

Test Bank – Chapter 3  
Current Controversies in Clinical Psychology

**Multiple Choice Questions**

1. Currently, \_\_\_\_\_ have passed legislation that grants prescription privileges to appropriately trained psychologists.

- A) all 50 states
- B) 31 states
- C) 3 states
- D) no states

Ans: C

Learning Objective: 3.1 Articulate the arguments for and against clinical psychologists gaining prescription privileges.

Cognitive Domain: Knowledge

Answer Location: Prescription Privileges

Difficulty Level: Easy

2. Patrick DeLeon, Morgan Sammons, and Robert McGrath are best known as advocates

- A) for evidence-based psychotherapies.
- B) for computer-based psychotherapies.
- C) for prescription privileges for clinical psychologists.
- D) against evidence-based psychotherapies.

Ans: C

Learning Objective: 3.1 Articulate the arguments for and against clinical psychologists gaining prescription privileges.

Cognitive Domain: Comprehension

Answer Location: Prescription Privileges

Difficulty Level: Easy

3. Which of the following is NOT true of prescription privileges for clinical psychologists?

- A) Advocates for prescription privileges for clinical psychologists have made the argument that other nonphysicians have been granted prescription privileges.
- B) The American Society for the Advancement of Pharmacotherapy was created, in part, to promote prescription privileges for psychologists.
- C) Psychopharmacology training programs are available for psychologists in the U.S. military.
- D) Missouri, New Mexico, and Alabama currently allow appropriately trained clinical psychologists to prescribe.

Ans: D

Learning Objective: 3.1 Articulate the arguments for and against clinical psychologists gaining prescription privileges.

Cognitive Domain: Comprehension

Answer Location: Prescription Privileges

Difficulty Level: Medium

4. Advocates for prescription privileges for clinical psychologists cite \_\_\_\_\_ as support for their argument.

- A) an excess of psychiatrists, especially in rural areas,
- B) convenience for clients
- C) the opportunity to work collaboratively with physicians
- D) the ability to replace psychotherapy with medication

Ans: B

Learning Objective: 3.1 Articulate the arguments for and against clinical psychologists gaining prescription privileges.

Cognitive Domain: Comprehension

Answer Location: Why Clinical Psychologists Should Prescribe

Difficulty Level: Easy

5. Opponents of prescription privileges for clinical psychologists cite all of the following EXCEPT \_\_\_\_\_ as support for their argument.

- A) the need for further training during or after graduate school
- B) the possibility that the practice of psychotherapy would decline
- C) professional autonomy and identification for clinical psychologists
- D) questions about the type and length of required training

Ans: C

Learning Objective: 3.1 Articulate the arguments for and against clinical psychologists gaining prescription privileges.

Cognitive Domain: Comprehension

Answer Location: Why Clinical Psychologists Should Not Prescribe

Difficulty Level: Medium

6. \_\_\_\_\_'s 1950s assertion that therapy had no positive outcome helped to jumpstart what has evolved into the evidence-based practice movement.

- A) Raymond Cattell
- B) Hans Eysenck
- C) William F. Buckley
- D) Patrick H. DeLeon

Ans: B

Learning Objective: 3.2 Discuss the merits and limitations of evidence-based practice/manualized therapy.

Cognitive Domain: Comprehension

Answer Location: Evidence-Based Practice/Manualized Therapy

Difficulty Level: Easy

7. An example of a manualized psychotherapy with empirical evidence for its efficacy is

- A) exposure plus response prevention for bulimia.
- B) exposure plus response prevention for obsessive compulsive disorder.
- C) dialectical behavior therapy for depression.

D) dialectical behavior therapy for antisocial personality disorder.

Ans: B

Learning Objective: 3.2 Discuss the merits and limitations of evidence-based practice/manualized therapy.

Cognitive Domain: Knowledge

Answer Location: Evidence-Based Practice/Manualized Therapy

Difficulty Level: Medium

8. A book entitled *A Guide to Treatments That Work* was published in \_\_\_\_\_ and represented a significant step in the \_\_\_\_\_ movement.

A) 1960, humanistic psychotherapy

B) 1990, prescription privileges

C) 1998, evidence-based practice

D) 2005, psychotherapy via videoconferencing

Ans: C

Learning Objective: 3.2 Discuss the merits and limitations of evidence-based practice/manualized therapy.

Cognitive Domain: Knowledge

Answer Location: Evidence-Based Practice/Manualized Therapy

Difficulty Level: Medium

9. Websites such as [psychologicaltreatments.org](http://psychologicaltreatments.org) and [effectivechildtherapy.org](http://effectivechildtherapy.org) best illustrate

A) the continued growth of and focus on evidence-based practice in clinical psychology.

