

EPPP Ethics Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

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- 1. What conditions must be met for a graduate psychology program to mandate students participate in psychotherapy?**
 - A. Students must be required to see faculty members for therapy**
 - B. The requirement must be clearly described in the program's description**
 - C. All therapy must be conducted on-campus**
 - D. Students must receive therapy from fellow students**
- 2. Which principle emphasizes the importance of integrity in professional relationships?**
 - A. Principle A: Beneficence and Nonmaleficence**
 - B. Principle B: Fidelity and Responsibility**
 - C. Principle C: Integrity**
 - D. Principle D: Justice**
- 3. When providing services to someone legally incapable of giving informed consent, what should a psychologist do?**
 - A. Only act under the instruction of a family member**
 - B. Provide services without explanation to avoid confusion**
 - C. Seek assent and permission from a legally authorized person**
 - D. Document preference without taking further action**
- 4. What is the ethical practice regarding client progress notes?**
 - A. They should be shared with family members**
 - B. They should be stored confidentially and used for treatment**
 - C. They can be used for advertising purposes**
 - D. They must be destroyed after therapy ends**
- 5. What is the primary focus of the ethical complaint process in psychology?**
 - A. To deliver punishment to psychologists**
 - B. To ensure protection and well-being of clients**
 - C. To collect data for research**
 - D. To determine financial liabilities**

- 6. When witnessing sexual harassment as an Industrial Psychologist, what is the best response?**
- A. Ignore it unless it directly affects you**
 - B. Report it immediately to authorities**
 - C. Observe and take active steps to intervene**
 - D. Discuss it with the individuals involved**
- 7. What should psychologists prioritize when considering actions against a colleague's unethical behavior?**
- A. Outcome of legal action**
 - B. Education of the psychologist**
 - C. Resolution of ethical issues**
 - D. Client well-being and confidentiality**
- 8. What is the ethical stance regarding guarantees about therapy outcomes?**
- A. Psychologists can confidently promise specific results**
 - B. Psychologists should avoid guarantees due to variable outcomes**
 - C. Psychologists should guarantee positive outcomes based on their expertise**
 - D. Psychologists should provide conditional guarantees based on client cooperation**
- 9. Regarding deception in research, psychologists must do what?**
- A. Encourage its frequent use to enhance results**
 - B. Completely avoid any form of deception**
 - C. Limit its use, provide a debriefing after the study, and ensure no harm to participants**
 - D. Inform participants of the deception beforehand**
- 10. What does "ethical distress" mean in psychological practice?**
- A. A feeling of being overwhelmed by workload and pressure**
 - B. A conflict between personal values and professional ethics**
 - C. A situation with excessive client demand beyond capacity**
 - D. A lack of resources for proper client care**

Answers

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- 1. B**
- 2. C**
- 3. C**
- 4. B**
- 5. B**
- 6. C**
- 7. D**
- 8. B**
- 9. C**
- 10. B**

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Explanations

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1. What conditions must be met for a graduate psychology program to mandate students participate in psychotherapy?

- A. Students must be required to see faculty members for therapy**
- B. The requirement must be clearly described in the program's description**
- C. All therapy must be conducted on-campus**
- D. Students must receive therapy from fellow students**

For a graduate psychology program to mandate students to participate in psychotherapy, it is essential that the requirement is clearly outlined in the program's description. This ensures transparency and allows prospective students to make informed decisions about their education and training. Clear communication of such requirements is crucial for ethical practice, as it helps maintain the integrity of the program and supports students in understanding the expectations and benefits tied to therapy participation. This approach also respects the principles of informed consent, as students can be made aware of the emotional and professional development aspects that this requirement entails. Programs that include therapy as part of their training do so with the intention of fostering self-awareness, countering potential biases, and enhancing the therapeutic skills that are critical for their future professional roles.

2. Which principle emphasizes the importance of integrity in professional relationships?

- A. Principle A: Beneficence and Nonmaleficence**
- B. Principle B: Fidelity and Responsibility**
- C. Principle C: Integrity**
- D. Principle D: Justice**

The principle that emphasizes the importance of integrity in professional relationships is centered on the necessity for honesty and trustworthiness within the context of psychological practice. This principle calls for practitioners to be forthright in their interactions, ensuring that they maintain transparency and consistency in their actions and communications. Integrity encompasses a commitment to uphold professional standards and to act in accordance with moral and ethical guidelines. By prioritizing integrity, psychologists foster trust, which is fundamental to building effective therapeutic alliances and professional partnerships. Upholding this principle not only reflects ethical practice but also contributes to the credibility of the profession as a whole. In contrast, the other principles focus on different aspects of ethical practice. Beneficence and nonmaleficence relate to the obligation to promote well-being and avoid harm. Fidelity and responsibility highlight the importance of loyalty, accountability, and maintaining professional relationships. Justice pertains to the fair and equitable treatment of individuals and the importance of equal access to psychological services. While all these principles are integral to ethical practice, the principle of integrity specifically addresses the importance of honesty and moral principles in professional relationships.

