# Psychiatric Rehabilitation Association CPRP Practice Questions

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## Question 1

Question Type: MultipleChoice

One of the most devastating and feared mental illnesses within society, affecting 1% of the population, is:

### Options:

A- Borderline personality disorder.
B- Major depression.
C- Bipolar disorder.
D- Schizophrenia.

### Answer:

D

### Explanation:

This question aligns with Domain I: Interpersonal Competencies, which includes understanding the impact of psychiatric conditions on individuals and society. The CPRP Exam Blueprint requires knowledge of ''prevalence and societal perceptions of major mental illnesses, including schizophrenia, which affects approximately 1% of the population and is often stigmatized as severe and debilitating.'' Schizophrenia is frequently cited in psychiatric rehabilitation literature as one of the most feared and misunderstood mental illnesses due to its complex symptoms and societal stigma.

Option D: Schizophrenia affects approximately 1% of the global population and is widely regarded as one of the most devastating mental illnesses due to its chronic nature, positive symptoms (e.g., hallucinations, delusions), negative symptoms (e.g., avolition), and significant functional impact. Its societal fear stems from stigma and misconceptions, making it the best fit for the question.

Option A: Borderline personality disorder is severe but has a prevalence of about 1.6--5.9% and is less universally feared compared to schizophrenia.

Option B: Major depression is highly prevalent (about 7% lifetime prevalence) and debilitating but does not match the 1% criterion or the same level of societal fear.

Option C: Bipolar disorder has a prevalence of about 1--2% and, while severe, is less stigmatized as ''feared'' compared to schizophrenia.

Extract from CPRP Exam Blueprint (Domain I: Interpersonal Competencies):

''Tasks include: 3. Understanding the prevalence, symptoms, and societal perceptions of major mental illnesses, such as schizophrenia, to inform person-centered practice.''

Psychiatric Rehabilitation Association (PRA). (2014). CPRP Exam Blueprint. Retrieved from PRA Certification Handbook.

PRA. (2024). CPRP Exam Preparation & Primer Online 2024 Course: Module 2 -- Interpersonal Competencies.

American Psychiatric Association. (2013). Diagnostic and Statistical Manual of Mental Disorders (DSM-5) (referenced in CPRP study materials for prevalence data).

## Question 2

Question Type: MultipleChoice

An individual with a history of substance abuse and problems with anger management has been living with his family for the last four years. His parents told him that he must stop using drugs or move out. When discussing his situation with the practitioner, the individual becomes angry and threatens that he will hurt his family. What is the best initial action for the practitioner?

### Options:

A- Determine the level of risk in this situation
B- Provide a quiet environment to speak with the individual
C- Judge the individual's level of emotional upset
D- Encourage the individual to calm down

### Answer:

A

### Explanation:

When an individual makes a threat of harm, the practitioner must prioritize safety through a structured risk assessment. The CPRP Exam Blueprint (Domain I: Interpersonal Competencies) emphasizes assessing risk to ensure safety for the individual and others when threats are expressed (Task I.C.1: 'Assess and respond to safety concerns in a trauma-informed manner'). Option A (determine the level of risk in this situation) aligns with this, as it involves evaluating the seriousness, intent, and means of the threat to guide immediate actions, such as de-escalation or referral to crisis services, protecting the family and individual.

Option B (provide a quiet environment) may be a follow-up but is not the initial priority over safety. Option C (judge emotional upset) is vague and less actionable than risk assessment. Option D (encourage calming down) risks escalating the situation without assessing risk. The PRA Study Guide underscores risk assessment as the first step in managing threats, supporting Option A.

CPRP Exam Blueprint (2014), Domain I: Interpersonal Competencies, Task I.C.1.

PRA Study Guide (2024), Section on Safety and Risk Assessment.

CPRP Exam Preparation & Primer Online 2024, Module on Interpersonal Competencies.

## Question 3

Question Type: MultipleChoice

What is the best location for learning the skills and activities of food preparation?