B) the ever-increasing presence of the Internet in individuals' lives.

C) a trend toward providing psychotherapy services online, rather than in person.

D) the APA's commitment to release all of its major publications online.

Ans: A

Learning Objective: 3.2 Discuss the merits and limitations of evidence-based practice/manualized therapy.

Cognitive Domain: Application

Answer Location: Evidence-Based Practice/Manualized Therapy

Difficulty Level: Medium

10. Evidence-based practice has also been referred to as \_\_\_\_\_.

A) empirically researched interventions

B) empirically supported treatments

C) dialectical behavior therapy

D) exposure plus response prevention

Ans: B

Learning Objective: 3.2 Discuss the merits and limitations of evidence-based practice/manualized therapy.

Cognitive Domain: Knowledge

Answer Location: Evidence-Based Practice/Manualized Therapy

Difficulty Level: Easy

11. The term *evidence-based practice* includes

A) the psychological treatment for a disorder.

B) factors related to the people providing and receiving the psychological service.

C) both the psychological treatment of a disorder and factors related to the people providing and receiving the psychological service.

D) neither the psychological treatment of a disorder nor factors related to the people providing and receiving the psychological service.

Ans: C

Learning Objective: 3.2 Discuss the merits and limitations of evidence-based practice/manualized therapy.

Cognitive Domain: Comprehension

Answer Location: Evidence-Based Practice/Manualized Therapy

Difficulty Level: Easy

12. Advantages of the emergence of manualized therapies with empirical support include

A) an increase in unique, idiosyncratic forms of therapy created by individual psychotherapists.

B) increased reliance on the clinical judgment of each psychotherapist.

C) the establishment of minimal levels of competence for the field.

D) enhanced autonomy for clinicians as they deliver psychotherapy services.

Ans: C

Learning Objective: 3.2 Discuss the merits and limitations of evidence-based practice/manualized therapy.

Cognitive Domain: Comprehension

Answer Location: Advantages of Evidence-Based Practice/Manualized Therapy

Difficulty Level: Medium

13. Disadvantages of the emergence of manualized therapies with empirical support include

A) strengthening of the relationship or alliance between therapist and client.

B) the fact that many clients have relatively simple problems that easily fit into diagnostic categories.

C) restriction of clinicians to use only empirically supported treatments.

D) irrefutable criteria for determining which treatments should be identified as empirically supported.

Ans: C

Learning Objective: 3.2 Discuss the merits and limitations of evidence-based practice/manualized therapy.

Cognitive Domain: Comprehension

Answer Location: Disadvantages of Evidence-Based Practice/Manualized Therapy

Difficulty Level: Medium

14. Some studies of manualized therapy have found that therapists who demonstrate flexibility while using a manual

A) produce better client outcomes and are more successful in getting clients engaged in therapy.

B) produce worse client outcomes and are less successful in getting clients engaged in therapy.

C) cause irreparable harm to clients.

D) are subject to malpractice lawsuits.

Ans: A

Learning Objective: 3.2 Discuss the merits and limitations of evidence-based practice/manualized therapy.

Cognitive Domain: Knowledge

Answer Location: Disadvantages of Evidence-Based Practice/Manualized Therapy

Difficulty Level: Medium

15. Some clinical psychologists criticize the *DSM*, stating some disorders' symptoms are difficult to distinguish from normal behavior. This criticism best illustrates the debate surrounding

- A) prescription privileges for clinical psychologists.
- B) the overexpansion of mental disorders.
- C) arbitrary insurance reimbursement practices for psychotherapy services.
- D) the impact of technology on clinical practice.

Learning Objective: 3.3 Debate the overexpansion of mental disorders attributed to the *DSM*.

Cognitive Domain: Application

Answer Location: Overexpansion of Mental Disorders

Difficulty Level: Medium

16. Research by Cosgrove and colleagues found that \_\_\_\_\_ of professionals who authored/created the *DSM-IV* and *DSM-5* had financial ties to major pharmaceutical companies.

- A) less than 1%
- B) approximately 10%
- C) approximately 25%
- D) over 50%

Learning Objective: 3.3 Debate the overexpansion of mental disorders attributed to the *DSM*.

Cognitive Domain: Comprehension

Answer Location: The Influence of the Pharmaceutical Industry?

Difficulty Level: Easy

17. The number of health insurance/managed care companies that pay for psychotherapy services has

- A) decreased since the earliest days of psychotherapy.
- B) remained constant throughout the history of psychotherapy.
- C) increased since the earliest days of psychotherapy.
- D) not yet occurred, but is expected to begin within the next decade.

