



JULIUS NYERERE SCHOOL OF SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

BACHELOR OF SCIENCE HONOURS DEGREE IN PSYCHOLOGY

LEVEL 1 SEMESTER 2

EXAMINATION QUESTION PAPER

MODULE CODE : PSYH123
MODULE NARRATION : ETHICS AND PROFESSIONAL PRACTICE
DATE : 2025
DURATION : 2 HOURS



INSTRUCTIONS TO CANDIDATES:

- 1. Answer all questions in Sections A and B.**
- 2. Answer one question from Section C.**

SECTION A: (50 Marks)

1. Which of the following is true about the use of deception in research?
 - A. It should never be used
 - B. If there is deception in a study, the participants may need to be debriefed
 - C. The use of deception must be outweighed by other benefits of the study
 - D. Both B and C are true
2. Each major mental health professional organization has its own code of ethics; however, most of these codes are
 - A. specific and informative, giving answers to all ethical dilemmas
 - B. broad and general and do not provide specific answers to ethical dilemmas
 - C. not necessary to obtain or read
 - D. old and outdated, not pertaining to current ethical dilemmas.
3. Being empathetic is considered a moral virtue. Empathy involves
 - A. Feeling sorry for someone
 - B. Putting others before yourself
 - C. Putting yourself in someone else's shoes
 - D. Putting yourself before others
4. As a helper, Sharise strives to be respectful of her clients, act with integrity, and promote human welfare. Sharise is.....
 - A. Ethical
 - B. Virtuous
 - C. Empathic
 - D. A counselling psychologist.
5. Informed consent generally requires that the counsellor should reveal to the client information about.....
 - A. the counsellor's credentials or training
 - B. alternative treatments
 - C. the potential benefits or detriments of treatment
 - D. all of the above
6. Which of the following are forms of physical harm that might affect participants in a psychology research project?
 - A. Accidental injury on equipment
 - B. Fatigue from activity
 - C. Altered consciousness or cognitive function due to abstention from normal activities such as eating
 - D. All of the above
7. Which of the following is **FALSE**?
 - A. The primary responsibility of the practitioner is to the referral source.
 - B. Nonprofessional counsellor-client relationships should be avoided when possible.
 - C. Services must be fully described and explained to clients before they consent to treatment.
 - D. Sexual intimacy with clients is unethical.
8. Informed consent generally requires that the counsellor should reveal to the client information about.....
 - A. the counsellor's credentials or training
 - B. alternative treatments
 - C. the potential benefits or detriments of treatment
 - D. all of the above
9. Expulsion or suspension of members from professional associations.....
 - A. has no effect on the member
 - B. cannot be appealed
 - C. is never reported in the journals of the professional associations
 - D. is a major sanction.
10. In an attempt to convince her young client to practice safe sex, Valerie fabricated her own statistics and facts about the hazards of unprotected sex. In this instance, Valerie violated the principle of.....
 - A. Fidelity
 - B. Veracity
 - C. Beneficence
 - D. Justice

11. How often must a psychologist's practicing certificate/license be renewed in Zimbabwe?
A. Every six months B. Every year C. Every five years D. Every ten years
12. Identify the correct listing of the six basic ethical principles in psychology practice
A. individuality, autonomy, beneficence, non-maleficence, justice, and fidelity
B. autonomy, beneficence, non-maleficence, justice, fidelity, and veracity
C. generativity, justice, individuality, liberty, veracity, and beneficence
D. justice, veracity, fidelity, consensuality, autonomy, and practicality
13. Providing equality of resources and opportunity for all people upholds the ethical principle of.....
A. veracity B. autonomy C. beneficence D. justice
14. The right of both the consumer and provider to make choices and take action, provided that the results do not adversely affect others, is the ethical principle of
A. Patience B. autonomy C. beneficence D. justice
15. Jimmy volunteers to coach a third grade baseball team. He notices that one of the players doesn't seem to get along with the other members of the team. He begins to use his helping skills to try to provide counselling services to this child before and after practice. Jimmy talks about the player's problems with the parents of the other team members because he wants to try to help the child. Which ethical principle could Jimmy be violating?
A. autonomy B. non-maleficence C. justice D. veracity
16. Ethics codes tend to be.....
A. reactive rather than proactive B. no longer relevant
C. clear and direct D. proactive rather than reactive.
17. A "dual relationship" occurs when
A. there is a competitive nature in the therapeutic relationship
B. someone in power interacts in two different roles with an individual who is less powerful and the potential for exploration or harm exists
C. there is a similarity between how the client perceives the helper and how the helper perceives the client.
D. the helper reminds the client of another important person in her or his life
18. When practitioners weigh multiple and often competing demands and goals, they must use
A. their attorneys to help them work through ethical issues
B. their former advisors as sounding boards
C. their professional judgment
D. common sense
19. Ethical codes are for exercising ethical responsibility.
A. unnecessary B. necessary, but not sufficient C. cookbooks D. non-limiting
20. Autonomy refers to.....
A. the promotion of self-determination and the freedom of clients to be self-governing within their social and cultural framework
B. avoiding doing harm to clients
C. the act of increasing client dependency
D. the process used to lead a client to a specific decision.
21. The ethical issue of "recognizing limits" refers to
A. driving under the speed limit B. not going over the established session fees
C. not practicing beyond the areas of one's competence D. all of the above