### Options:

A- A residential program with an intensive skill-training component
B- The individual's own home
C- A community college which offers cooking courses near the individual's home
D- The kitchen unit of a Clubhouse

### Answer:

B

### Explanation:

This question pertains to Domain III: Community Integration, which emphasizes providing services in natural, normalized environments to promote independence and skill development. The CPRP Exam Blueprint highlights ''teaching skills in the individual's own environment to enhance generalization and community integration.'' Learning food preparation skills is most effective in a setting where the individual will apply them, ensuring relevance and practicality.

Option B: The individual's own home is the best location, as it is the natural environment where food preparation will occur. Learning in this setting ensures skills are tailored to the individual's kitchen, resources, and routines, promoting generalization and independence, which aligns with recovery-oriented principles.

Option A: A residential program may provide structured training but is less normalized and may not reflect the individual's actual living situation, limiting skill transfer.

Option C: A community college cooking course is a community-based option but may be too generalized or inaccessible (e.g., cost, transportation), and it is not tailored to the individual's home environment.

Option D: A Clubhouse kitchen unit offers a supportive environment but is not the individual's natural setting, reducing the direct applicability of learned skills.

Extract from CPRP Exam Blueprint (Domain III: Community Integration):

''Tasks include: 1. Supporting skill development in natural environments, such as the individual's home, to promote independence. 2. Providing services in settings that enhance community integration and skill generalization.''

Psychiatric Rehabilitation Association (PRA). (2014). CPRP Exam Blueprint. Retrieved from PRA Certification Handbook.

PRA. (2024). CPRP Exam Preparation & Primer Online 2024 Course: Module 4 -- Community Integration.

Bond, G. R., & Drake, R. E. (2015). Making the Case for IPS Supported Employment. Administration and Policy in Mental Health (emphasizes normalized settings for skill development).

## Question 4

Question Type: MultipleChoice

Retention in community-based services by persons with serious mental illness is MOST often disrupted by

### Options:

A- family dynamics.
B- medication management.
C- hospital recidivism.
D- financial instability.

### Answer:

C

### Explanation:

Retention in community-based services, such as outpatient programs or supported housing, is critical for individuals with serious mental illness to maintain community integration. The CPRP Exam Blueprint (Domain III: Community Integration) emphasizes identifying and addressing barriers to sustained community participation (Task III.B.2: 'Identify barriers to community integration and develop strategies to overcome them'). Hospital recidivism (Option C) is the most frequent disruptor, as recurrent hospitalizations due to symptom exacerbation or crises

interrupt engagement with community-based services, leading to disengagement from supports like case management or rehabilitation programs.

Option A (family dynamics) can influence retention but is less universally disruptive than hospitalizations, which directly remove individuals from community settings. Option B (medication management) is a factor, but its impact is often secondary to crises leading to hospitalization. Option D (financial instability) is a barrier to community living but less directly tied to service retention compared to hospital recidivism, which physically and logistically disrupts service continuity. The PRA Study Guide notes that hospital recidivism is a primary challenge to maintaining community-based service engagement, supporting Option C.

CPRP Exam Blueprint (2014), Domain III: Community Integration, Task III.B.2.

PRA Study Guide (2024), Section on Barriers to Community Integration.

CPRP Exam Preparation & Primer Online 2024, Module on Community Integration.

## Question 5

Question Type: MultipleChoice

An individual has recently begun hearing voices. The most important thing the practitioner can do to assist the individual in dealing with the voices is to

### Options:

A- assess the individual's risk of harm.
B- encourage him to speak with his psychiatrist.
C- ask the individual how the voices are impacting daily functioning.
D- help him learn skills to distract himself from the voices.

### Answer:

C

### Explanation:

When an individual reports hearing voices, the practitioner's initial focus is to understand the experience's impact to inform person-centered planning. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) emphasizes assessing how symptoms affect daily functioning to identify needs and strengths (Task IV.A.1: 'Conduct functional assessments to identify individual goals and strengths'). Option C (ask the individual how the voices are

impacting daily functioning) aligns with this, as understanding the voices' effect on activities like work, relationships, or self-care guides the development of tailored interventions, ensuring they address the individual's priorities and functional challenges.