Ans: C

Learning Objective: 3.4 Understand the influence of third-party payers on the provision of psychological services.

Cognitive Domain: Comprehension

Answer Location: Payment Methods: Third-Party Payment vs Self-Payment

Difficulty Level: Easy

18. According to surveys of psychologists in private practice (e.g., Murphy et al., 1998), managed care companies have

- A) generally had a positive impact on the quality of psychotherapy they provide.
- B) exerted too much control over clinical decisions.
- C) had no effect on confidentiality issues.
- D) allowed psychologists to provide appropriate, ethical services.

Ans: B

Learning Objective: 3.4 Understand the influence of third-party payers on the provision of psychological services.

Cognitive Domain: Comprehension

Answer Location: Effect on Therapy

Difficulty Level: Easy

19. Which of the following is TRUE?

- A) Most health insurance and managed care companies will pay for psychotherapy whether or not the therapist assigns a *DSM* diagnosis to the client.
- B) Recent surveys of psychologists have indicated that the way a client is diagnosed is affected by the client's method of payment.
- C) Studies refute the idea that psychologists' diagnostic decisions are influenced by how a client pays for therapy.
- D) Most managed care companies will pay for psychotherapy even if a client does not receive a *DSM* diagnosis; however, health insurance companies require a diagnosis.

Ans: B

Learning Objective: 3.4 Understand the influence of third-party payers on the provision of psychological services.

Cognitive Domain: Comprehension

Answer Location: Effect on Diagnosis

Difficulty Level: Medium

20. Robert is paying for psychotherapy services with his health insurance. Anne is paying for psychotherapy services out-of-pocket (i.e., with a personal check). Robert is told by his clinical psychologist, Dr. Honores, that he has "several symptoms associated with depression." Anne receives the same diagnostic information. Based on your textbook's discussion of current controversies, which of the following is MOST likely to occur?

- A) Robert will receive a formal diagnosis of major depressive disorder; Anne will not.
- B) Anne will receive a formal diagnosis of major depressive disorder; Robert will not.
- C) Both Robert and Anne will receive a formal diagnosis of major depressive disorder.
- D) Neither Robert nor Anne will receive a formal diagnosis of major depressive disorder.

Ans: D

Learning Objective: 3.4 Understand the influence of third-party payers on the provision of psychological services.

Cognitive Domain: Application

Answer Location: Effect on Diagnosis

Difficulty Level: Medium

21. The use of technology, particularly the Internet, by clinical psychologists is often referred to as \_\_\_\_\_.

- A) conference therapy
- B) digital therapy
- C) cybertherapy
- D) techpsychology

Ans: C

Learning Objective: 3.5 Describe how technology can be used in the delivery of psychological services.

Cognitive Domain: Knowledge

Answer Location: The Influence of Technology: Cybertherapy and More

Difficulty Level: Easy

22. Based on current reviews and meta-analyses, we can say that cybertherapy generally appears to work  
A) about as well as in-person forms of psychotherapy.  
B) far worse than in-person forms of psychotherapy.  
C) far better than in-person forms of psychotherapy.  
D) We cannot compare cybertherapy and in-person psychotherapy because no studies exist on this topic.

Ans: A

Learning Objective: 3.5 Describe how technology can be used in the delivery of psychological services.

Cognitive Domain: Comprehension

Answer Location: How Well Do Cybertherapy and Other Applications of Technology Work?

Difficulty Level: Easy

23. Guidelines regarding the use of new technologies by clinical psychologists include all of the following EXCEPT:

- A) Obtain informed consent from clients about the services they may receive, the technologies that may be used to provide them, and the confidentiality of the communication.
- B) Ensure client confidentiality as much as possible by using encryption or similar methods.
- C) Be knowledgeable about emergency resources in any community from which your clients may seek services.
- D) Offer clients the option of using secure methods for conducting therapy sessions online.

Ans: D

Learning Objective: 3.5 Describe how technology can be used in the delivery of psychological services.

Cognitive Domain: Comprehension

Answer Location: Emerging Professional Issues

Difficulty Level: Easy

24. According to Cummings (2007), \_\_\_\_\_% of prescriptions written for psychoactive medications come from primary-care physicians.

- A) under 10
- B) 30
- C) 50
- D) over 80

Ans: D

Learning Objective: 3.1 Articulate the arguments for and against clinical psychologists gaining prescription privileges.

Cognitive Domain: Knowledge

Answer Location: Why Clinical Psychologists Should Prescribe

Difficulty Level: Medium

25. In 1952, \_\_\_\_\_ made the (now refuted) claim that there was no proof that psychotherapy was efficacious.

- A) Dianne Chambless
- B) Hans Eysenck
- C) John Watson
- D) Lightner Witmer

Ans: B

Learning Objective: 3.2 Discuss the merits and limitations of evidence-based practice/manualized therapy.

