

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
ACADEMIC YEAR 2024/2025-- SEMESTER I



BSC HONS IN PSYCHOLOGY
PLU5306 – CLINICAL PSYCHOLOGY - LEVEL 5
CONTINUOUS ASSESSMENT TEST – NBT I
DURATION: 1 ½ HOURS

DATE: 8th of January 2025

TIME: 11.30 am – 01.00 pm

INDEX NO:

IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES

- This question paper consists of **11 pages** with **TWO sections**

Section 1: 20 Multiple Choice Questions - (40 Marks)

Section 2: 12 Short Answer Questions - (60 Marks)

- Write your INDEX number in the space provided.
- **Multiple Choice Questions (Section 1):** Indicate answers in the **ANSWER SHEET** provided by placing a cross (X) in **INK** in the relevant cage (answers in pencil will **NOT** be marked)
- **Short Answer Questions (Section 2):** Write the answer within the space provided.
- Do **NOT** remove any page/part of this question paper from the examination hall.
- Do **NOT** keep unauthorized materials, including mobile phones and other electronic equipment, with you during the examination

SECTION 1: Multiple Choice Questions (20 Questions-40 Marks)

- 1.1 Clinical psychology employs various evidence-based approaches to understand and treat mental health issues, ranging from psychotherapy techniques to diagnostic tools. Which of the following best represents a core objective of clinical psychology?
- a) Promoting physical fitness and wellness
 - b) Diagnosing and treating psychological disorders
 - c) Designing academic curriculum and teaching methods
 - d) Managing personal and organizational finances
- 1.2 The American Psychological Association's Division 12 identifies clinical psychology as a field concerned with multiple facets of human functioning. Which combination most accurately represents the areas addressed by clinical psychology?
- a) Intellectual and emotional aspects of individual people in every culture
 - b) Biological factors and behavioral patterns observed across diverse cultures
 - c) Social dynamics, emotional health, and behavioral development across life spans
 - d) Cognitive and biological processes affecting individuals across life spans
- 1.3 Clinical psychology is a field dedicated to understanding and addressing psychological problems by utilizing a multidisciplinary approach. Which of the following does clinical psychology integrate to effectively assess, diagnose, and treat mental health challenges?
- a) Medicine and therapy
 - b) Science, theory, and practice
 - c) Philosophy and literature
 - d) Physical therapy and diet
- 1.4 The American Psychological Association (APA) outlines specific objectives for clinical psychology in its efforts to support mental health. Which of the following best reflects the primary goal of clinical psychology in the context of addressing psychological issues?
- a) To advance technological innovations in healthcare for treatment
 - b) To treat and reduce emotional distress, dysfunction, and maladjustment
 - c) To focus on academic performance and cognitive development of humans
 - d) To promote physical health and exercise routines among people

- 1.5 Clinical psychology utilizes psychological knowledge to address a variety of issues related to mental health and human behavior. Which of the following areas does clinical psychology focus on in its application of psychological principles?
- a) Assessing, preventing, and intervening in psychological problems
 - b) Designing interventions for emotional and behavioral disorders
 - c) Treating cognitive and emotional difficulties across various settings
 - d) Promoting mental health through structured therapeutic techniques
- 1.6 Clinical psychologists are trained in various therapeutic approaches to address mental health issues. Which form of therapy is most provided by clinical psychologists?
- a) Pharmacotherapy, involving prescription of medication
 - b) Individual psychotherapy, focusing on one-on-one treatment
 - c) Hypnosis, aimed at altering consciousness of the client
 - d) Acupuncture, using needles for physical and psychological issues
- 1.7 As mental health care evolves, new methods and technologies are being integrated into psychotherapy. These modern forms offer additional ways to support individuals in need of psychological help. What are some modern forms of psychotherapy that are increasingly being used by clinical psychologists?
- a) Virtual reality treatments and telephone-based interventions for remote care
 - b) Rituals and traditional healing methods not scientifically proven
 - c) Hypnotism and exorcism, based on altering consciousness or spiritual beliefs
 - d) Herbal remedies, used for physical ailments rather than psychological treatment
- 1.8 Evidence-based practice (EBP) is a foundational approach in clinical psychology, which aims to provide the most effective treatments by integrating scientific research with clinical expertise. What does evidence-based practice (EBP) emphasize in clinical psychology?
- a) Relying solely on personal experience and anecdotal evidence for practice
 - b) Implementing reliable and up-to-date research in therapy during practice
 - c) Using intuition and instinct for decision-making in therapy during practice
 - d) Following traditional methods without scientific proof for practice

- 1.9 Clinical psychologists often play important roles in educational settings, where they contribute their expertise in psychology to help shape various aspects of learning and development. In which areas might clinical psychologists be involved as part of their teaching roles?
- a) Social work, nursing, community services, integrating psychological knowledge
 - b) Teaching cooking skills and/ or gardening techniques in non-psychological fields
 - c) Coaching sports training and fitness development for physical health of community
 - d) Engaging in political campaigns and promoting political agendas in community
- 1.10 In clinical psychology, interventions are designed to treat and manage mental health conditions based on established therapeutic practices. These interventions are developed with scientific rigor and are tailored to the needs of individual clients. What is a defining feature of these interventions in clinical psychology?
- a) They rely on personal intuition and anecdotal experience rather than research.
 - b) They are based on traditional practices passed down over generations.
 - c) They are informed by scientific research and empirical evidence, ensuring effectiveness.
 - d) They are universally applicable without considering individual or cultural differences.
- 1.11 Clinical psychologists work with a wide range of psychological issues, from mental health disorders to life stressors. Which of the following types of problems do clinical psychologists typically address in their practice?
- a) Psychological disorders, developmental challenges, and intellectual disabilities
 - b) Cognitive struggles and difficulties linked to physical health or neurological conditions
 - c) Emotional difficulties caused by life transitions, trauma, and relationship issues
 - d) Psychological disorders, life stressors, and emotional challenges across various contexts

