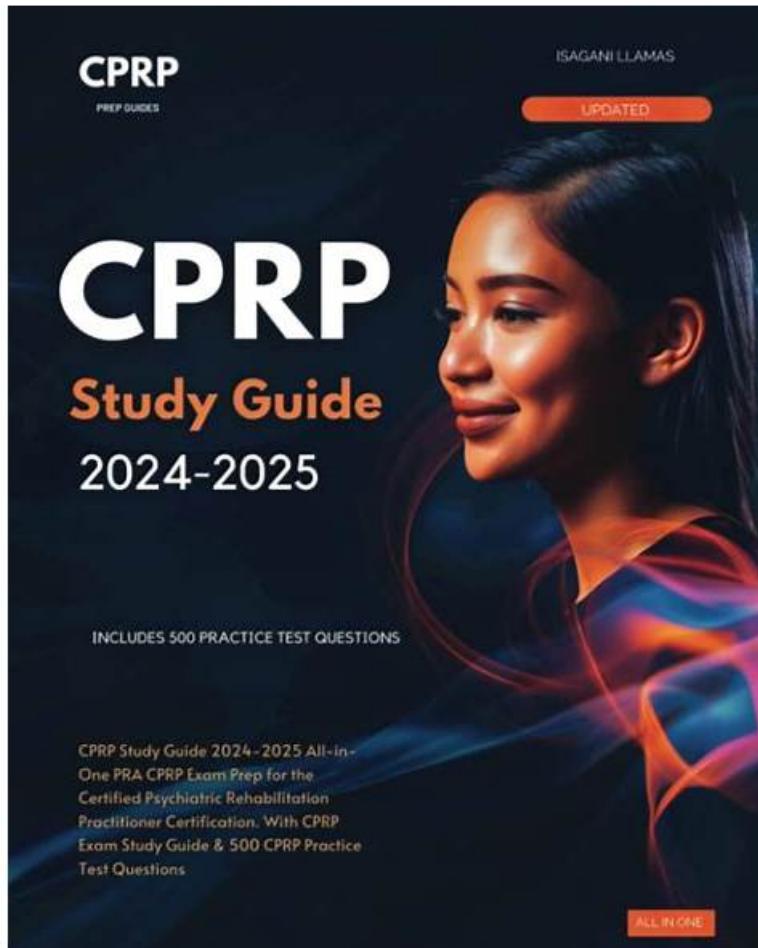


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## **Psychiatric Rehabilitation Association Certified Psychiatric Rehabilitation Practitioner Sample Questions (Q58-Q63):**

### **NEW QUESTION # 58**

A practitioner and an individual have spent months developing a plan to achieve the individual's goal to "stop using drugs." On the day the individual has identified as the start date, he decides that he no longer wants to quit. This is an example of

- A. withdrawal.
- **B. resistance.**
- C. substitution.
- D. denial.

### **Answer: B**

Explanation:

The individual's decision to abandon his goal to stop using drugs on the planned start date reflects a shift in motivation, often seen in the context of change processes. The CPRP Exam Blueprint (Domain IV:

Assessment, Planning, and Outcomes) addresses assessing readiness and responses to change, noting that resistance can manifest as reluctance or reversal of commitment, particularly when facing the reality of action (Task IV.A.2: "Assess individual's stage of change and readiness for goal-setting"). Option A (resistance) aligns with this, as the individual's sudden decision not to quit suggests ambivalence or fear of change, common in the transition from planning to action in the Stages of Change model (e.g., moving from preparation to contemplation or pre-contemplation).

Option B (denial) implies rejecting the problem entirely, which is not indicated, as he previously acknowledged the goal. Option C (withdrawal) refers to physical or emotional retreat, not a change in goal commitment. Option D (substitution) involves replacing one behavior with another, which is not described.

The PRA Study Guide identifies resistance as a common response to change, supporting Option A.

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CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Task IV.A.2.

PRA Study Guide (2024), Section on Stages of Change and Resistance.

CPRP Exam Preparation & Primer Online 2024, Module on Assessment, Planning, and Outcomes.

### **NEW QUESTION # 59**

A practitioner is working with an individual who is not applying the necessary skills to succeed in his work environment. The practitioner's FIRST approach would be to

- A. ensure that the goal is self-determined.
- B. provide incentives for progress made.
- C. meet with the individual and the employer.
- **D. revisit the readiness assessment.**

### **Answer: D**

Explanation:

When an individual struggles to apply skills in a work environment, the practitioner must first assess whether the individual is adequately prepared for the goal. The CPRP Exam Blueprint (Domain V: Strategies for Facilitating Recovery) emphasizes revisiting readiness to ensure alignment between the individual's motivation, skills, and goals (Task V.B.1: "Support individuals in developing readiness for rehabilitation goals"). Option A (revisit the readiness assessment) aligns with this, as it allows the practitioner to determine if the individual's lack of skill application stems from insufficient readiness (e.g., low confidence or motivation), which can inform tailored interventions.

Option B (meet with the employer) is premature without understanding the individual's readiness. Option C (ensure the goal is self-determined) is important but not the first step, as readiness affects goal pursuit. Option D (provide incentives) addresses behavior but not the underlying issue of skill application. The PRA Study Guide highlights readiness reassessment as a critical first step when progress stalls, supporting Option A.

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CPRP Exam Blueprint (2014), Domain V: Strategies for Facilitating Recovery, Task V.B.1.

PRA Study Guide (2024), Section on Rehabilitation Readiness and Skill Development.

CPRP Exam Preparation & Primer Online 2024, Module on Strategies for Facilitating Recovery.

## NEW QUESTION # 60

What are the components of a psychiatric rehabilitation diagnosis?