Cognitive Domain: Knowledge

Answer Location: Evidence-Based Practice/Manualized Therapy

Difficulty Level: Easy

26. When psychotherapy outcome researchers seek clients on whom to conduct psychotherapy in a study, they typically seek clients who

- A) are “textbook cases” of the diagnosis the therapy intends to treat.
- B) are simultaneously taking medication for their psychological problems.
- C) have advanced knowledge about psychological disorders.
- D) have previous experience as “test subjects” in clinical research.

Ans: A

Learning Objective: 3.2 Discuss the merits and limitations of evidence-based practice/manualized therapy.

Cognitive Domain: Comprehension

Answer Location: Disadvantages of Evidence-Based Practice/Manualized Therapy

Difficulty Level: Medium

27. In which of the following states do clinical psychologists currently have prescription privileges?

- A) Missouri, Indiana, and Texas
- B) New York, New Jersey, and Wisconsin
- C) Oregon, Nevada, and California
- D) Louisiana, New Mexico, and Illinois

Ans: D

Learning Objective: 3.1 Articulate the arguments for and against clinical psychologists gaining prescription privileges.

Cognitive Domain: Knowledge

Answer Location: Prescription Privileges

Difficulty Level: Easy

28. The first list of empirically supported treatments was published in \_\_\_\_\_.

- A) 1905
- B) 1935
- C) 1965
- D) 1995

Ans: D

Learning Objective: 3.2 Discuss the merits and limitations of evidence-based practice/manualized therapy.

Cognitive Domain: Knowledge

Answer Location: Evidence-Based Practice/Manualized Therapy

Difficulty Level: Medium

### Short Answer Questions

1. Unlike the other 47 states, New Mexico, Louisiana, and Illinois grant \_\_\_\_\_ to appropriately trained psychologists.

Ans: prescription privileges

2. \_\_\_\_\_ stated (incorrectly) that psychotherapy does not work.

Ans: Hans Eysenck

3. The first list of empirically validated treatments was published in \_\_\_\_\_.

Ans: 1995

4. List two advantages of evidence-based practice.

Ans: Scientific legitimacy, establishing minimal levels of competence, training improvements, and decreased reliance on clinical judgment.

5. List two disadvantages of evidence-based practice.

Ans: Threats to the psychotherapy relationship, diagnostic complications, restrictions on practice, and debatable criteria for empirical evidence.

6. \_\_\_\_\_ is the use of technology, particularly the Internet, by clinical psychologists to provide professional services.

Ans: Cybertherapy

7. List two applications of technology in clinical psychology.

Ans: Videoconferencing, e-mail, text, interactive Internet sites, online psychotherapy programs, virtual reality, computer-based self-instructional programs, and handheld devices to monitor and interact with clients.

8. Define *evidence-based practice*.

Ans: The integration of the best available research with clinical expertise in the context of patient characteristics, culture, and preferences.

9. Compared to traditional, in-person forms of psychotherapy, how well does cybertherapy work?

Ans: Approximately as well as in-person forms of psychotherapy for a variety of disorders

### **Essay Questions**

1. Briefly summarize two arguments for prescription privileges for clinical psychologists and two arguments against prescription privileges for clinical psychologists.

Ans: Arguments for prescription privileges include a shortage of psychiatrists, the precedent of other nonphysicians having prescription privileges, convenience for clients, professional autonomy, professional identification, the evolution of the profession, and revenue for the profession. Arguments against prescription privileges include training extensions and complications, threats to psychotherapy, identity confusion within clinical psychology, and the potential influence of the pharmaceutical industry.

2. Briefly summarize two advantages of evidence-based practice and two disadvantages of evidence-based practice.

Ans: Advantages include scientific legitimacy; establishment of minimal levels of competence; training improvements in graduate programs; and a decreased reliance on clinical judgment, which is susceptible to bias. Disadvantages include threats to the psychotherapy relationship/alliance, diagnostic complications, restrictions on practice, and debatable criteria for empirical evidence.

3. How can the way a client pays (out of pocket vs. managed care/health insurance) influence diagnosis?

Ans: Since most managed care/health insurance companies require a diagnosis for treatment, the likelihood of receiving a diagnosis is greater for clients paying that way versus identical clients paying out of pocket. This finding is true for a wide range of symptoms (e.g., depression, anxiety, inattention/hyperactivity, and social phobia) and for clients whose symptoms are clearly below diagnosable levels. Also, the particular diagnosis chosen may differ depending on payment method.