

Research and Program Evaluation Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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1. What is participatory evaluation?

- A. An evaluation where only external experts assess the program effectiveness**
- B. An approach where stakeholders actively engage in the evaluation process to ensure it meets their needs and interests**
- C. A method that solely focuses on quantitative data collection**
- D. A framework that eliminates stakeholder involvement**

2. According to the Office of Human Research Protections, _____ refers to unexpected events that likely occur as a result of participation in the research.

- A. unanticipated problems**
- B. unanticipated protocols**
- C. adverse consequences**
- D. adverse experiences**

3. Mete-analysts establish a systematic search strategy after determining which criteria?

- A. Experimental criteria/control criteria**
- B. Statistical criteria/practical criteria**
- C. Inclusion criteria/exclusion criteria**
- D. Researcher criteria/participant criteria**

4. Describe "self-evaluation" in the context of program evaluation.

- A. Evaluation conducted by external stakeholders**
- B. Evaluation conducted by stakeholders or program staff to assess their own program's effectiveness**
- C. Evaluation done by a third-party organization**
- D. Evaluation that relies purely on quantitative data**

5. What is a "mixed methods design"?

- A. A design that uses only qualitative methods**
- B. A design that focuses exclusively on quantitative data**
- C. A research approach that integrates qualitative and quantitative methods in one study**
- D. A design used solely for descriptive studies**

- 6. Which component ensures a study's findings can be applied across different settings?**
- A. validity**
 - B. fidelity**
 - C. reliability**
 - D. generalizability**
- 7. What are the two predominant ideologies concerning the role of research within the counseling profession?**
- A. Scientist-practitioner/practitioner-scholar**
 - B. positivist/constructivist**
 - C. pragmatic/empirical**
 - D. ontological/phenomenological**
- 8. How does ethical consideration influence program evaluation practice?**
- A. It emphasizes the importance of financial transparency only**
 - B. It requires evaluators to protect participants' rights while ensuring credible data collection**
 - C. It allows evaluators to disregard participant feedback**
 - D. It focuses only on the efficiency of the evaluation process**
- 9. What are the key components of a logic model?**
- A. Goals, strategies, and assessments**
 - B. Inputs, activities, outputs, outcomes, and impacts**
 - C. Resources, personnel, and budgets**
 - D. Findings, implications, and recommendations**
- 10. Participants in a ____ can be followed repeatedly and sometimes over the span of years.**
- A. panel study**
 - B. cohort study**
 - C. trend study**
 - D. mixed method study**

Answers

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

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Explanations

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1. What is participatory evaluation?

- A. An evaluation where only external experts assess the program effectiveness
- B. An approach where stakeholders actively engage in the evaluation process to ensure it meets their needs and interests**
- C. A method that solely focuses on quantitative data collection
- D. A framework that eliminates stakeholder involvement

Participatory evaluation is characterized by the active involvement of stakeholders throughout the evaluation process. This approach emphasizes collaboration, allowing stakeholders—including program staff, beneficiaries, and community members—to engage in various stages of the evaluation, from planning and data collection to analysis and reporting. This engagement ensures that the evaluation is relevant to the needs and interests of those affected by the program, which can lead to more meaningful and actionable results. The benefits of participatory evaluation include increased ownership of the findings among stakeholders, enhanced understanding of the program context, and the potential for capacity building as stakeholders learn about evaluation methods. By directly involving those who are most affected by the outcomes, the evaluation can provide insights that are grounded in the community's experiences and perspectives. In contrast, an evaluation driven solely by external experts would lack the nuanced understanding that stakeholders can provide. Methods focusing only on quantitative data ignore the qualitative dimensions of stakeholder experiences and perspectives, which are crucial for a comprehensive evaluation. Finally, a framework that eliminates stakeholder input would not reflect the participatory ethos or leverage the valuable insights that stakeholder engagement can foster.

2. According to the Office of Human Research Protections, _____ refers to unexpected events that likely occur as a result of participation in the research.

- A. unanticipated problems**
- B. unanticipated protocols
- C. adverse consequences
- D. adverse experiences

The term that aligns with the description provided in the question is "unanticipated problems." This term is specifically defined by the Office of Human Research Protections (OHRP) to encompass unexpected events that occur during research, which can present risks to participants that were not previously identified. These problems could affect participant safety or the integrity of the research. In the context of research ethics and oversight, identifying and reporting these unanticipated problems is crucial for ensuring the protection of human subjects and maintaining ethical standards in research practices. The recognition of such issues allows researchers and oversight bodies to take appropriate actions, such as modifying protocols or informing participants, thereby mitigating harm and improving the safety of future research activities. The other terms mentioned do not adequately capture this specific definition. "Unanticipated protocols" implies changes or guidelines that were not planned but lacks the direct connection to unexpected events affecting research participants. "Adverse consequences" suggests negative outcomes but does not specifically refer to their unexpected nature in the context of research. Similarly, "adverse experiences" indicates negative experiences but does not emphasize their unanticipated aspect in relation to research participation. Therefore, "unanticipated problems" is the most accurate choice given the context and definitions provided by the OHRP.

