

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

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. What is one effective method for disseminating evidence in healthcare?**
  - A. Posting research findings on social media**
  - B. Conducting workshops or training sessions**
  - C. Limiting access to research for professionals only**
  - D. Publishing journals without peer reviews**
  
- 2. What factor is essential for navigating challenging work later in group therapy?**
  - A. Conflict resolution strategies**
  - B. Early cohesion among members**
  - C. Strict adherence to rules**
  - D. Focus on individual achievements**
  
- 3. Which of the following does NOT represent a multiple baseline design?**
  - A. Across subjects**
  - B. Across settings**
  - C. Across treatments**
  - D. Across diagnoses**
  
- 4. What is essential for other therapeutic factors to effectively function in therapy?**
  - A. Establishing individual goals**
  - B. Fostering group cohesion**
  - C. Focusing solely on past traumas**
  - D. Implementing rigid therapy rules**
  
- 5. Why does interprofessional collaboration improve clinical outcomes?**
  - A. It allows for unilateral decision-making**
  - B. It fosters a competitive environment among healthcare professionals**
  - C. It encourages comprehensive input from different specialties**
  - D. It promotes isolation of practice areas for better focus**

- 6. Imitative behavior in group settings often leads to what outcome?**
- A. Group members isolating themselves**
  - B. Group therapists modeling certain behaviors**
  - C. A decrease in group participation**
  - D. Reduced emotional intelligence**
- 7. Which phrase best describes a goal line in the context of client progress?**
- A. A static measure of performance**
  - B. A visual aid for monitoring objectives**
  - C. A boundary for acceptable outcomes**
  - D. An average performance line over time**
- 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 type of error occurs when a unique idiographic experience is overlooked during assessment?**
- A. Emphasis on cultural similarities**
  - B. Inaccuracy in cultural representation**
  - C. Inattention to individual needs**
  - D. Neglect of contextual factors**
- 10. Universality in group therapy allows members to realize what?**
- A. They are unique in their suffering**
  - B. They have no resemblance to others**
  - C. They are not alone in their pain**
  - D. They should not express their feelings**

## Answers

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

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## **Explanations**

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**1. What is one effective method for disseminating evidence in healthcare?**

- A. Posting research findings on social media**
- B. Conducting workshops or training sessions**
- C. Limiting access to research for professionals only**
- D. Publishing journals without peer reviews**

Conducting workshops or training sessions is an effective method for disseminating evidence in healthcare because it promotes interactive learning and allows participants to engage with the material in a meaningful way. These sessions facilitate discussion, provide opportunities for hands-on practice, and enable healthcare professionals to ask questions and seek clarification on how to implement evidence in their practice. Workshops can also be tailored to the specific audience, addressing their unique challenges and needs, which enhances the applicability of the evidence being presented. In contrast, the other options may not effectively disseminate evidence. Posting research findings on social media can reach a broad audience but may not ensure that the information is interpreted correctly or applied in a practical context. Limiting access to research for professionals only restricts the dissemination of valuable information to a wider audience that could benefit, including patients and other stakeholders. Lastly, publishing journals without peer reviews undermines the credibility and rigor of the findings, making it less likely that practitioners will trust and utilize the evidence.

**2. What factor is essential for navigating challenging work later in group therapy?**

- A. Conflict resolution strategies**
- B. Early cohesion among members**
- C. Strict adherence to rules**
- D. Focus on individual achievements**

Early cohesion among group therapy members is essential for navigating challenging work later because it establishes a foundation of trust, safety, and support among participants. When members feel connected and cohesive, they are more likely to engage openly with one another, share vulnerabilities, and discuss difficult topics effectively. This sense of belonging and mutual understanding can significantly reduce resistance and defensiveness in later sessions when challenges arise, facilitating deeper exploration of issues. Cohesion helps to create a positive group atmosphere where members feel comfortable confronting conflict or sharing personal experiences, which is crucial for the therapeutic process. It encourages collaboration and collective progress, as members are more supportive of each other's growth and healing journey. Factors like conflict resolution strategies or strict adherence to rules may play a role in managing specific issues that arise in group therapy, but they are less foundational than the sense of cohesion that sets the tone for the group dynamics. Likewise, focusing on individual achievements can detract from the collective experience of group therapy, which emphasizes shared experiences and mutual support rather than individual accomplishments.

