

Evidence-Based Integrated Practice (EBIP) COMPS Competency Practice Test (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. What does transference in therapy often arise from?**
 - A. Recent experiences with therapy**
 - B. Deeply stored memories of early interactions**
 - C. An individual's current socio-economic status**
 - D. Therapist's personal experiences**
- 2. What type of samples are often involved in triangulation?**
 - A. Only large homogeneous groups**
 - B. Diverse samples using various collection methods**
 - C. Samples limited to one demographic**
 - D. Only samples from controlled environments**
- 3. What is a potential risk when utilizing technology in social work services?**
 - A. Increased client engagement**
 - B. Privacy and security concerns**
 - C. Improved client relationships**
 - D. Reduced service delivery times**
- 4. Which statement best defines the 'evidence hierarchy' in EBIP?**
 - A. A classification of healthcare professionals**
 - B. A system ranking the strength of evidence from various research methodologies**
 - C. A tool for patient assessment**
 - D. A method for evaluating healthcare facilities**
- 5. What defines a variable baseline?**
 - A. Minimal changes over time**
 - B. Consistent upward or downward trends**
 - C. Data that does not remain within a small range**
 - D. Steady and predictable patterns over time**

- 6. Which statement best defines covert behavior?**
- A. Behavior that can be seen and observed by others**
 - B. Behavior that is measured through self-reporting**
 - C. Behavior that occurs within an individual and cannot be observed directly**
 - D. Behavior that is always emotional and irrational**
- 7. What is the primary purpose of establishing a multiple baseline in measurements?**
- A. To eliminate experimental design flaws**
 - B. To measure outcomes without intervention**
 - C. To conduct qualitative research**
 - D. To validate the interventions' effectiveness**
- 8. Why is patient autonomy considered vital in EBIP?**
- A. It allows healthcare providers to dictate treatment plans.**
 - B. It promotes the importance of informed consent in healthcare decisions.**
 - C. It minimizes patient involvement in care.**
 - D. It discourages the use of evidence in treatment.**
- 9. What is one of the challenges faced when implementing EBIP?**
- A. Universal acceptance of change**
 - B. Resistance to change among healthcare practitioners**
 - C. Overwhelming support from practitioners**
 - D. Full understanding of EBIP by all medical staff**
- 10. What impact does climate change have as per the types of environmental justice?**
- A. Improved agricultural productivity**
 - B. Accelerated ice-melting and habitat loss**
 - C. Increased biodiversity**
 - D. Stable weather patterns**

Answers

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

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Explanations

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1. What does transference in therapy often arise from?

- A. Recent experiences with therapy
- B. Deeply stored memories of early interactions**
- C. An individual's current socio-economic status
- D. Therapist's personal experiences

Transference in therapy often arises from deeply stored memories of early interactions, which are typically linked to significant figures from a person's past, such as parents or caregivers. This psychological phenomenon occurs when clients project feelings, expectations, and attitudes they have developed in previous relationships onto the therapist. These early interactions form the foundation of a person's relational patterns, and when individuals enter therapy, they may unconsciously recreate these dynamics with their therapist. This aspect of transference is crucial because it can provide valuable insights into the client's emotional world and can be a powerful tool in the therapeutic process. As clients explore these feelings in the safety of the therapeutic relationship, they may gain greater self-awareness and understanding of how their past influences their current behaviors and relationships. This insight can facilitate healing and personal growth, making transference an important focus in therapy. Other options, while potentially relevant to an individual's experience in therapy, do not directly contribute to the mechanism of transference in the same way that early relational memories do. Recent experiences with therapy may inform the therapeutic process, but they do not evoke transference in the same foundational manner. Current socio-economic status could influence a client's perspective or experiences but isn't a source of transference itself. Similarly, a therapist's personal experiences may affect

2. What type of samples are often involved in triangulation?

- A. Only large homogeneous groups
- B. Diverse samples using various collection methods**
- C. Samples limited to one demographic
- D. Only samples from controlled environments

Triangulation involves combining multiple perspectives, methods, or data sources to gain a more comprehensive understanding of a phenomenon. This approach encourages the use of diverse samples that utilize various collection methods to validate findings and enhance the robustness of the research conclusions. By incorporating a range of data types and participant backgrounds, triangulation helps to address potential biases and allows researchers to explore complex issues from multiple angles. This diversity ensures that the results are not overly reliant on a single source or methodology, which could limit the scope and applicability of the findings. Thus, utilizing diverse samples with different collection methods is a key feature of triangulation, making it the correct choice in this context.

