

Behavioral Health

ASPPB-EPPP

ation of State and Provincial Psychology Boards: Examination for Professional Practice in Psychol

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Question: 1

Which of the following is an example of social facilitation?

- A. An athlete performing better during a practice than during a competition
- B. A student studying better alone than in a group
- C. A musician playing better in front of a large audience than a small one
- D. An employee working better in a quiet environment than a noisy one

Answer: C

Explanation:

Social facilitation is the phenomenon whereby the presence of others enhances performance on a task. This effect is typically observed when performing simple or well-learned tasks, rather than complex or novel ones. A musician playing better in front of a large audience than a small one is an example of social facilitation.

Question: 2

Which of the following is a key concept in the social identity theory?

- A. Self-actualization
- B. Cognitive dissonance
- C. In-group bias
- D. Maslow's hierarchy of needs

Answer: C

Explanation:

The social identity theory is a theoretical framework that explains how individuals develop and maintain their sense of identity based on their social group memberships. One of the key concepts in the social identity theory is in-group bias, which is the tendency to favor members of one's own group over members of other groups. This bias can lead to prejudice and discrimination against members of out-groups. Self-actualization and Maslow's hierarchy of needs are concepts in humanistic psychology, whereas cognitive dissonance is a concept in social psychology.

Question: 3

Which of the following are examples of implicit biases? (Select all that apply.)

- A. Stereotyping
- B. Prejudice
- C. Discrimination
- D. Microaggressions

Answer: A

Explanation:

Implicit biases are attitudes or beliefs that are unconsciously held and can influence behavior without the individual's awareness. Stereotyping, which is the process of categorizing individuals into groups based on characteristics such as race or gender, and microaggressions, which are subtle and often unintentional behaviors or comments that are offensive or derogatory to members of marginalized groups, are examples of implicit biases. Prejudice and discrimination are conscious attitudes or behaviors that are rooted in bias.

Question: 4

Which of the following are examples of social support? (Select all that apply.)

- A. Emotional support
- B. Instrumental support
- C. Informational support
- D. Competitive support

Answer: A

Explanation:

Social support refers to the help and assistance provided by others in times of need. There are different types of social support, including emotional support (such as listening and offering encouragement), instrumental support (such as practical assistance), and informational support (such as providing advice or information). Competitive support is not a type of social support, as it involves individuals vying against each other rather than working together to provide assistance.

Question: 5

Which of the following are examples of the bystander effect? (Select all that apply.)

- A. Not offering assistance to a person in distress in a crowded area
- B. Failing to report a crime witnessed by a group of people
- C. Offering help to a person in need in a crowded area
- D. Intervening in a potentially dangerous situation to prevent harm to others

Answer: A

Explanation:

The bystander effect is a social phenomenon in which individuals are less likely to offer help or intervene in an emergency situation when other people are present. Not offering assistance to a person in distress in a crowded area and failing to report a crime witnessed by a group of people are examples of the bystander effect. Offering help to a person in need in a crowded area and intervening in a potentially dangerous situation to prevent harm to others are examples of prosocial behavior that are not consistent with the bystander effect.

Question: 6

Which of the following are examples of social influence? (Select all that apply.)

- A. Conformity
- B. Obedience
- C. Persuasion
- D. Self-disclosure

Answer: A

Explanation:

Social influence refers to the ways in which other people can influence an individual's attitudes, beliefs, and behaviors. Conformity, which is the tendency to adjust one's beliefs or behaviors to align with those of a group, and obedience, which is the tendency to comply with instructions from an authority figure, are examples of social influence. Persuasion, which involves attempting to change someone's attitudes or beliefs through argument or other forms of communication, is also an example of social influence. Self-disclosure, which is the act of revealing personal information about oneself to others, is not an example of social influence.

Question: 7

Which of the following are examples of stereotypes? (Select all that apply.)

- A. Assuming that all Asians are good at math
- B. Believing that all women are emotional and irrational
- C. Thinking that all elderly people are forgetful
- D. Believing that all men are aggressive and violent

Answer: A

Explanation:

Stereotypes are oversimplified beliefs or assumptions about a particular group of people. Assuming that all Asians are good at math, believing that all women are emotional and irrational, thinking that all elderly people are forgetful, and believing that all men are aggressive and violent are all examples of stereotypes.

Question: 8

Which of the following are examples of social norms? (Select all that apply.)

- A. Wearing formal clothing to a wedding
- B. Texting during a movie
- C. Eating with a fork and knife
- D. Covering one's mouth when coughing or sneezing

Answer: A

Explanation:

Social norms are the unwritten rules or expectations that govern behavior in a particular society or culture. Wearing formal clothing to a wedding, eating with a fork and knife, and covering one's mouth when coughing or sneezing are all examples of social norms. Texting during a movie is not a social norm, but rather a behavior that is seen as rude or disruptive in many cultures.

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