Option A (assess risk of harm) is important but not the most immediate step, as not all voices indicate risk, and functioning assessment informs risk evaluation. Option B (encourage speaking with a psychiatrist) assumes a medical intervention without first understanding the impact, which may not align with the individual's needs. Option D (learn distraction skills) is a potential intervention but premature without assessing functional impact. The PRA Study Guide underscores functional assessment as the starting point for addressing symptoms like voices, supporting Option C.

CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Task IV.A.1.

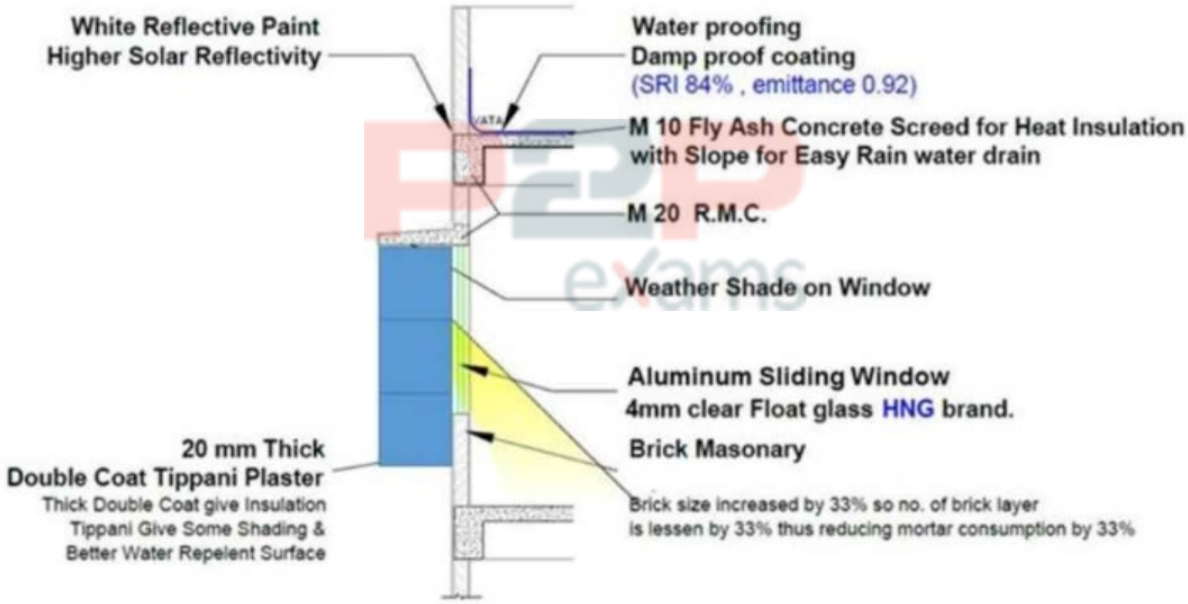
PRA Study Guide (2024), Section on Functional Assessment of Symptoms.

CPRP Exam Preparation & Primer Online 2024, Module on Assessment, Planning, and Outcomes.

## Question 6

Question Type: MultipleChoice

The detail below is presented by the client.




What strategy is good for embodied energy saving?

## Options:

A- External shading
B- Fly ash concrete
C- Aluminum sliding window
D- Waterproofing with SRI of 84%
U- S. Green Building Council, LEED Guidelines on Embodied Energy (general knowledge).

## Answer:

B

## Explanation:

Embodied energy refers to the total energy consumed in the production, transportation, and installation of building materials, a key consideration for sustainable design that supports health and wellness through environmentally responsible practices. The CPRP Exam Blueprint (Domain VII: Supporting Health & Wellness) indirectly relates to this through promoting wellness via sustainable, health-focused environments (Task VII.A.1: 'Promote holistic wellness, including purpose and meaning in life'). Option B (fly ash concrete) is the best strategy for embodied energy saving, as fly ash---a byproduct of coal combustion---replaces a portion of Portland cement in concrete, which has high embodied energy due to its energy-intensive production (e.g., 4,000--5,000 MJ/ton for cement vs. 800--1,000 MJ/ton for fly ash concrete). Using fly ash reduces energy consumption, lowers greenhouse gas emissions, and enhances concrete durability, aligning with sustainable practices that support wellness by reducing environmental impact.