22. Which of the following are aims of the ethical codes by which psychology researchers operate?
- A. protection of participants from distress
 - B. protection of the researcher from harm
 - C. protection of organizations involved in research from legal consequences
 - D. all of the above
23. Which of the following is a situation where it is appropriate for a therapist to breach confidentiality?
- A. spouse inquiry
 - B. court order
 - C. insurance company order
 - D. relative asks a question
24. When colleagues engage in bullying, harassment, or emotional abuse of an individual within the workplace, this would be described as:
- A. a normal difference of opinion that occasionally occurs within a workplace
 - B. a case of mobbing within an organizational culture
 - C. relational issues that are normal when people work closely with one another
 - D. individuals who are experiencing conflict due to holding similar values
25. A counsellor's primary responsibility is to the.....
- A. third party referral source
 - B. judge who subpoenas a case file
 - C. competent client seen in individual or group counselling
 - D. professional setting (employer) where the counsellor works.
26. The idea of was affirmed by the Declaration of Helsinki, after Nazi doctors at concentration camps were found to have done harmful experiments on ethnic groups.
- A. moral responsibility
 - B. confidentiality and informed consent
 - C. Hippocratic Oath
 - D. all of the above
27. Objectively applying a system of ethical rules and principles that a counsellor may use to determine a right or moral decision about an ethical dilemma would be considered _____
- A. ethics of caring
 - B. virtue ethics
 - C. principle ethics
 - D. none of the above
28. Why is practice in solving mock ethical dilemmas, as well as working to address actual dilemmas under supervision of an educator or experienced supervisor/clinician important?
- A. Because ethical decision making skills are very easily learned.
 - B. Ethical situations happen infrequently and counselors shouldn't worry so much about them.
 - C. Ethical decision making skills do not come automatically or easily and require practice, supervision and diligence in learning.
 - D. Because you will never be able to come up with the "correct" answer.
29. The Tarasoff outcome directs the counsellor in which of the following actions when considering the safety of a third party?
- A. counselors are not responsible for warning third parties they may be in danger
 - B. counselors have a responsibility for third parties that they know may be in danger
 - C. cannot breach confidentiality no matter what the situation
 - D. may breach confidentiality only when suicide is involved
30. A formal complaint was filed against Harry for sexually harassing a female client. A repeat offender, he was previously warned that a major sanction would be imposed if he continued his unethical actions. The ethics committee of the professional association to which he belongs most likely recommended that Harry.....
- A. be suspended with pay for one week

- B. resign from his job
 C. work without supervision on his word that he will not harass any client again
 D. be expelled from the organization.
31. When practitioners weigh multiple and often competing demands and goals, they must use.....
 A. their attorneys to help them work through ethical issues
 B. their former advisors as sounding boards
 C. their professional judgment
 D. common sense.
32. Which of the following models of ethical decision making focuses primarily on the social aspects of decision making and redefines the process as being interactive rather than intrapsychic?
 A. Social constructionist model B. Transcultural integrative model
 C. Feminist model D. Socio-cultural model
33. Which of the following statements is true with regard to ethical codes?
 A. Issues can be handled solely by relying on ethics codes
 B. Conflicts sometimes emerge within ethics codes and among various organization codes
 C. Ethics codes tend to be proactive rather than reactive
 D. Codes do not conflict with institutional policies and practices.
34. Richard is counselling a male Asian client and is encouraging him to go to college even though he is expected to take care of his aging parents. Richard is violating the following basic moral principle in making ethical decisions
 A. non-maleficence B. autonomy C. beneficence D. fidelity
35. Psychologists in Zimbabwe are regulated by ethical codes of the.....
 A. Allied Health Practitioners Council of Zimbabwe
 B. Zimbabwe Psychological Association
 C. Zimbabwe Institute of Systemic Therapy
 D. Friendship Bench Zimbabwe
36. As a counsellor if the ethical values at your place of employment are in conflict with your professional ethics, what should you do?
 A. stay on the job because there are some things you cannot change
 B. talk with your co-workers about their thoughts
 C. seriously consider resigning from your position
 D. nothing, for there is nothing you can do about corporate culture
37. Which of the following focuses NOT ONLY on how professionals can harm clients, but also on how therapists can do better at helping clients?
 A. Mandatory ethics B. Principle ethics C. Aspirational ethics D. Positive ethics
38. The first essential step towards ethical decision making is
 A. identifying the problem or dilemma B. knowing the applicable laws
 C. choosing a solution D. reviewing the process.
39. The counsellor who asks the questions "Am I doing what is best for my client?" rather than "Is this situation unethical?" is functioning from which of the following ethical perspectives?
 A. Principle ethics B. Virtue ethics C. Value ethics D. Practical ethics

