

ASPPB Practice Test Questions and Answers

1. What is motivational interviewing?

- A) A technique for giving advice only.
- B) A confrontational method.
- C) A collaborative, client-centered method to enhance motivation
- D) A way to diagnose mental illness.

2. What is an evidence-based intervention?

- A) A method based on opinion.
- B) A treatment lacking any scientific support.
- C) A strategy validated through research and clinical outcomes
- D) An approach used by celebrities.

3. How should ethical complaints be handled?

- A) Discussed on social media.
- B) Ignored unless serious.
- C) Reported to the correct authorities confidentially
- D) Shared with clients.

4. What does a negative correlation indicate?

- A) Both variables increase together.
- B) The variables are unrelated.
- C) As one increases, the other decreases
- D) There is a perfect positive relationship.

Answers: 1-C 2-C 3-C 4-C

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