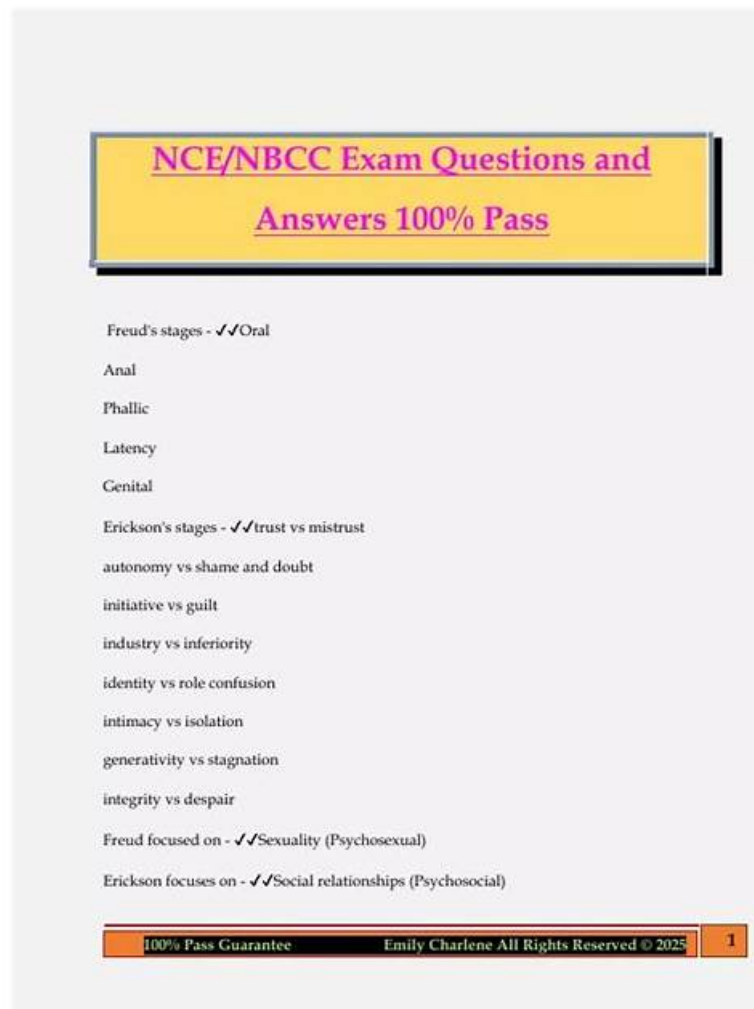


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NBCC National Counselor Examination Sample Questions (Q38-Q43):

NEW QUESTION # 38

A diagnosis of attention-deficit/hyperactivity disorder is

- A. justified primarily when social and academic/occupational functioning have been impaired.
- B. more prevalent in individuals whose family members suffer personality disorders.
- C. more frequently diagnosed in females than in males.
- D. typically diagnosed before children enter formal educational settings.

Answer: A

Explanation:

Within the Assessment and Testing core area, counselors are expected to understand the principles of diagnosis, including that mental disorder diagnoses (such as ADHD) are based not only on the presence of symptoms but also on clinically significant impairment in social, academic, or occupational functioning across settings.

* Diagnostic criteria for attention-deficit/hyperactivity disorder specify that symptoms must cause clear evidence of interference with, or reduction in quality of, social, academic, or occupational functioning, and must be present in two or more settings (e.g., home and school). Therefore, a diagnosis is justified primarily when functioning is impaired, which matches Option D.

* ADHD is more commonly diagnosed in males than females, particularly in childhood; thus, Option A is incorrect.

* Although symptoms often begin in early childhood, ADHD is commonly identified after increased demands in school; it is not typically diagnosed before formal schooling, so Option B is incorrect.

* ADHD is associated with a familial pattern of ADHD and related conditions, not specifically with family members having personality disorders, so Option C is incorrect.

Therefore, D is the correct answer because diagnosis must be tied to meaningful impairment in functioning, not just the presence of symptoms.

NEW QUESTION # 39

What is the purpose of documenting the use of an ethical decision-making model and actions taken?

- A. to protect the integrity of the client-counselor relationship
- B. to protect the client if records are subpoenaed
- C. to protect the profession when reviewed by other professionals
- D. to protect the counselor if decisions are challenged

Answer: D

Explanation:

In the Professional Practice and Ethics domain, counselors are expected to follow a systematic ethical decision-making process and to document:

* The model or steps they used.

* The consultations they sought.

* The options considered and the actions taken, along with the rationale.

This documentation serves several purposes, but a key function is to show that the counselor acted in a thoughtful, reasonable, and professionally responsible manner if their decisions are later questioned by a licensing board, court, or ethics committee. This most directly aligns with:

* C. to protect the counselor if decisions are challenged.