3. Mete-analysts establish a systematic search strategy after determining which criteria?

- A. Experimental criteria/control criteria
- B. Statistical criteria/practical criteria
- C. Inclusion criteria/exclusion criteria**
- D. Researcher criteria/participant criteria

A systematic search strategy in meta-analysis is designed to identify relevant studies that meet specific standards for inclusion in the review. Inclusion criteria and exclusion criteria are essential components in this process. Inclusion criteria refer to the specific characteristics that studies must have to be included in the meta-analysis, such as the population studied, the type of intervention, the study design, and the outcomes measured. Exclusion criteria, on the other hand, establish the characteristics that would disqualify a study from being included, which could be based on factors like study quality, sample size, or irrelevant outcomes. By clearly defining these criteria, meta-analysts can ensure that they compile a robust and relevant set of studies, leading to more reliable and valid conclusions about the overall effects being investigated. Properly established inclusion and exclusion criteria facilitate a structured approach to the literature search, enabling researchers to find applicable studies while avoiding those that do not fit their predefined parameters. This rigor in the selection process is crucial for the integrity and quality of the meta-analysis.

4. Describe "self-evaluation" in the context of program evaluation.

- A. Evaluation conducted by external stakeholders
- B. Evaluation conducted by stakeholders or program staff to assess their own program's effectiveness**
- C. Evaluation done by a third-party organization
- D. Evaluation that relies purely on quantitative data

Self-evaluation refers to the process in which stakeholders or program staff assess their own program's effectiveness. This type of evaluation is crucial because it allows those directly involved in the program to reflect on their activities, understand their impact, and identify areas for improvement based on firsthand knowledge and experience. By conducting a self-evaluation, program staff are positioned to offer insights that external evaluators might overlook, as they have intimate knowledge of the program's dynamics, context, and participant needs. This evaluation method encourages ownership of the program's outcomes and facilitates continuous improvement through a proactive review process. Through self-evaluation, organizations can cultivate a culture of learning and accountability, ultimately enhancing the program's effectiveness over time.

5. What is a "mixed methods design"?

- A. A design that uses only qualitative methods
- B. A design that focuses exclusively on quantitative data
- C. A research approach that integrates qualitative and quantitative methods in one study**
- D. A design used solely for descriptive studies

A "mixed methods design" is a research approach that integrates qualitative and quantitative methods in one study. This design allows researchers to draw on the strengths of both qualitative and quantitative data to gain a more comprehensive understanding of the research problem. By combining these methods, researchers can validate and triangulate findings, providing richer context and detail that might not be achievable through a single method alone. For instance, qualitative data can offer deeper insights into human behavior and experiences, while quantitative data can provide statistical validity and generalizability to findings. This dual approach is especially valuable in fields where understanding complex phenomena requires both numerical data and in-depth perspectives. The other options describe more limited or focused research approaches. Solely using qualitative methods does not account for the systematic quantification that mixed methods strive to achieve. Exclusively focusing on quantitative data excludes the rich, narrative-driven insights that qualitative methods can reveal. Lastly, a design meant only for descriptive studies does not encompass the variety and depth of inquiry that mixed methods aim to address, which typically includes both descriptive and analytical components across both qualitative and quantitative data types.

6. Which component ensures a study's findings can be applied across different settings?

- A. validity
- B. fidelity
- C. reliability
- D. generalizability**

The concept of generalizability refers to the extent to which the findings of a study can be applied to settings, populations, or situations beyond the specific conditions of the original study. This component is crucial in research as it determines whether the results can be relevant in various contexts and whether they provide insights that are applicable to a broader audience. When researchers conduct studies, they aim to produce results that can influence policies, programs, or practices in different environments.

Generalizability allows for the extrapolation of findings from a sample to a larger population, enhancing the usefulness of the research. Other components like validity, reliability, and fidelity focus on different aspects of research quality. Validity assesses whether the study measures what it intends to measure, reliability pertains to the consistency of the measurement over time or across different observers, and fidelity refers to how closely the implementation of a study adheres to the intended protocol. While these elements are important for ensuring a sound study design, they do not directly address the applicability of study findings across varied settings, which is the crux of generalizability.