3. What is a potential risk when utilizing technology in social work services?

- A. Increased client engagement**
- B. Privacy and security concerns**
- C. Improved client relationships**
- D. Reduced service delivery times**

Utilizing technology in social work services can lead to significant privacy and security concerns. As social work often involves sensitive client information, the digitalization of records and communication can increase the risk of data breaches and unauthorized access to personal information. Even with protective measures in place, the potential for technology to be hacked or misused remains a substantial risk. Clients may feel vulnerable or distrustful if they believe their private information is not adequately protected, which can impact their willingness to engage and share openly with their social workers. In contrast, the other options—such as increased client engagement, improved client relationships, and reduced service delivery times—are typically seen as positive outcomes associated with the use of technology, highlighting the benefits without addressing the critical issue of data security and client privacy.

4. Which statement best defines the 'evidence hierarchy' in EBIP?

- A. A classification of healthcare professionals**
- B. A system ranking the strength of evidence from various research methodologies**
- C. A tool for patient assessment**
- D. A method for evaluating healthcare facilities**

The statement defining the 'evidence hierarchy' in Evidence-Based Integrated Practice (EBIP) as a system ranking the strength of evidence from various research methodologies is accurate because it emphasizes the structured approach used to evaluate the validity, reliability, and applicability of research findings. This hierarchy assists practitioners in determining which types of evidence are most credible and applicable to clinical decisions. In this context, higher levels of evidence typically include systematic reviews and meta-analyses, followed by randomized controlled trials, cohort studies, case-control studies, and expert opinion. This ranking is essential because it guides healthcare professionals in selecting interventions or treatments grounded in the most robust and reliable evidence, ultimately enhancing patient care. By understanding this hierarchy, practitioners can critically assess the research, making informed decisions that contribute to better health outcomes based on evidence rather than anecdotal experiences or assumptions. Such a systematic approach fosters a culture of accountability and continuous improvement within healthcare practice, ensuring that care is informed by the best available evidence.

5. What defines a variable baseline?

- A. Minimal changes over time
- B. Consistent upward or downward trends
- C. Data that does not remain within a small range**
- D. Steady and predictable patterns over time

A variable baseline is characterized by data that does not remain within a small range, indicating fluctuations over time. This means that the measurements collected may show significant variability, making it challenging to identify stable trends or patterns. The essence of a variable baseline lies in its inconsistency, often reflecting changes in the environment, subject behavior, or measurement techniques. In contrast, other choices describe more stable conditions. Minimal changes over time refer to a steady measure, while consistent upward or downward trends indicate predictable directions, which are not indicative of variability. Steady and predictable patterns over time also suggest a lack of variability, as they imply regularity in the data that would not be present in a variable baseline.

6. Which statement best defines covert behavior?

- A. Behavior that can be seen and observed by others
- B. Behavior that is measured through self-reporting
- C. Behavior that occurs within an individual and cannot be observed directly**
- D. Behavior that is always emotional and irrational

Covert behavior is defined as actions or processes that occur internally within an individual and cannot be directly observed by others. This includes thoughts, feelings, and internal motivations that influence behavior but remain hidden from outside observation. For example, someone may feel anxious or have a specific thought, but those internal experiences cannot be seen by others directly, making it covert. In the context of behavior analysis and psychological assessment, understanding covert behavior is crucial as it helps practitioners recognize that not all significant aspects of a person's experience are observable; indeed, many important factors that influence behavior lie beneath the surface. Consequently, therapists and counselors often rely on self-reports and indirect measures to assess these internal processes, reflecting the reliance on tools to comprehend what is inherently private to the individual.

