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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 B

EDITION

Original Demo

QUESTIONS

8

ISSUED

October 14, 2026

Before you begin

What this is

8 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

In DSM-5-TR, the presence of which of the following symptoms alongside depressed mood would most directly support a diagnosis of major depressive episode rather than an adjustment disorder?

- ☐ A Tearfulness and rumination about a recent job loss
- ☒ B Marked diurnal variation in mood with pronounced morning worsening of mood
- ☐ C Transient sleep disturbance lasting two weeks following an identifiable stressor
- ☐ D Mild anxiety that resolves when the stressor is removed

ANSWER B

WHY Marked diurnal mood variation with morning worsening is a classic neurovegetative feature of major depressive episodes and reflects endogenous biological features. Adjustment disorder, in contrast, involves emotional or behavioral symptoms in response to an identifiable stressor that do not meet criteria for a major depressive episode. Options A, C, and D are all more consistent with a stress-related or adjustment presentation rather than MDD.

QUESTION 2

SINGLE CHOICE

According to DSM-5-TR, which of the following is required for a diagnosis of panic disorder?

- ☐ A A single panic attack followed by persistent worry about having another attack for at least one month
- ☒ B Recurrent unexpected panic attacks followed by at least one month of persistent concern about additional attacks, worry about the implications of the attacks, or significant behavioral change related to the attacks
- ☐ C Panic attacks that occur exclusively in response to a specific feared situation, such as public speaking
- ☐ D A panic attack accompanied by agoraphobic avoidance lasting at least six months

ANSWER B

WHY DSM-5-TR specifies that panic disorder requires recurrent unexpected (not situationally bound) panic attacks, followed by at least one month of persistent worry, concern about implications, or significant behavioral change related to the attacks. Option A understates the duration and behavioral criterion, option C describes a specific phobia presentation, and option D adds an unsupported six-month duration requirement.

QUESTION 3

SINGLE CHOICE

In classical psychoanalytic theory, the defense mechanism in which unacceptable impulses are attributed to others is called:

- ☒ A Projection
- ☐ B Sublimation
- ☐ C Reaction formation
- ☐ D Displacement

ANSWER A

WHY Projection is defined as attributing one's own unacceptable thoughts, feelings, or impulses to another person. Sublimation channels impulses into socially acceptable behavior, reaction formation expresses the opposite impulse, and displacement shifts impulses to a less threatening target.

QUESTION 4

SINGLE CHOICE

A therapist focuses on helping the client identify automatic thoughts, examine the evidence for and against them, and develop more balanced alternatives. This case formulation and intervention approach is most characteristic of which therapeutic model?

- ☐ A Psychodynamic psychotherapy focusing on transference interpretation.
- ☐ B Client-centred therapy using unconditional positive regard.
- ☒ C Cognitive-behavioural therapy (CBT) emphasising cognitive restructuring.
- ☐ D Gestalt therapy using the empty chair technique.

ANSWER C

WHY Working with automatic thoughts and cognitive restructuring is a defining feature of Beckian CBT. Psychodynamic, person-centred and Gestalt approaches have different core mechanisms and techniques.

QUESTION 5

SINGLE CHOICE

According to Erik Erikson's theory of psychosocial development, the central conflict of the 'Identity vs. Role Confusion' stage (typically adolescence) centers on:

- ☐ A Developing a sense of basic trust in caregivers
- ☐ B Achieving autonomy while balancing doubt and shame
- ☒ C Forming a coherent sense of self and exploring social roles
- ☐ D Establishing intimate relationships versus feelings of isolation

ANSWER C

WHY Erikson's fifth stage (adolescence) is Identity vs. Role Confusion, in which the key task is integrating prior experiences into a coherent sense of self while exploring vocational, ideological, and social roles. The other options describe Erikson's earlier stages (Trust vs. Mistrust; Autonomy vs. Shame/Doubt) and the subsequent stage (Intimacy vs. Isolation).

QUESTION 6

SINGLE CHOICE

According to the American Psychological Association (APA) Ethics Code and equivalent international standards, informed consent for psychological assessment or treatment must minimally include disclosure of which of the following?

- ☐ A The therapist's personal religious beliefs and political affiliations
- ☒ B The nature and purpose of the procedure, fees, limits of confidentiality, and the client's right to withdraw
- ☐ C A guarantee of a specific therapeutic outcome
- ☐ D The names and diagnoses of all other clients in the practice

ANSWER B

WHY Standard 9.03 (Informed Consent in Therapy) and Standard 9.04 (Informed Consent for Assessments) of the APA Ethics Code require that clients be informed about the nature and purpose of the procedure, fees and payment arrangements, limits of confidentiality, foreseeable risks and benefits, alternatives, and the client's right to ask questions and to withdraw. Therapists' personal religious or political affiliations are not required disclosures; outcomes cannot be promised; and other clients' identifying information is protected by confidentiality.

QUESTION 7

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 8

MULTIPLE CHOICE

Under the American Psychological Association (APA) Ethics Code and equivalent standards adopted in the UAE, which of the following are required elements of valid informed consent for psychological assessment or treatment? (Choose three.)

- ☒ **A** An explanation of the nature and purpose of the proposed procedures
- ☒ **B** A description of the fees and the client's right to refuse or withdraw
- ☐ **C** Identification of the psychologist's personal religious affiliation
- ☒ **D** Information about foreseeable risks and benefits of the procedures

ANSWER **A · B · D**

WHY Standard informed-consent elements include the nature/purpose of procedures (A), fees and the right to refuse or discontinue (B), and foreseeable risks and benefits (D). A clinician's personal religious affiliation (C) is not required and would be inappropriate to impose as a condition of consent.