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38	A	B	C	D	E
39	A	B	C	D	E

PRACTICE QUESTIONS

UAE Ministry Of Health And Prevention

CPSYC

Clinical Psychology

Uploaded by Community A

EDITION

Original Demo

QUESTIONS

6

ISSUED

October 14, 2026

Before you begin

What this is

6 practice questions for UAE Ministry Of Health And Prevention CPSYC , each with its answer key and an explanation. Answer a question before you read its key - the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, CPSYC
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

Licence

Free Mometrix practice demo. The complete question bank is available through a paid account.

QUESTION 1

SINGLE CHOICE

According to the evidence-based practice (EBP) framework in clinical psychology, treatment decisions should be based on the integration of:

- ☐ A The clinician's preferred theoretical orientation and the client's diagnosis only.
- ☒ B Best available research evidence, clinical expertise, and the client's values, culture and circumstances.
- ☐ C Treatment manuals exclusively, to ensure protocol fidelity.
- ☐ D Insurance reimbursement criteria and the clinician's theoretical preference.

ANSWER B

WHY The EBP 'three-legged stool' model integrates (1) best available research evidence, (2) clinical expertise, and (3) patient characteristics, values and context. Sole reliance on theory, manuals, or reimbursement criteria does not constitute evidence-based practice.

QUESTION 2

SINGLE CHOICE

A researcher wants to determine whether a new cognitive-behavioral group therapy reduces symptoms of generalized anxiety disorder compared with a waitlist control. Which design best addresses the question of treatment efficacy?

- ☐ A A naturalistic case series with no control group
- ☒ B A randomized controlled trial (RCT) with random assignment to treatment or control condition
- ☐ C A correlational survey of self-reported symptoms
- ☐ D A single-case AB design without replication

ANSWER B

WHY A randomized controlled trial (RCT) with random assignment is the gold standard for evaluating treatment efficacy because it controls for confounding variables and allows causal inference. Case series, correlational surveys, and unreplicated single-case designs provide weaker evidence for efficacy.

QUESTION 3

SINGLE CHOICE

A therapist consistently expresses unconditional positive regard, empathy, and congruence (genuineness) toward the client. Which therapeutic approach is characterized by these three conditions as necessary and sufficient for personality change?

- ☐ A Cognitive-behavioral therapy (CBT)
- ☒ B Person-centered therapy developed by Carl Rogers
- ☐ C Dialectical behavior therapy (DBT)
- ☐ D Prolonged exposure therapy for PTSD

ANSWER B

WHY Carl Rogers' person-centered therapy holds that the six necessary and sufficient conditions for therapeutic personality change include therapist congruence, unconditional positive regard, and empathic understanding. CBT focuses on cognitive restructuring, DBT combines CBT with mindfulness and skills training, and prolonged exposure focuses on fear extinction through repeated exposure.

QUESTION 4

SINGLE CHOICE

Under the UAE Federal Law No. 4 of 1983 concerning the practice of the medical profession and related ethical codes, a clinical psychologist may break client confidentiality without consent in which of the following circumstances?

- ☐ A When a family member requests information about the client's diagnosis
- ☒ B When the client expresses intent to harm an identifiable third party or self
- ☐ C When an employer requests an employment fitness evaluation report
- ☐ D When a colleague in another discipline requests peer-review consultation

ANSWER B

WHY The duty to protect (warn a foreseeable victim) and the duty to warn about self-harm are universally recognized exceptions to confidentiality and are reflected in UAE medical practice legislation. Routine requests from family (A), employers (C), or other professionals (D) all require client consent or a properly authorized release.

QUESTION 5

SINGLE CHOICE

In DSM-5-TR, a diagnosis of generalised anxiety disorder (GAD) requires excessive anxiety and worry occurring more days than not for at least how long, along with additional associated symptoms?

- ☐ A 1 month
- ☐ B 3 months
- ☒ C 6 months
- ☐ D 12 months

ANSWER C

WHY DSM-5-TR requires at least 6 months of excessive anxiety and worry, plus three or more associated symptoms (restlessness, fatigue, difficulty concentrating, irritability, muscle tension, sleep disturbance) for a GAD diagnosis.

QUESTION 6

SINGLE CHOICE

Which of the following is a hallmark feature of Attention-Deficit/Hyperactivity Disorder (ADHD) in adults, according to DSM-5-TR?

- ☐ A Symptoms must have first appeared before age 7 and persist unchanged into adulthood
- ☒ B A persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning, with several symptoms present before age 12
- ☐ C Episodic loss of consciousness during attention-demanding tasks
- ☐ D A sudden onset of symptoms following a traumatic brain injury in adulthood

ANSWER B

WHY DSM-5-TR requires several inattentive or hyperactive-impulsive symptoms to be present before age 12 and to cause functional impairment. The age-7 criterion from earlier editions was changed to age 12 in DSM-5. Symptoms are not required to remain unchanged, and ADHD is not characterized by episodic loss of consciousness or sudden adult onset.