Option A (external shading) reduces operational energy (e.g., cooling) but has minimal impact on embodied energy, as shading materials (e.g., louvers) still require production energy. Option C (aluminum sliding window) has high embodied energy, as aluminum production is energy-intensive (around 200 MJ/kg). Option D (waterproofing with SRI of 84%) focuses on solar reflectance to reduce heat gain, affecting operational energy, not embodied energy, and waterproofing materials (e.g., coatings) have moderate production energy. Literature on sustainable construction, such as guidelines from the U.S. Green Building Council, emphasizes fly ash concrete for embodied energy savings, supporting Option B.

CPRP Exam Blueprint (2014), Domain VII: Supporting Health & Wellness, Task VII.A.1.

PRA Study Guide (2024), Section on Environmental Wellness (contextual application).

# Question 7

Question Type: MultipleChoice

A readiness assessment includes exploration of a person's

## Options:

A- natural support system.
B- commitment to change.
C- skills and resources.
D- hopes and dreams.

## Answer:

B

## Explanation:

Rehabilitation readiness assessment evaluates an individual's preparedness to engage in goal-setting and recovery activities, focusing on their motivation and mindset. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) specifies that readiness assessment includes exploring the individual's commitment to change, as this reflects their willingness and motivation to pursue goals (Task IV.A.2: 'Assess individual's stage of change and readiness for goal-setting'). Option B (commitment to change) aligns with this, as it involves assessing factors like hope, confidence, and alignment with the Stages of Change model (e.g., contemplation or preparation stages) to determine readiness for rehabilitation.

Option A (natural support system) is part of resource assessment, not readiness. Option C (skills and resources) relates to functional and resource assessments. Option D (hopes and dreams) informs goal-setting but is broader than the specific focus on commitment to change. The PRA Study Guide highlights commitment as central to readiness assessment, supporting Option B.

CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Task IV.A.2.

PRA Study Guide (2024), Section on Rehabilitation Readiness Assessment.

CPRP Exam Preparation & Primer Online 2024, Module on Assessment, Planning, and Outcomes.

# Question 8

Question Type: MultipleChoice

An individual and a practitioner identify that the individual has a history of feeling scared, disorganized, and isolated several weeks prior to psychiatric hospitalizations. The individual

wants to be alerted by the practitioner when the practitioner notices these signs. This information should be reflected in the:

## Options:

A- Strategic goal
B- Skills training plan
C- Overall rehabilitation goal
D- Rehabilitation plan

## Answer:

D

## Explanation:

This question aligns with Domain IV: Assessment, Planning, and Outcomes, which focuses on developing individualized rehabilitation plans that incorporate assessment findings, personal goals, and strategies to support recovery. The CPRP Exam Blueprint emphasizes that rehabilitation plans should include ''specific interventions, supports, and monitoring strategies to address identified needs and prevent adverse outcomes, such as hospitalization.'' The scenario involves incorporating a monitoring strategy (alerting the individual to early warning signs) into the individual's plan to prevent hospitalizations.

Option D: The rehabilitation plan is the comprehensive document that integrates assessment data, goals, interventions, and monitoring strategies tailored to the individual's needs. Including a strategy to alert the individual when signs of feeling scared, disorganized, or isolated are observed fits within the rehabilitation plan, as it addresses early intervention to prevent hospitalization. This aligns with person-centered planning principles.

Option A: A strategic goal typically outlines a broad, long-term outcome (e.g., maintaining stability), not specific interventions like monitoring and alerting.

Option B: A skills training plan focuses on teaching specific skills (e.g., coping or social skills), not monitoring or alerting strategies.