### 3. Which of the following does NOT represent a multiple baseline design?

- A. Across subjects
- B. Across settings
- C. Across treatments
- D. Across diagnoses**

A multiple baseline design is a type of research approach used primarily in applied behavior analysis and other fields to evaluate the effectiveness of interventions. It involves measuring behavior over time across multiple subjects, settings, or treatments before, during, and after implementing an intervention. The key feature of this design is that it does not require withdrawing the treatment once implemented, allowing for continued observation of effects. Selecting to implement the design across subjects allows researchers to see the effects of an intervention on different individuals, with each subject serving as their own control. This helps to establish the reliability of the intervention's effects. Similarly, applying a multiple baseline design across settings allows for assessing the sustainability of the intervention in various contexts, helping to determine if the intervention is universally applicable. When looking at multiple baseline designs across treatments, this demonstrates how different interventions can be evaluated simultaneously, which helps in measuring their relative effectiveness against various conditions or approaches. However, using a multiple baseline design across diagnoses does not align well with the principles of this specific research methodology. This is because different diagnoses may involve widely varying behavioral characteristics and complexities. The design would not accurately reflect the individual responsiveness to a particular treatment, as the effects may differ significantly based on diverse diagnostic parameters. Thus, while multiple baseline designs are indeed powerful

### 4. What is essential for other therapeutic factors to effectively function in therapy?

- A. Establishing individual goals
- B. Fostering group cohesion**
- C. Focusing solely on past traumas
- D. Implementing rigid therapy rules

Fostering group cohesion is indeed essential for the effective functioning of other therapeutic factors in therapy, particularly in group therapy settings. When group cohesion is strong, members feel a sense of belonging, support, and trust among one another, which creates a safe and collaborative environment. This solid foundation allows other therapeutic aspects, such as emotional expression, feedback, and interpersonal learning, to emerge more naturally. In cohesive groups, individuals are more likely to share their experiences and feelings openly, enhancing the therapeutic process and fostering personal growth. When members feel connected, they are also more receptive to the contributions and perspectives of their peers, which can deepen their understanding and promote healing. Thus, group cohesion acts as a catalyst for the effective utilization of various therapeutic techniques and interventions. Other aspects, while valuable, do not universally enhance the effectiveness of therapy; for instance, establishing individual goals is important but may not benefit everyone equally in a group context. Focusing solely on past traumas can lead to an unbalanced approach that does not address present concerns. Implementing rigid therapy rules may stifle openness and inhibit the development of trust and connection, ultimately hindering the therapeutic process. Therefore, fostering group cohesion stands out as a foundational element for facilitating effective therapy.

**5. Why does interprofessional collaboration improve clinical outcomes?**

- A. It allows for unilateral decision-making**
- B. It fosters a competitive environment among healthcare professionals**
- C. It encourages comprehensive input from different specialties**
- D. It promotes isolation of practice areas for better focus**

Interprofessional collaboration improves clinical outcomes primarily because it encourages comprehensive input from different specialties. When professionals from various disciplines come together, they collectively share their expertise, perspectives, and insights, which leads to a more holistic understanding of a patient's needs. This multidisciplinary approach ensures that all aspects of patient care are considered, thereby improving the accuracy of diagnoses, the effectiveness of treatment plans, and overall patient satisfaction. In a collaborative environment, healthcare providers can leverage each other's strengths and knowledge, leading to more innovative solutions and better management of complex health issues. This comprehensive care model often results in improved communication among providers, reduced medical errors, and enhanced patient safety, all of which contribute to better clinical outcomes. The other choices do not support effective collaboration. Unilateral decision-making can lead to a narrow focus that neglects important input from other professionals. A competitive environment might inhibit communication and sharing of information, while promoting isolation of practice areas can limit the scope of care and hinder team-based approaches that are essential for addressing multifaceted health problems.

