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NBCC National Counselor Examination Sample Questions (Q11-Q16):

NEW QUESTION # 11

Anorexia nervosa is commonly associated with which of the following?

- A. High incidence in low-income countries
- B. Repeatedly regurgitating food over a period of at least one month
- C. Binge eating
- **D. Intense fear of gaining weight**

Answer: D

Explanation:

Within diagnostic work, counselors must distinguish between eating disorders by identifying core diagnostic features. Anorexia nervosa is characterized by restriction of energy intake leading to significantly low body weight, a disturbance in the way one's body weight or shape is experienced, and, critically, an intense fear of gaining weight or becoming fat, even when underweight. That intense fear is central to both the client's experience and the clinical diagnosis, making Option B correct.

* Option A (repeatedly regurgitating food for at least one month) aligns more with rumination disorder, not anorexia nervosa.

* Option C is incorrect: anorexia is more frequently associated with higher-income, industrialized societies, not predominantly low-income countries.

* Option D (binge eating) is more characteristic of bulimia nervosa or binge eating disorder; while some people with anorexia (binge-eating/purging type) may binge, it is not the defining feature.

Correctly identifying hallmark symptoms like fear of weight gain reflects the NBCC Intake, Assessment and Diagnosis expectation that counselors accurately recognize and differentiate mental disorders when formulating diagnoses and treatment plans.

NEW QUESTION # 12

A primary distinction between content and construct validity is the:

- A. Nature of the judges evaluating the test.
- **B. Nature of the rationale underlying the test.**
- C. Types of items included in the test.
- D. Statistical analyses used on the test.

Answer: B

Explanation:

In the assessment domain, counselors are expected to understand different forms of test validity and how they are established.

* Content validity is based on a logical, rational match between test items and a clearly defined content domain (for example, a math test sampling the full range of skills taught in a course). The rationale is:

does this set of items adequately represent the domain it claims to cover?

* Construct validity is based on a theoretical rationale: the test is intended to measure an underlying psychological construct (such as depression, anxiety, or intelligence), and multiple forms of evidence (correlations, factor analysis, group differences, etc.) are used to support that claim.

Thus, the primary distinction is the nature of the rationale underlying the test (Option B):

* Content validity relies on rational, expert judgment about content coverage.

* Construct validity relies on theory and empirical evidence regarding how the construct should behave and relate to other variables.

Why the others are incorrect:

* A. Nature of the judges: While expert judges are often involved in evaluating content validity, this is not the primary distinction; construct validity can also involve experts plus statistical evidence.

* C. Types of items: The same items could, in theory, be examined for either type of validity; items themselves do not define the distinction.

* D. Statistical analyses: Statistical evidence is especially important for construct validity, but simply saying "statistical analyses" does not capture the fundamental conceptual difference in rationale.

NBCC Counselor Work Behavior Areas expect counselors to use tests appropriately, which includes understanding these validity distinctions when selecting and interpreting assessment instruments.

NEW QUESTION # 13

What skill is the counselor using in the following statement?

"In the midst of trying to prepare for the baby, you're tired of your colleagues' behaviors. You've had to set boundaries about touching your bump, explain maternity leave to your boss, and field awkward questions about your body. It sounds like you're trying to go about your work and you don't feel they're meeting you halfway. Am I understanding that correctly?"

- **A. Summarization**
- B. Paraphrase
- C. Additive empathy
- D. Reflection of meaning

Answer: A

Explanation:

In the Counseling and Helping Relationships core area, CACREP identifies basic counseling skills such as paraphrasing, reflecting feeling, summarizing, and using empathy.

* Summarization pulls together several client statements over time, capturing multiple pieces of content and associated feelings, and then checking for accuracy.

* In the statement given, the counselor:

* Integrates several experiences (setting boundaries, explaining maternity leave, fielding questions).

* Reflects the emotional tone (tired of colleagues' behaviors, not feeling they're meeting her halfway).

* Ends with a checking-for-accuracy question ("Am I understanding that correctly?").

This is characteristic of summarization, not just a brief paraphrase of one point.

Additive empathy would involve going beyond what has been stated and offering a deeper interpretation not yet voiced by the client. Reflection of meaning focuses more on deeper values and life meaning. Paraphrasing is shorter and usually focuses on just one main idea.

Because the counselor is organizing and restating multiple themes and feelings in a concise way, the best skill label in line with NCE content is C. Summarization.

NEW QUESTION # 14

What group theory uses lifestyle assessment?

- A. Individual psychology
- B. Reality therapy
- C. Psychoanalytic
- D. Gestalt

Answer: A

Explanation:

In the Counseling Skills and Interventions work behavior area, counselors must understand major counseling theories and their associated assessment and intervention methods.

Individual psychology, developed by Alfred Adler, is an approach that emphasizes the holistic understanding of the person, including goals, social interest, family constellation, and life themes. A central tool in Adlerian/individual psychology is the lifestyle assessment, which explores:

* Early recollections

* Family constellation and birth order

* Private logic and core beliefs

* Patterns of behavior and goals of behavior

The purpose of lifestyle assessment is to understand the client's unique way of viewing self, others, and the world, and to identify themes that influence current functioning and problems.

* Gestalt (A) focuses on present awareness, unfinished business, and experiential techniques such as role-playing and empty-chair work, not lifestyle assessment.

* Psychoanalytic (B) emphasizes unconscious processes, early childhood conflicts, and defense mechanisms, using tools such as free association and dream analysis.

* Reality therapy (D) focuses on present choices, responsibility, and meeting basic needs, often using tools like the WDEP system (Wants, Doing, Evaluation, Planning), not lifestyle assessment.

Because lifestyle assessment is a hallmark of Adlerian/individual psychology, the correct answer is C.

NEW QUESTION # 15

Which is a symptom of generalized anxiety disorder?

- A. Rechecking locked doors
- B. Restlessness
- C. Pressured speech
- D. Lack of hobbies

Answer: B

Explanation:

In the Assessment and Testing core area, counselors are expected to recognize common diagnostic features of mental disorders to inform screening, referral, and conceptualization (not to replace full diagnosis).

For generalized anxiety disorder (GAD), hallmark symptoms include:

* Excessive anxiety and worry about a variety of events or activities,

* Difficulty controlling the worry,

* Physical and cognitive symptoms such as:

* Restlessness or feeling keyed up/on edge,

* Being easily fatigued,

* Difficulty concentrating,

* Irritability,

- * Muscle tension,
- * Sleep disturbance.

Thus, restlessness (Option B) is a classic symptom associated with GAD.

The other options fit different or nonspecific issues:

- * A. Lack of hobbies is not a diagnostic criterion; it may relate to lifestyle, depression, or other factors but is not specific to GAD.
 - * C. Rechecking locked doors is more characteristic of obsessive-compulsive disorder (OCD), where compulsive checking behaviors respond to intrusive obsessions.
 - * D. Pressured speech is typically associated with mania or hypomania, not GAD.
- Therefore, B is the correct symptom associated with generalized anxiety disorder.

NEW QUESTION # 16

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