Option C: The overall rehabilitation goal is a high-level aim (e.g., living independently), not a detailed plan that includes specific interventions like alerting the individual to warning signs.

Extract from CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes):

''Tasks include: 2. Developing individualized rehabilitation plans that incorporate assessment findings and monitoring strategies. 3. Identifying early warning signs and interventions to prevent adverse outcomes, such as hospitalization.''

Psychiatric Rehabilitation Association (PRA). (2014). CPRP Exam Blueprint. Retrieved from PRA Certification Handbook.

PRA. (2024). CPRP Exam Preparation & Primer Online 2024 Course: Module 5 -- Assessment, Planning, and Outcomes.

Farkas, M., & Anthony, W. A. (2010). Psychiatric Rehabilitation Interventions: A Review. International Review of Psychiatry (recommended CPRP study literature, discusses rehabilitation planning).

## Question 9

Question Type: MultipleChoice

Readiness in rehabilitation refers to how

### Options:

A- developed an individual's skills are.
B- likely an individual is to follow through.
C- prepared an individual is to set a goal.
D- likely an individual is to succeed or fail.

### Answer:

C

### Explanation:

Rehabilitation readiness assesses an individual's preparedness to engage in goal-setting and pursue recovery-oriented objectives. The CPRP Exam Blueprint (Domain IV: Assessment, Planning, and Outcomes) defines readiness as the individual's capacity and motivation to identify and work toward specific goals (Task IV.A.2: 'Assess individual's stage of change and readiness for goal-setting'). Option C (prepared an individual is to set a goal) aligns with this, as readiness involves evaluating factors like hope, confidence, and willingness to define achievable rehabilitation goals, such as employment or education.

Option A (developed skills) focuses on abilities, not readiness, which is about motivation and mindset. Option B (likelihood to follow through) is an outcome of readiness, not its definition. Option D (likelihood to succeed or fail) is overly outcome-focused and not the primary focus of readiness assessment. The PRA Study Guide describes readiness as the precursor to effective goal-setting, supporting Option C.

CPRP Exam Blueprint (2014), Domain IV: Assessment, Planning, and Outcomes, Task IV.A.2.

PRA Study Guide (2024), Section on Rehabilitation Readiness Assessment.

CPRP Exam Preparation & Primer Online 2024, Module on Assessment, Planning, and Outcomes.

## Question 10

Question Type: MultipleChoice

Which of the following factors BEST contributes to wellness among individuals with psychiatric disabilities?

### Options:

A- Symptom self-management.
B- Utilizing natural supports and alternative healing programs.
C- Regular visits to medical specialists.
D- A self-defined balance of healthy habits and behaviors.

### Answer:

D

### Explanation:

Wellness in psychiatric rehabilitation is a holistic, person-centered concept that encompasses physical, emotional, and social well-being, driven by individual choice. The CPRP Exam Blueprint (Domain VII: Supporting Health & Wellness) emphasizes empowering individuals to define and pursue their own wellness through balanced, healthy habits (Task VII.A.1: 'Promote holistic wellness, including self-defined healthy habits and behaviors'). Option D (a self-defined balance of healthy habits and behaviors) aligns with this, as it reflects the individual's autonomy in choosing practices---such as exercise, nutrition, or social activities---that promote wellness tailored to their needs and preferences.

Option A (symptom self-management) is important but narrower, focusing on clinical aspects rather than holistic wellness. Option B (natural supports and alternative healing) is a component but less comprehensive than self-defined habits, which encompass a broader range of wellness practices. Option C (regular visits to medical specialists) is a clinical intervention, not the primary driver of wellness, which prioritizes self-directed health. The PRA Study Guide, referencing SAMHSA's Eight Dimensions of Wellness, underscores self-defined healthy habits as central to wellness, supporting Option D.

CPRP Exam Blueprint (2014), Domain VII: Supporting Health & Wellness, Task VII.A.1.

PRA Study Guide (2024), Section on Wellness Dimensions and Self-Directed Health.

CPRP Exam Preparation & Primer Online 2024, Module on Supporting Health & Wellness.

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