- 3. When providing services to someone legally incapable of giving informed consent, what should a psychologist do?**
- A. Only act under the instruction of a family member**
 - B. Provide services without explanation to avoid confusion**
 - C. Seek assent and permission from a legally authorized person**
 - D. Document preference without taking further action**

When dealing with individuals who are legally incapable of giving informed consent, the ethical principle guiding psychologists is that they must seek assent from the individual to the extent that it is possible, and they should also obtain permission from a legally authorized person. This approach ensures that the rights and dignity of the individual are respected while complying with legal and ethical standards. It is important to involve a legally authorized representative who can act in the best interest of the individual receiving services, ensuring that interventions are appropriate and aligned with the individual's needs and preferences. In this context, seeking assent acknowledges that even though the individual may not be legally capable of consent, they still have a voice in the process to the extent that they are able to participate. This builds a respectful therapeutic relationship while adhering to ethical codes that emphasize informed consent and the importance of client autonomy. Other options do not align with the ethical framework psychologists must follow in such situations. For example, acting solely under the instruction of a family member may not consider the best interests of the individual if those instructions are not aligned with the client's needs. Providing services without explanation risks undermining the dignity and understanding of the individual involved, while merely documenting preferences without further action does not ensure that the individual receives appropriate care or that their rights

- 4. What is the ethical practice regarding client progress notes?**
- A. They should be shared with family members**
 - B. They should be stored confidentially and used for treatment**
 - C. They can be used for advertising purposes**
 - D. They must be destroyed after therapy ends**

The ethical practice regarding client progress notes emphasizes that they should be stored confidentially and used primarily for treatment purposes. This means that all documentation created in the course of treatment is a vital part of the therapeutic process and should be handled with the utmost respect for client confidentiality. Maintaining confidentiality ensures that clients feel safe and secure in sharing personal information, which is foundational to effective treatment. Progress notes are intended to assist in tracking the client's development, planning future treatment, and evaluating the effectiveness of the therapeutic interventions. By keeping these notes confidential and using them strictly for clinical purposes, mental health professionals uphold ethical standards that protect the integrity of the therapeutic relationship. In contrast, sharing notes indiscriminately, such as with family members, would breach client confidentiality. Using notes for advertising undermines the trust necessary in a therapeutic setting. Finally, the idea of destroying notes after therapy ends could hinder future treatment or legal requirements, as certain records may need to be maintained for a specific period for both ethical and legal reasons. Therefore, the emphasis on confidentiality and the primary use for treatment aligns with the ethical responsibilities of mental health practitioners.

5. What is the primary focus of the ethical complaint process in psychology?

- A. To deliver punishment to psychologists**
- B. To ensure protection and well-being of clients**
- C. To collect data for research**
- D. To determine financial liabilities**

The primary focus of the ethical complaint process in psychology is to ensure the protection and well-being of clients. This process is designed to uphold ethical standards within the profession and to address any violations that could potentially harm clients. The underlying principle of this process is the safeguarding of client rights and welfare, ensuring that psychologists adhere to established ethical guidelines that promote safe and effective practice. The ethical complaint process serves as a mechanism for clients to voice concerns about breaches of ethics, thereby reinforcing accountability among professionals. It ultimately aims to maintain the integrity of the psychological profession and cultivate an environment where clients can feel secure in the services they receive. While some other options may touch upon aspects of the larger context of professional conduct, none align with the primary focus of the ethical complaint process as closely as the protection and well-being of clients does. The process is not primarily about punishment, data collection, or financial issues, but rather about fostering a safe therapeutic environment in which client interests are paramount.

6. When witnessing sexual harassment as an Industrial Psychologist, what is the best response?

- A. Ignore it unless it directly affects you**
- B. Report it immediately to authorities**
- C. Observe and take active steps to intervene**
- D. Discuss it with the individuals involved**

When witnessing sexual harassment, the most appropriate response is to observe and take active steps to intervene. This approach is grounded in the ethical responsibility of psychologists to ensure a safe and respectful environment for all individuals. By intervening, you not only address the immediate situation but also contribute to a culture that does not tolerate harassment. Intervening can take various forms, such as addressing the behavior as it occurs, supporting the victim, or guiding them towards the appropriate channels for reporting the incident. This action is crucial in promoting psychological safety and upholding the ethical principles of respect for the dignity and welfare of all individuals. Moreover, taking an active role in such situations aligns with the professional obligation psychologists have to advocate against unethical behavior, including harassment. Ignoring the behavior or waiting for it to escalate would allow the harm to continue and potentially affect the larger workplace environment. Likewise, discussing it with the individuals involved may not always be effective or safe, especially if power dynamics are at play. Reporting it to authorities could be necessary in severe cases, but immediate intervention can often provide support in real-time, preventing further harm.