- 1.12 A major function of clinical psychologists involves understanding the nature of psychological issues and creating tailored treatment strategies. This involves close collaboration with clients to determine the best course of action. What is one of the primary roles that clinical psychologists take on in their work?
- a) Diagnosing psychological conditions and creating individualized treatment plans based on assessment
 - b) Conducting surgical procedures to address neurological and mental health conditions
 - c) Prescribing medication as the primary method of treatment for mental health issues of individuals
 - d) Developing and implementing fitness programs to enhance mental well-being
- 1.13 Clinical psychologists conduct thorough assessments to gather crucial information about their clients' mental health. What is the main purpose of assessments conducted by clinical psychologists?
- a) To gather information for accurate diagnosis and personalized treatment
 - b) To track the client's progress and adjust treatment strategies over time
 - c) To determine eligibility for specific therapeutic programs or interventions
 - d) To collect legal or financial information for administrative purposes
- 1.14 During clinical assessments, psychologists use various methods to gather information about a client's psychological state and behaviors. Which of the following methods is commonly used during clinical assessments?
- a) Hypnotic induction, dream analysis and regression techniques to uncover repressed memories
 - b) Structured clinical interviews, standardized psychological tests, and behavioral observations to assess functioning
 - c) Meditation, yoga and mindfulness exercises aimed at improving emotional regulation
 - d) Routine physical health assessments to rule out medical conditions

- 1.15 Clinical psychologists may offer a range of consultative services beyond direct therapy. These services often focus on improving organizational or community outcomes. What type of consultative services might clinical psychologists provide?
- a) Developing policies and evaluating mental health programs
 - b) Designing and planning landscape and architectural projects
 - c) Offering financial advice and planning for individuals or organizations
 - d) Providing coaching and performance advice for athletes and teams
- 1.16 Clinical psychologists often have various administrative tasks in addition to providing therapeutic services. These responsibilities ensure effective communication, documentation, and coordination. Which administrative responsibility is commonly undertaken by clinical psychologists?
- a) Writing detailed case reports and referral letters to other professionals
 - b) Conducting physical therapy sessions for patients with musculoskeletal injuries
 - c) Designing personalized gym routines for clients with fitness goals
 - d) Selling health insurance plans to individuals and organizations
- 1.17 Research plays a crucial role in advancing the field of clinical psychology. By conducting and applying research, clinical psychologists ensure their practices are effective and scientifically grounded. Why is research important for clinical psychologists?
- a) To gain fame and recognition in the psychological community related to research
 - b) To support evidence-based practices and assess the effectiveness of interventions
 - c) To create social media content that promotes mental health awareness in community
 - d) To avoid direct interaction with clients and focus on theoretical knowledge only
- 1.18 The Scientist-Practitioner (Boulder) Model is a foundational approach in clinical psychology, emphasizing both clinical skills and research methods. What is the primary focus of the Scientist-Practitioner (Boulder) Model?
- a) Clinical methods only
 - b) Clinical practice and research skills
 - c) Solely developing research skills
 - d) Focus on theoretical psychology

- 1.19 The Practitioner-Scholar (Vail) Model presents a unique perspective on clinical training, focusing more on practical skills than research. What distinguishes the Practitioner-Scholar (Vail) Model from the Boulder Model?
- a) It emphasizes clinical services and de-emphasizes research skills
 - b) It prioritizes research skills over clinical practice in training
 - c) It eliminates the need for any scholarly knowledge or research
 - d) It focuses exclusively on theoretical concepts and academic knowledge
- 1.20 Which model leans most towards the science and research aspect of clinical psychology?
- a) Scientist-Practitioner Model
 - b) Practitioner-Scholar Model
 - c) Clinical Scientist Model
 - d) Integrative Model

INDEX NO:

ANSWER SHEET FOR SECTION-1

Q. No.	(a)	(b)	(c)	(d)
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SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)

All Questions are compulsory

- 2.1 At what stage of education does professional training in clinical psychology primarily occur (5 marks)?

- 2.2 Describe the three main components of clinical psychology training programmes. (5 marks)

- 2.3 Describe the focus of the course work component in clinical psychology training programmes. (5 marks)

- 2.4 What is the purpose of clinical placements in clinical psychology training? (5 marks)

- 2.5 What is expected of trainees in the research component of clinical psychology programmes? (5 marks)

- 2.6 What requirements may licensing bodies impose on clinical psychology graduates? (5 marks)
- 2.7 Why might someone need to begin engaging in reflective practice before pursuing a career in clinical psychology? (5 marks)
- 2.8 List two of the help-providers for those with psychological distress before professional mental health services existed. (5 marks)
- 2.9 What are the typical pathways to becoming a clinical psychologist? (5 marks)
- 2.10 What was Lightner Whitmer's contributions to the field of clinical psychology? (5 marks)

2.11 Discuss the biopsychosocial formulations of mental illness. (5 marks)

2.12 Briefly describe one of the currently used systems of classification for mental disorders. (5 marks)

-----END OF QUESTION PAPER-----