40. When practitioners devote a portion of their professional time and skills to services for which there is no expectation of significant financial return, they are
- A. using a sliding scale
 - B. being financially irresponsible
 - C. providing *pro bono* services
 - D. suffering from a martyr complex
41. Which of the following is a characteristic or specific criterion of a profession?
- A. Specialised knowledge
 - B. Intensive and continuous training
 - B. Licensure, accreditation and certification
 - D. All of the above
42. An exception to confidentiality for psychologists and counselors serving in the military exists and focuses on which area most clearly?
- A. responsibility to report generally negative attitudes of officers and enlisted personnel
 - B. report threats to military installations, weapons and integrity even when threats to specific persons have not been made
 - C. to report all counselling activities regardless of the content to their superiors on a regular basis
 - D. none of the above
43. What steps can you take to minimize the risk of psychological harm to participants in a psychology research study?
- A. Have a plan of what to do if someone cries during the study
 - B. Ask people to leave the room immediately if they seem distressed
 - C. Ask people to leave if they become angry during the study
 - D. None of the above
44. When assessing a client's potential for harm, Beauchamp and Childress recommend the counsellor assess primarily which elements?
- A. probability of harm
 - B. magnitude of harm
45. It is standard practice to destroy case records generally years after services have been terminated.
- A. 10-12
 - B. 2-4
 - C. 5-7
 - D. none of the above - by law case records are never to be destroyed.
46. Sexual or romantic feelings toward a client
- A. are the result of seductive behaviour on the part of the client and need to be ignored.
 - B. are an indicator that the client needs to be referred to another counsellor.
 - C. are unethical, counter therapeutic, and also illegal in many states
 - D. do not necessarily mean that the counsellor cannot effectively work with the client
47. Who amongst the following is NOT necessarily a professional?
- A. Medical Doctor
 - B. Engineer
 - C. Psychologist
 - D. Shopkeeper
48. Which of the following is the accrediting body for psychology practitioners in Zimbabwe?
- A. Zimbabwe Psychological Association
 - B. Allied Health Practitioners Council of Zimbabwe
 - C. Ministry of Health and Child Care
 - D. Health Professions Authority
49. Which professional should legitimately, by nature of standard training and practice, perform psychometric assessments?
- A. Mental Health Nurse
 - B. Counsellor
 - C. Psychologist
 - D. Social worker

50. Which of the following are aims of the ethical codes by which psychology researchers operate?
- A. protection of participants from distress
 - B. protection of the researcher from harm
 - C. protection of organizations involved in research from legal consequences
 - D. All of the above

SECTION B: (30 Marks)

1. Define the terms a) 'ethics' b) morals and c) 'law' [3 marks]
2. Write short notes on the following ethical issues in psychological practice:
 - a) Informed consent [4 marks]
 - b) Confidentiality [4 marks]
 - c) Competence [4 marks]
3. Define a 'profession' [2 marks]
4. Outline the characteristics of a profession [5 marks]
5. Briefly describe each of the following giving a relevant example:
 - a) Beneficence [2 marks]
 - b) Veracity [2 marks]
 - c) Nonmaleficence [2 marks]
 - d) Autonomy [2 marks]

SECTION C: (20 Marks)

1. 'Confidentiality in psychology practice is not absolute.' Discuss. [20 marks]
2. Illustrate the 8 step model of ethical decision making as suggested by Corey, et. al. (2010) [20 marks]

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