7. What are the two predominant ideologies concerning the role of research within the counseling profession?

- A. Scientist-practitioner/practitioner-scholar**
- B. positivist/constructivist**
- C. pragmatic/empirical**
- D. ontological/phenomenological**

The two predominant ideologies concerning the role of research within the counseling profession are indeed the scientist-practitioner and practitioner-scholar models. The scientist-practitioner model emphasizes the integration of scientific research and clinical practice, advocating that counselors should engage in evidence-based practices while also contributing to research. This approach suggests that professionals should not only apply existing evidence but also rigorously evaluate their outcomes to further advance the field. On the other hand, the practitioner-scholar model focuses on the application of scholarly research to enhance practical skills in counseling. Practitioners in this model are encouraged to engage in reflective practice and utilize academic research to inform their methods, maintain a high standard of care, and enhance the effectiveness of their interventions. These two ideologies capture the tension within the counseling field between a focus on empirical rigor and scientific methods (scientist-practitioner) and the need to ensure that research is relevant and applicable to real-world counseling practices (practitioner-scholar). This understanding is essential for counselors who aim to bridge the gap between theory and practice, ensuring that their work is both grounded in solid research and adaptable to the complexities of client needs.

8. How does ethical consideration influence program evaluation practice?

- A. It emphasizes the importance of financial transparency only**
- B. It requires evaluators to protect participants' rights while ensuring credible data collection**
- C. It allows evaluators to disregard participant feedback**
- D. It focuses only on the efficiency of the evaluation process**

Ethical consideration plays a pivotal role in program evaluation practice by ensuring that evaluators protect the rights and welfare of participants while also striving to collect credible and reliable data. In this context, ethical standards mandate that evaluators obtain informed consent, respect participant confidentiality, and minimize any potential harm to participants involved in the evaluation process. This commitment to ethical principles fosters trust between the evaluators and participants, which is essential for obtaining accurate data and meaningful insights. Prioritizing ethical considerations aids in enhancing the validity of the evaluation by ensuring that the data collected is reflective of genuine participant experiences and perceptions. Moreover, it guides evaluators in making decisions that uphold professional integrity and respect for individuals, which is crucial for the overall credibility of the evaluation findings. By embedding ethical considerations into program evaluation practice, evaluators not only comply with ethical guidelines but also contribute to the improvement of programs in a responsible and conscientious manner.

9. What are the key components of a logic model?

- A. Goals, strategies, and assessments**
- B. Inputs, activities, outputs, outcomes, and impacts**
- C. Resources, personnel, and budgets**
- D. Findings, implications, and recommendations**

The key components of a logic model are inputs, activities, outputs, outcomes, and impacts. This framework is essential for program planning, implementation, and evaluation as it visually represents the relationships between the resources invested in a program and the results achieved. Inputs refer to the resources necessary for the program to function, such as time, money, and staff. Activities are the actions taken to implement the program—these could include workshops, training sessions, or outreach efforts. Outputs are the tangible products or services delivered through these activities, like the number of training sessions held or participants trained. Outcomes represent the short-term and long-term changes that occur as a result of the program, such as improvements in skills or knowledge among participants. Finally, impacts are the broader, longer-lasting effects of the program on the community or population served, reflecting the ultimate goals of the initiative. This comprehensive approach ensures that all aspects of the program are considered and helps stakeholders understand how the program intends to create change, making it a vital tool for ongoing evaluation and accountability.

10. Participants in a ____ can be followed repeatedly and sometimes over the span of years.

- A. panel study**
- B. cohort study**
- C. trend study**
- D. mixed method study**

A panel study is characterized by its ability to track the same group of individuals over time, allowing researchers to capture data at multiple points and observe changes within the same population. This longitudinal approach offers valuable insights into how certain variables evolve and how earlier experiences or characteristics may influence later outcomes. In panel studies, the repeated measurements taken from the same participants can reveal trends, patterns, and causal relationships that would not be as easily identifiable in cross-sectional designs, where data is collected at one point in time. This type of study is beneficial for assessing long-term effects and changes in behavior, attitudes, or conditions over years. Other study types that are mentioned, such as cohort studies, also involve following a group of individuals but may not always focus on the same individuals for repeated measures. Trend studies observe changes in variables across different groups over time without necessarily studying the same individuals. Mixed method studies, on the other hand, combine qualitative and quantitative approaches but do not inherently imply a longitudinal focus. Therefore, the defining feature of a panel study is its ability to follow participants repeatedly, making it the correct answer in this context.

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.

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

<https://researchprogrameval.examzify.com>

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

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