7. What is the primary purpose of establishing a multiple baseline in measurements?

- A. To eliminate experimental design flaws**
- B. To measure outcomes without intervention**
- C. To conduct qualitative research**
- D. To validate the interventions' effectiveness**

The primary purpose of establishing a multiple baseline in measurements is to provide evidence of a causal relationship between the intervention and the outcomes observed. In this design, multiple baselines are created across different subjects, settings, or behaviors before the intervention is applied. This allows researchers to observe the natural variation over time and demonstrate that any changes in behavior or outcomes occur only after the intervention has been introduced. Using a multiple baseline approach is particularly beneficial because it demonstrates the effectiveness of the intervention by allowing comparisons before and after the application of the intervention, while controlling for other variables. It helps to rule out alternative explanations for changes in behavior, thus validating the intervention's effectiveness. This methodology is widely used in applied behavior analysis and other fields where experimental control is challenging. Therefore, the focus of this measurement strategy is on validating the effectiveness of interventions, which makes it clear why this choice is critical in evaluating the outcomes of educational and therapeutic approaches.

8. Why is patient autonomy considered vital in EBIP?

- A. It allows healthcare providers to dictate treatment plans.**
- B. It promotes the importance of informed consent in healthcare decisions.**
- C. It minimizes patient involvement in care.**
- D. It discourages the use of evidence in treatment.**

Patient autonomy is considered vital in Evidence-Based Integrated Practice (EBIP) because it promotes the importance of informed consent in healthcare decisions. This principle emphasizes that patients have the right to make informed choices about their own healthcare based on a clear understanding of their options, potential risks, and benefits. When patients are active participants in their treatment decisions, it not only respects their personal values and preferences but also enhances their overall satisfaction and adherence to treatment plans. Informed consent is crucial in fostering a collaborative relationship between healthcare providers and patients, ensuring that patients feel empowered and respected. This aligns with the ethos of evidence-based practice, where the best available evidence is combined with clinical expertise and patient values to guide healthcare decisions. When patients are engaged and informed, they can make decisions that align with their goals and circumstances, ultimately leading to better health outcomes. This concept is central to modern healthcare ethics and underscores the need for healthcare professionals to prioritize and respect patient autonomy in all aspects of care delivery.

9. What is one of the challenges faced when implementing EBIP?

- A. Universal acceptance of change**
- B. Resistance to change among healthcare practitioners**
- C. Overwhelming support from practitioners**
- D. Full understanding of EBIP by all medical staff**

Resistance to change among healthcare practitioners is a significant challenge when implementing Evidence-Based Integrated Practice (EBIP). This resistance can stem from various factors, including established routines, skepticism about new practices, and a lack of confidence in the research supporting new interventions. Practitioners may feel comfortable with traditional methods they have used for years, and introducing new evidence-based approaches requires them to alter their workflows, which can lead to discomfort or pushback. This resistance can hinder the adoption of EBIP models, making it crucial to provide education, training, and support to ensure that practitioners feel equipped to incorporate evidence-based practices into their daily routines. Engaging stakeholders, addressing concerns, and demonstrating the benefits of EBIP can help to overcome this resistance and facilitate smoother implementation processes. In contrast to this challenge, universal acceptance of change, overwhelming support, and full understanding of EBIP by all medical staff are not realistic expectations in most healthcare settings. Thus, they do not accurately represent the common obstacles faced during the transition to EBIP.

10. What impact does climate change have as per the types of environmental justice?

- A. Improved agricultural productivity**
- B. Accelerated ice-melting and habitat loss**
- C. Increased biodiversity**
- D. Stable weather patterns**

The impact of climate change is closely associated with the accelerated ice-melting and habitat loss, which aligns with critical issues in environmental justice. As climate change progresses, it causes glaciers and polar ice caps to melt at an unprecedented rate, leading to rising sea levels and loss of habitats for various species. This phenomenon disrupts ecosystems, threatens biodiversity, and can displace communities, particularly those in vulnerable regions. The effects of climate change disproportionately affect marginalized populations who may lack resources to adapt or respond to these changes, thereby raising significant concerns around fairness and equity in how environmental burdens are shared. This context highlights the importance of understanding climate change through the lens of environmental justice—recognizing that the impacts are not equally distributed and that certain communities face greater risks and challenges. In contrast, the other options do not accurately reflect the consequences of climate change. Improved agricultural productivity and increased biodiversity may only be seen in very localized or temporary situations, while stable weather patterns are increasingly rare in a warming climate characterized by unpredictability and extreme weather events.