

Alliance University
GCN602 Measurement and Assessment
Final Exam

Multiple Choice

Please highlight your selected answer.

1. Your supervisor suggests that you give your client a Beck's Depression Inventory (BDI) Test. This is a(n) **SELF-REPORT TEST**.
 - a. aptitude test
 - b. intelligence test
 - c. self-report test**
 - d. achievement test

2. Self-report tests like the Beck Depression Inventory:
 - a. Consistently and accurately measure its intended criterion regardless of internal or environment factors
 - b. Depend much on the present state of the person taking it
 - c. May not always be accurate
 - d. Both b and c**

3. Reliability tells:
 - a. if a test measures what it says it measures.
 - b. how consistently a test measures an attribute.**
 - c. if the client can be trusted.
 - d. where the counseling process should focus.

4. Validity tells:
 - a. if a test measures what it says it measures.**
 - b. how consistently a test measures an attribute.
 - c. if the client can be trusted.
 - d. where the counseling process should focus.

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1. What are the three most important concepts that you learned throughout this course that you can apply in a clinical setting? Give an example of how you would apply the concepts learned to conduct an intake assessment.
 - a. The three most important concepts I have learned are that assessment must be current, valid, and must be reliable. Data must come from a reliable source, it must be approved or confirmed by a reliable source like the City, State, Federal government, American Psychiatric Association, or National Institute of Mental Health. It must be less than an approved period.

2. Compare and contrast aptitude tests and achievement tests. Provide an example of each and why it would be that particular test.
 - a. **Aptitude Test** – The aptitude test focuses on a person’s ability and willingness to learn. For example, a person can be taught to love and accept themselves for who they are despite what others may believe. A person can be taught to speak another language or taught to do math well.
 - b. **Achievement Test** – The achievement test focused on what the person has already learned or has accomplished. For example, Dr. Atasha Christian is an accomplished educator, and teacher in the helping profession.

3. Discuss at least two ethical and multicultural considerations for clinical assessments.
 - a. **Informed Consent** – Informed consent means that the client to whom the test is applied must be informed in detail as to why the test is necessary, what will be done with the test, to whom the test will be released, and the reason for releasing the test. Client should not be allowed to take test voluntarily, deemed competent, and without force, or coercion.
 - b. **Confidentially** – Confidentially is important in any profession. A client’s information should not be discussed with just about anyone. HIPPA laws protect clients and their personal information, and should not be released without the client’s permission unless the clients are at risk of harming themselves, or others.
 - c. **Two Multi-cultural considerations** are beliefs and mannerisms.

4. Assessment process in clinical mental health counseling involves four key steps (Drummond, Sheperis, & Jones, 2015):
 - (a) Identifying the nature of problems/reasons for assessment (i.e. cognitive, behavioral, emotional, social, academic, or vocational).

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(b) Choosing and implementing methods of assessment/instruments for data collections (i.e. interviews, tests, observation).

(c) Evaluating assessment information (i.e. scores, interpretation, and information integration including documenting findings, identifying convergent findings, explaining discrepancies, formulating a hypothesis, and making an assessment report).

(d) Reporting results of assessment and making recommendations (i.e. description of assessed client, making a hypothesis, providing supporting methods and sources data, recommending possible solutions).

Briefly explain why each aforementioned step is vital in the assessment and counseling process.

Ans. Each aforementioned steps are vital to the assessment and the counseling program the moment the client steps into the office, or from the first initial interview. Assessing the client, diagnosing the client, the process of helping the client to work through his/her issues and concerns, and ultimately terminating the client.

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Case Conceptualization

Rachel is a 14 year old girl who has recently been caught shoplifting. She was reported to her school by a store clerk who recognized her uniform and had caught her stealing clothes. The police were also informed and gave Rachel a warning at the police station. Her father and stepmother were appalled, having caught her previously with other students' property in her school bag earlier in the year. She was banned from going out with her friends and was given extra chores. After promising she would never steal again, she was allowed to see her friends again and the chores went back to normal.

The first time Rachel had been caught stealing was when she had just turned twelve; just over two years ago. She has been caught on seven occasions since then, including her most recent incident. Her stepmother suspects she has stolen on more occasions than this and doesn't believe that the first time she was caught was the first time she'd stolen. This is the first time that Rachel has stolen from a store though; this information is agreed upon by both Rachel and her parents. All parties agree that this is the most serious incident so far. Rachel says that she knows stealing is wrong and her parents have tried driving this home to her. Having the police involved in the most recent episode of stealing made her realize that she could get into trouble with people other than her parents and teachers, but "the police were softer" on her than her parents and teachers ever had been, presumably because her father is a police officer as well.

Rachel's parents report that her behavior has worsened significantly over the past year. Her grades have fallen to slightly above failing and she frequently skips school. Rachel has lost about 15 pounds in the past year and she often dresses in baggy clothing. Her stepmother shared that Rachel can go "days it seems" without eating.

Based on the information provided, please answer the following:

- 1) What areas are of clinical concern?

Ans. My area of clinical concern would be her going for days without eating.

- 2) What inventories would you administer (select at least two)?

Ans. Behavioral control, and environmental concern.

- 3) Provide a rationale for why you would administer the selected inventories.

Ans. What happened to Rachel before she turned 12 years old before her stepmother noticed her weight loss, and before she started acting out by stealing/

Ans. Where is Rachel's mother? Is she alive? Is she a part of her?

Ans. If she is still alive, why is she not living with her, but instead residing with her father and stepmother?

Ans. Was Rachel sexually abused?

Ans. Has Rachel ever attempted suicide?

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Has Rachel taken any medication or any illegal drugs?

4) What are your PROVISIONAL diagnoses?

Ans. My diagnosis is an eating disorder.

5) What would you include in your treatment goals?

Ans. In Rachel's treatment plan, her medical record would be requested. Based on how current she had her last physical, a more current physical would have had to be requested. Rachel would be referred to a Nutritionist for evaluation to find out how her weight and eating habits can be assessed. A follow up appointment would be scheduled for Rachel pending documentations and results.