7. What should psychologists prioritize when considering actions against a colleague's unethical behavior?

- A. Outcome of legal action**
- B. Education of the psychologist**
- C. Resolution of ethical issues**
- D. Client well-being and confidentiality**

When considering actions against a colleague's unethical behavior, psychologists should prioritize client well-being and confidentiality. This focus aligns with the fundamental principles of the ethical guidelines that govern psychological practice. The primary concern of any ethical dilemma in psychology should be to protect the interests and welfare of clients. Addressing unethical behavior among colleagues can potentially impact clients significantly, especially if those colleagues are engaging in practices that harm clients or jeopardize their confidentiality. By prioritizing client well-being, psychologists can ensure that their actions support a safe and ethical environment for those they serve. This approach not only adheres to ethical standards but also fosters a professional culture that emphasizes integrity and responsibility. Choosing to focus on client well-being naturally incorporates considerations around confidentiality, as safeguarding clients' information is crucial in maintaining trust and promoting their overall welfare. Thus, psychologists are ethically bound to act in a manner that prioritizes their clients' interests when responding to a colleague's unethical behavior.

8. What is the ethical stance regarding guarantees about therapy outcomes?

- A. Psychologists can confidently promise specific results**
- B. Psychologists should avoid guarantees due to variable outcomes**
- C. Psychologists should guarantee positive outcomes based on their expertise**
- D. Psychologists should provide conditional guarantees based on client cooperation**

The ethical stance regarding guarantees about therapy outcomes emphasizes that psychologists should avoid making promises about specific results due to the inherent variability of therapeutic outcomes. Therapy is a complex process influenced by numerous factors, including the client's unique circumstances, the therapeutic relationship, the methods employed, and the external environment. Because these factors can lead to varying results, it would be ethically problematic for psychologists to guarantee specific outcomes. By avoiding guarantees, psychologists maintain integrity and transparency with clients, setting realistic expectations for the therapeutic process. This approach respects the autonomy of clients and acknowledges the unpredictable nature of mental health progress. Additionally, this stance aligns with ethical guidelines that emphasize providing competent and effective care without misleading or overpromising on potential results. The other options suggest a level of certainty that does not align with the realities of therapy, which can lead to misunderstandings and potentially harm clients who may have unrealistic expectations. Hence, avoiding guarantees helps to foster a more accurate understanding of therapy as an evolving process rather than a transactional exchange with guaranteed results.

9. Regarding deception in research, psychologists must do what?

- A. Encourage its frequent use to enhance results**
- B. Completely avoid any form of deception**
- C. Limit its use, provide a debriefing after the study, and ensure no harm to participants**
- D. Inform participants of the deception beforehand**

Psychologists are ethically bound to limit the use of deception in research, and when it is necessary, they must prioritize the well-being of participants. This means providing a thorough debriefing after the study to explain any deception used and its purpose. The debriefing process is vital as it helps participants understand the study's design and the rationale behind the deception, contributing to transparency and fostering trust. Additionally, ensuring that there is no harm to participants is paramount. Psychologists must take precautions to mitigate any potential negative effects that may arise from the deceptive elements of the study. This reflects a commitment to ethical research practices that prioritize the safety and welfare of participants while still allowing for valuable scientific inquiry when deception is essential for the study's objectives. The context of the other options highlights the importance of ethical guidelines in research. Encouraging frequent use of deception, completely avoiding it, or informing participants beforehand would not align with the established ethical standards that guide psychological research.

10. What does "ethical distress" mean in psychological practice?

- A. A feeling of being overwhelmed by workload and pressure**
- B. A conflict between personal values and professional ethics**
- C. A situation with excessive client demand beyond capacity**
- D. A lack of resources for proper client care**

The correct understanding of "ethical distress" in psychological practice refers to a conflict that arises when a professional's personal values clash with established professional ethics or standards. This situation can lead to feelings of discomfort, frustration, or anxiety, as psychologists may struggle to adhere to their ethical obligations while reconciling them with their individual beliefs or values. This concept is important in the field of psychology because it highlights the complexities and challenges practitioners face when navigating ethical dilemmas. For instance, a psychologist may feel that a particular ethical guideline conflicts with their personal convictions about treatment approaches, leading to internal conflict that can impact their professional conduct and decision-making processes. In contrast, feelings of being overwhelmed by workload, excessive client demand, or a lack of resources represent different challenges that can also affect practitioners but do not constitute ethical distress in the same way. These situations may lead to stress or burnout, but they don't inherently involve a clash of ethical principles with personal beliefs. Understanding and recognizing ethical distress is crucial for psychologists to maintain their ethical standards while also taking care of their own mental health and professional integrity.