of the key influences on treatment outcomes.

- a. True
- b. False

ANSWER: True

3. The term *evidence-based practice* and the term *evidence-based practices* have the same meaning.

- a. True
- b. False

ANSWER: False

4. If an intervention has been supported by the best evidence, then it is safe to assume that it will be effective with a particular client.

- a. True
- b. False

ANSWER: False

5. Some evidence-based practice questions do not specify a particular intervention in advance of the search for evidence.

- a. True
- b. False

ANSWER: True

6. The top-down approach to searching for evidence has the advantage of feasibility but can be risky in light of the fallibility and possible bias of experts.

- a. True
- b. False

ANSWER: True

7. It is necessary to choose either a top-down or a bottom-up approach to searching for evidence; it is incorrect to use both approaches in the same search.

- a. True
- b. False

ANSWER: False

8. Any study that employs a randomized clinical trial is a strong source of evidence, regardless of how it measures outcome.

- a. True
- b. False

ANSWER: False

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9. Whether practitioners need to evaluate the intervention they apply depends on how strong the existing research evidence is that supports that intervention.

- a. True
- b. False

ANSWER: False

10. If one finds that no quality research studies exist to answer one's EBP question, then no additional phase of the EBP process is needed.

- a. True
- b. False

ANSWER: False

11. The evidence supporting the influence of common factors on treatment outcome implies that the choice of intervention does not matter at all.

- a. True
- b. False

ANSWER: False

**Multiple Choice**

12. Practitioners engaged in evidence-based practice will

- a. be critical thinkers.
- b. track down evidence as an ongoing lifelong part of their practice.
- c. question things that are based on tradition or authority.
- d. think for themselves as to the logic and evidence supporting what others may convey as practice wisdom.
- e. All of the above.

ANSWER: e

13. Evidence-based practitioners will

- a. assume that evidence on practice effectiveness will find its way to them.
- b. assume that the published studies they find are scientifically valid.
- c. use research methods to evaluate whether the evidence-based actions they take are resulting in the outcomes they seek to achieve.
- d. All of the above are true.
- e. None of the above is true.

ANSWER: c

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14. Evidence about practice effectiveness will
- a. always be conclusive.
  - b. sometimes indicate what actions NOT to take.
  - c. usually indicate what is effective with every client or situation.
  - d. will point toward taking an action that the client is certain to want.

ANSWER: b

15. Which of the following is NOT a criteria for critically appraising systematic reviews and meta-analyses?
- a. Did the author search websites related to the research question?
  - b. Are the criteria used for including or excluding studies in the review identified?
  - c. Does the review report the amount of bias in the studies?
  - d. All of the above are criteria.

ANSWER: c

16. The evidence-based practice model
- a. is used to guide social workers in taking scientific approach to practice.
  - b. emerged as a popular practice model in the mid 20<sup>th</sup> century.
  - c. reflects the long standing tendency of the vast majority of social work practitioners to use research studies to guide their practice.
  - d. All of the above are true.
  - e. Only b and c above are true.

ANSWER: a

17. An evidence-based practice question should
- a. incorporate client characteristics.
  - b. always inquire about only one specific intervention.
  - c. never be altered in light of the evidence emerging in one's literature search.
  - d. always specify at least two alternative interventions in advance.

ANSWER: a

18. An online search for evidence should
- a. use multiple search terms.
  - b. be restricted to articles published in refereed journals, only.
  - c. avoid systematic reviews emanating from searches already completed by others.
  - d. all of the above. ted by others.

ANSWER: a

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19. Which of the following statements is/are true about critically appraising the quality of evidence found in the evidence-based practice search process?

- a. All evidence produced by randomized clinical trials should be deemed strong evidence
- b. Randomized clinical trials always reside at the top of any research hierarchy.
- c. Only evidence produced by randomized clinical trials should be considered as worthy of guiding practice decisions, regardless of the nature of the decision.
- d. All of the above are true.
- e. None of the above is true.

ANSWER: e

20. Which of the following statements is/are true about evidence-based practice?

- a. The studies at the top of the research hierarchy usually involve clients who are very much like those typically encountered in everyday social work practice.
- b. Its proponents agree with its critics that it denigrates professional expertise and ignores client values and preferences.
- c. Real-world obstacles often prevent implementing it thoroughly in everyday social work practice.
- d. All of the above are true.
- e. None of the above is true.

ANSWER: c

## **Essay**

21. Explain why the evidence-based practice process is important even if no quality outcome studies have ever been conducted that pertain to a client or particular practice situation. (Hint: The last phase of the evidence-based practice process should be an important part of your essay).

ANSWER: will vary

22. Explain why the evidence-based practice process is thought by some to be an overly restrictive cookbook approach that hinders the treatment alliance and why others counter that such a notion is based on a misconception of the evidence-based practice process.

ANSWER: will vary

23. Explain why the evaluation phase (the final phase) of the evidence-based practice process is important even when applying an intervention that has been supported by the best research evidence.

ANSWER: will vary

24. Compare and contrast the advantages and disadvantages of the bottom-up and top-down approaches to searching for evidence.

ANSWER: will vary

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

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25. Describe the Dodo Bird controversy.

*ANSWER:* will vary

26. Explain why the Dodo Bird Verdict is a false dichotomy.

*ANSWER:* will vary