

(These items were developed by teachers for the Technical Skills Assessment. Below is a sample item for each program standard.)

Question 1 of 9

Which organization is responsible for delivering Individualized Educational Programs (IEPs) for children with mental health disorders who need specialized instruction?

- ☐ A) Arizona Department of Health Services
- ☐ B) Local public-school districts
- ☐ C) Arizona Health Cost-Containment System
- ☐ D) Regional Behavioral Health Authority

Question 2 of 9

Who developed a major stage theory of psychosocial development?

- ☐ A) Sigmund Freud
- ☐ B) Albert Bandura
- ☐ C) Erik Erikson
- ☐ D) Carl Rogers

Question 3 of 9

What condition can be caused by chronic abuse of cannabis?

- ☐ A) Psychological dependence
- ☐ B) Impotence
- ☐ C) Increased libido
- ☐ D) Sobriety

Question 4 of 9

Social loafing is not typically seen in what type of culture?

- ☐ A) Individualistic
- ☐ B) Urban
- ☐ C) Rural
- ☐ D) Collectivist

Question 5 of 9

What is the appropriate action if a friend is holding a gun and is threatening suicide?

- ☐ A) Call 911.
- ☐ B) Call a crisis center.
- ☐ C) Call the friend's family for help.
- ☐ D) Tell the friend that things will get better.

Question 6 of 9

Which resource is NOT a good source for finding and accessing mental and behavioral health services?

- ☐ A) National Institute of Mental Health (NIMH)
- ☐ B) National Alliance on Mental Illness (NAMI)
- ☐ C) Regional Behavioral Health Authority (RHBA)
- ☐ D) Diagnostic and Statistical Manual-5th Edition (DSM-5)

Question 7 of 9

Which communication style describes expressing oneself honestly and directly without disrespecting or demeaning others?

- ☐ A) Aggressive
- ☐ B) Submissive
- ☐ C) Assertive
- ☐ D) Passive

Question 8 of 9

A student thinks she failed a final test and may have to retake the course, so she buys 2 gallons of ice cream and spends the next 12 hours eating ice cream and playing video games. What type of coping strategy is she exhibiting?

- ☐ A) Defensive coping
- ☐ B) Self-indulgence
- ☐ C) Catastrophic thinking
- ☐ D) Positive reinforcement

Question 9 of 9

Why does Gloria give all her clients informed consent?

- ☐ A) To make sure each client understands the purposes, benefits, and potential risks of any tests and/or therapies.
- ☐ B) To make sure each client knows Gloria's education and background.
- ☐ C) To make sure Gloria shares any therapeutic results with her colleagues.
- ☐ D) To make sure the client knows how long she will need to take medicine.

Mental and Social Health Technician Sample Test Answer Key

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