- A. Social skill assessment, psychiatric diagnosis, and an overall rehabilitation goal
- B. Functional assessment, diagnostic assessment, and skill programming
- **C. Resource assessment, functional assessment, and an overall rehabilitation goal**
- D. Readiness assessment, skill management, and resource evaluation

**Answer: C**

Explanation:

A psychiatric rehabilitation diagnosis focuses on identifying an individual's strengths, needs, and aspirations to guide recovery-oriented planning, distinct from a clinical diagnosis. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) outlines the components as a functional assessment (to identify strengths and deficits), a resource assessment (to evaluate available supports), and an overall rehabilitation goal (to set a person-centered objective) (Task IV.A.1: "Conduct functional assessments to identify individual goals and strengths" and Task IV.A.3: "Assess available resources to support goal attainment"). Option A (resource assessment, functional assessment, and an overall rehabilitation goal) aligns with this framework, capturing the holistic, recovery-focused approach of psychiatric rehabilitation.

Option B (social skill assessment, psychiatric diagnosis, rehabilitation goal) is incorrect, as psychiatric diagnosis is clinical and not part of rehabilitation diagnosis, and social skills are a subset of functional assessment. Option C (readiness assessment, skill management, resource evaluation) mixes assessment and intervention terms, missing the goal component. Option D (functional assessment, diagnostic assessment, skill programming) includes clinical diagnostic assessment, which is not relevant, and skill programming is an intervention, not a diagnostic component. The PRA Study Guide details these components as essential for rehabilitation planning, supporting Option A.

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CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Tasks IV.A.1 and IV.A.3.

PRA Study Guide (2024), Section on Psychiatric Rehabilitation Diagnosis.

CPRP Exam Preparation & Primer Online 2024, Module on Assessment, Planning, and Outcomes.

## NEW QUESTION # 61

One of the most devastating and feared mental illnesses within society, affecting 1% of the population, is:

- A. Major depression.
- B. Borderline personality disorder.
- **C. Schizophrenia.**
- D. Bipolar disorder.

**Answer: C**

Explanation:

This question aligns with Domain I: Interpersonal Competencies, which includes understanding the impact of psychiatric conditions on individuals and society. The CPRP Exam Blueprint requires knowledge of

"prevalence and societal perceptions of major mental illnesses, including schizophrenia, which affects approximately 1% of the population and is often stigmatized as severe and debilitating." Schizophrenia is frequently cited in psychiatric rehabilitation literature as one of the most feared and misunderstood mental illnesses due to its complex symptoms and societal stigma.

\* Option D: Schizophrenia affects approximately 1% of the global population and is widely regarded as one of the most devastating mental illnesses due to its chronic nature, positive symptoms (e.g., hallucinations, delusions), negative symptoms (e.g., avolition), and significant functional impact. Its societal fear stems from stigma and misconceptions, making it the best fit for the question.

\* Option A: Borderline personality disorder is severe but has a prevalence of about 1.6-5.9% and is less universally feared compared to schizophrenia.

\* Option B: Major depression is highly prevalent (about 7% lifetime prevalence) and debilitating but does not match the 1% criterion or the same level of societal fear.

\* Option C: Bipolar disorder has a prevalence of about 1-2% and, while severe, is less stigmatized as "feared" compared to schizophrenia.

Extract from CPRP Exam Blueprint (Domain I: Interpersonal Competencies):

"Tasks include: 3. Understanding the prevalence, symptoms, and societal perceptions of major mental illnesses, such as schizophrenia, to inform person-centered practice."

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Psychiatric Rehabilitation Association (PRA). (2014). CPRP Exam Blueprint. Retrieved from PRA Certification Handbook.

PRA. (2024). CPRP Exam Preparation & Primer Online 2024 Course: Module 2 - Interpersonal Competencies.

American Psychiatric Association. (2013). Diagnostic and Statistical Manual of Mental Disorders (DSM-5) (referenced in CPRP study materials for prevalence data).

### **NEW QUESTION # 62**

A 30-year-old individual has been living with his parents for six years. Previously he worked part-time at various jobs. He quit the jobs because the work was too physically demanding. His parents have told him that he must get a job or they will not continue to support him. What is the FIRST BEST step for the practitioner to take?

- A. Assist the individual to determine his capacity and goals
- B. Identify potential resources for employment and job hunting
- C. Assess the individual's strengths and weaknesses
- D. Assess the local labor market for opportunities

**Answer: A**

Explanation:

The individual faces family pressure to secure employment due to past job challenges, indicating a need to align his aspirations with feasible goals. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) emphasizes that the first step in person-centered planning is to assist the individual in identifying their capacity (e.g., abilities, limitations) and goals to ensure rehabilitation efforts are meaningful and tailored (Task IV.A.1: "Conduct functional assessments to identify individual goals and strengths"). Option D (assist the individual to determine his capacity and goals) aligns with this, as understanding his physical limitations, interests, and employment aspirations (e.g., less physically demanding roles) provides the foundation for subsequent steps like job matching or resource identification.

Option A (assess the labor market) is premature without knowing the individual's goals. Option B (assess strengths and weaknesses) is part of a functional assessment but follows goal identification to ensure relevance. Option C (identify resources) assumes employment as the goal without confirming the individual's preferences. The PRA Study Guide highlights goal-setting as the initial step in addressing employment challenges, supporting Option D.

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CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Task IV.A.1.

PRA Study Guide (2024), Section on Person-Centered Goal-Setting.

CPRP Exam Preparation & Primer Online 2024, Module on Assessment, Planning, and Outcomes.

### **NEW QUESTION # 63**

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