Why the other options are less accurate:

* A. to protect the client if records are subpoenaed - good documentation can benefit the client, but the primary emphasis in ethical decision-making documentation is on demonstrating professional due diligence.

* B. to protect the profession when reviewed by other professionals - while sound documentation reflects well on the profession, this is not the main purpose.

* D. to protect the integrity of the client-counselor relationship - maintaining integrity is crucial, but documentation of an ethical decision-making model is primarily a risk management and accountability tool.

NBCC Counselor Work Behavior Areas stress that ethical practice includes using structured decision-making models and documenting the process to demonstrate adherence to professional standards and to protect the counselor in the event of scrutiny or challenge.

NEW QUESTION # 40

To overcome problems involved in the interpretation of a ratio IQ, deviation IQs have been developed that:

- A. Place primary emphasis on selecting students in extreme intelligence categories.
- B. Reflect that all new IQ tests are being based on a common theory of intelligence.
- **C. Are based on common means and standard deviations for many IQ tests.**
- D. Lower the standard deviation among test takers.

Answer: C

Explanation:

Ratio IQs ($\text{mental age} \div \text{chronological age} \times 100$) create interpretation problems, especially for adults, because mental age does not increase steadily across the lifespan. Modern intelligence testing instead uses deviation IQs, which:

- * Compare an individual's performance to that of their age-based normative group.
- * Use a fixed mean (typically 100) and standard deviation (often 15 or 16) to express how far above or below the average a person's score falls.

Option B best captures this idea: deviation IQs are derived from standardized norms with designated means and standard deviations, which are similar across many commonly used IQ tests, allowing for more meaningful interpretation.

The other options do not describe the purpose of deviation IQs:

- * A. Lower the standard deviation among test takers - deviation IQs standardize the distribution; they don't simply "lower" the standard deviation.
- * C. Place primary emphasis on selecting students in extreme intelligence categories - extremes can be identified, but that is not the primary reason deviation IQs were developed.
- * D. Reflect that all new IQ tests are being based on a common theory of intelligence - tests differ in their theoretical foundations; deviation scoring is a psychometric method, not a theory of intelligence.

Within the Intake, Assessment and Diagnosis area, counselors are expected to understand basic principles of standardized testing, including the interpretation of IQ scores using norm-referenced, deviation-based metrics.

NEW QUESTION # 41

Which of the following is not a goal of Gestalt counseling groups?

- A. Helping individuals accept anxiety as a part of life
- **B. Helping group members extinguish maladaptive behavior**
- C. Helping group members grow up
- D. Helping individuals achieve integration

Answer: B

Explanation:

Within the Group Counseling and Group Work and Counseling and Helping Relationships core areas, counselor training includes knowledge of experiential theories such as Gestalt. Gestalt group counseling emphasizes:

- * Integration of the self (bringing together fragmented parts of the personality into a more unified whole) - this supports Option A as a valid goal.
- * Personal responsibility and maturation, often described as helping clients move toward more adult, authentic ways of being - this is consistent with "helping group members grow up" in Option B.
- * Awareness and acceptance of feelings, including anxiety, as a natural part of life and growth, rather than something to eliminate - this supports Option C.

By contrast, extinguishing maladaptive behavior (Option D) is language more closely associated with behavioral and learning theories, which focus on reinforcement, punishment, and extinction of specific behaviors. Gestalt work is less about directly extinguishing behaviors and more about awareness, experiencing, and integration in the here-and-now.

Therefore, Option D is not a primary goal of Gestalt counseling groups.

NEW QUESTION # 42

In analyzing potential statistically significant differences among three or more sample means, a counseling researcher would use

- A. A multiple regression analysis.
- B. A t-test.
- C. A discriminant function analysis.
- **D. An analysis of variance.**

Answer: D

Explanation:

In the Research and Program Evaluation core area, counselors are expected to understand basic inferential statistics used in counseling research. When comparing three or more group means (for example, mean scores for three different treatment conditions), the standard procedure taught for the NCE is:

* Use analysis of variance (ANOVA), which tests whether there are statistically significant differences among three or more group means.

* ANOVA uses an F statistic internally, but the name of the procedure for comparing multiple means is "analysis of variance."

Option A (F-test) refers to the test statistic used in ANOVA, but in counseling research courses and NCE exam language, the procedure is properly identified as ANOVA, not simply "an F-test." Option C (discriminant function analysis) is used to predict group membership from a set of predictors, not to test mean differences among groups.

Option D (multiple regression) evaluates the relationship between one dependent variable and multiple predictors, not the difference among three or more group means.

Therefore, when a counseling researcher wants to test for significant differences among three or more sample means, the appropriate method is B. An analysis of variance.

NEW QUESTION # 43

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