**6. Imitative behavior in group settings often leads to what outcome?**

- A. Group members isolating themselves**
- B. Group therapists modeling certain behaviors**
- C. A decrease in group participation**
- D. Reduced emotional intelligence**

Imitative behavior in group settings generally results in group therapists modeling certain behaviors because this approach fosters an environment where members can observe and learn from one another. In therapeutic groups, when therapists demonstrate specific behaviors or attitudes, it encourages participants to engage in similar actions, thereby strengthening group dynamics and enhancing the learning process. This modeling can serve as a catalyst for constructive interactions, prompting members to explore new ways of expressing themselves or handling situations. This phenomenon is grounded in social learning theory, where individuals learn not only from direct experiences but also from observing the behaviors of others, making it an essential aspect of group therapy and development. The other outcomes listed, such as isolation, decreased participation, and reduced emotional intelligence, typically do not result from imitative behavior. In fact, effective imitative behavior often leads to increased connectivity and engagement among group members, rather than withdrawal or diminished participation.

**7. Which phrase best describes a goal line in the context of client progress?**

- A. A static measure of performance**
- B. A visual aid for monitoring objectives**
- C. A boundary for acceptable outcomes**
- D. An average performance line over time**

The phrase that best describes a goal line in the context of client progress is "a visual aid for monitoring objectives." In integrated practice, a goal line represents a benchmark or target that visually indicates where clients should be in their progress toward specific goals. This visual representation helps professionals and clients clearly understand progress and can highlight when interventions may be needed to adjust strategies or tactics. A goal line serves as a meaningful way to track achievements and can foster motivation, as clients can see how close they are to reaching their objectives. By visually presenting data, it facilitates discussions about progress and necessary adjustments in the plan of action. Specifically, visual aids are effective in helping both clients and practitioners recognize trends in performance, assess the effectiveness of interventions, and make informed decisions about future actions.

**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 type of error occurs when a unique idiographic experience is overlooked during assessment?**

- A. Emphasis on cultural similarities**
- B. Inaccuracy in cultural representation**
- C. Inattention to individual needs**
- D. Neglect of contextual factors**

In this context, the correct answer highlights the issue of failing to consider the specific individual needs of a person during assessment. When a unique idiographic experience is overlooked, it signifies a lack of attention to the distinct characteristics, experiences, and circumstances that shape an individual's situation. Each person has their own narrative, and assessments that do not take into account these personalized factors can lead to a misunderstanding of their challenges and needs. This can result in generic assessments that apply broad brushstrokes based on cultural, contextual, or categorical assumptions, rather than focusing on the nuances of the individual's experience. Thus, inattention to individual needs directly aligns with failing to recognize and honor the unique aspects of a person's life, which is critical in evidence-based integrated practice. The other options present important considerations in assessment but are not as directly related to the omission of the unique idiographic experience. Emphasizing cultural similarities may lead to an oversimplification of diverse identities, while inaccuracy in cultural representation and neglect of contextual factors also reflect broader issues but do not specifically target the oversight of individual needs in the assessment process.

**10. Universality in group therapy allows members to realize what?**

- A. They are unique in their suffering**
- B. They have no resemblance to others**
- C. They are not alone in their pain**
- D. They should not express their feelings**

In group therapy, the concept of universality refers to the recognition that individuals share common experiences and emotions, fostering a sense of connection among members. When individuals realize they are not alone in their pain, it can provide significant relief and validation. This shared experience allows members to support one another, diminish feelings of isolation, and enhance their understanding that others face similar struggles, facilitating empathy and mutual support. Acknowledging that they are not alone can also encourage individuals to express themselves more freely and engage in the therapeutic process more openly. This aspect of group therapy is crucial, as it helps build a supportive community where individuals can learn from each other's experiences and coping strategies, leading to better outcomes in their healing journeys.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://ebipcompscompetency.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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