

## Chapter 2

### Multiple Choice

1. Practitioners engaged in evidence-based practice will:
  - a. be critical thinkers.
  - b. track down evidence as an ongoing lifelong part of their practice.
  - c. question things that are based on tradition or authority.
  - d. think for themselves as to the logic and evidence supporting what others may convey as practice wisdom.
  - e. All of these.

ANS: E      PG: 24-26   EPAS: 2.1.3

2. Evidence-based practitioners will
  - a. assume that evidence on practice effectiveness will find its way to them.
  - b. assume that the published studies they find are scientifically valid.
  - c. use research methods to evaluate whether the evidence-based actions they take are resulting in the outcomes they seek to achieve.
  - d. All of these.
  - e. None of these.

ANS: C      PG: 24-26   EPAS: 2.1.6

3. Evidence about practice effectiveness will
  - a. always be conclusive.
  - b. sometimes indicate what actions NOT to take.
  - c. usually indicate what is effective with every client or situation.
  - d. will point toward taking an action that the client is certain to want.

ANS: B      PG: 24-25   EPAS: 2.1.3

4. The evidence-based practice process
  - a. requires practitioners to employ interventions that have the best research support even if those interventions conflict with client values.
  - b. can involve decisions about the selection of assessment tools.
  - c. applies only to clinical decisions, NOT to practice decisions about communities or social policies.
  - d. All of these.

ANS: B      PG: 23-27   EPAS: 2.1.3

5. The evidence-based practice model
  - a. has historical precedents as old as social work.
  - b. emerged as a popular practice model in the mid 20<sup>th</sup> century.
  - c. reflects the long standing tendency of the vast majority of social work practitioners to use research studies to guide their practice.
  - d. All of these.

ANS: A PG: 24 EPAS: 2.1.3

6. An evidence-based practice question should
  - a. incorporate client characteristics.
  - b. always inquire about only one specific intervention.
  - c. never be altered in light of the evidence emerging in one's literature search.
  - d. always specify at least two alternative interventions in advance.

ANS: A PG: 27-28 EPAS: 2.1.3

7. An online search for evidence
  - a. should be restricted to one search term.
  - b. should be restricted to articles published in refereed journals, only.
  - c. can, for feasibility reasons, be limited to looking for systematic reviews emanating from searches already completed by others.
  - d. never be limited to looking for systematic reviews emanating from searches already completed by others.

ANS: C PG: 29-30 EPAS: 2.1.1

8. Which of the following statements is/are true about evidence-based practice
  - a. The studies at the top of the research hierarchy usually involve clients who are very much like those typically encountered in everyday social work practice.
  - b. Its proponents agree with its critics that it denigrates professional expertise and ignores client values and preferences.
  - c. Real-world obstacles often prevent implementing it thoroughly in everyday social work practice.
  - d. All of these.
  - e. None of these.

ANS: C PG: 35-37 EPAS: 2.1.10

9. Critical thinkers will:
  - a. Be willing to question and alter their own beliefs based on new experiences.
  - b. Be willing to question what those in authority assert as fact.
  - c. Question unstated assumptions underlying accepted practice wisdom.
  - d. All of these.

ANS: D PG: 24-25 EPAS: 2.1.3

10. EBP questions can ask:
  - a. . What intervention has the most likelihood of success?
  - b. What factors best predict desirable or undesirable outcomes?
  - c. What type of assessment tool should be used?
  - d. All of these.

ANS: D PG: 27 EPAS: 2.1.3

11. Which of the following statements is correct about evidence-based practice?

- a. It is a process.
- b. It is a list of interventions that will be effective with every client.
- c. It refers to decisions about intervention effectiveness, only.
- d. Idiosyncratic client attributes should be ignored when selecting the best intervention

ANS: A      PG: 22-24   EPAS: 2.1.3

12. Which of the following statements is correct about evidence-based practice?
- a. It is mainly a cost cutting tool.
  - b. It does not allow room for practitioner expertise to overrule the best evidence.
  - c. It calls for practitioners to make practice decisions based on the integration of their practice expertise, their knowledge of client attributes, and the best research evidence.
  - d. It has only two stages.

ANS: C      PG: 24-36

13. When searching for evidence, you should:
- a. Refrain from looking at web sites
  - b. Use only one search term.
  - c. Avoid systematic reviews.
  - d. Examine the Cochrane and Campbell Collaboration resources.

ANS: D      PG: 29-32   EPAS: 2.1.1

14. Evidence-base practice:
- a. Is a list of empirically supported interventions that practitioners should employ regardless of their practice judgment.
  - b. Is a process for making practice decisions based on integrating the best research evidence with practice expertise and knowledge of client attributes.
  - c. Is a process for making practice decisions based solely on research evidence.
  - d. Assures practice effectiveness.

ANS: B      PG: 24-36   EPAS: 2.1.6

**True/False**

1. The evidence-based practice model encourages practitioners to integrate scientific evidence with their practice expertise.

ANS: T      PG: 26      EPAS: 2.1.3

2. The term *evidence-based practice* is an extension of the term *evidence-based medicine*, which predated it.

ANS: T      PG: 24      EPAS: 2.1.3

3. Critical thinking is part of evidence-based practice.

ANS: T      PG:      24      EPAS: 2.1.3

4. If an intervention has been supported by the best evidence, then it is safe to assume that it will be effective with a particular client.

ANS: F      PG:      26, 32      EPAS: 2.1.3

5. All evidence-based practice questions should ask about a particular intervention in advance of the search for evidence.

ANS: F      PG:      27-28      EPAS: 2.1.10

6. The top-down approach to searching for evidence has the advantage of feasibility but can be risky in light of the fallibility and possible bias of experts.

ANS: T      PG:      30-31      EPAS: 2.1.3

7. The top-down and bottom-up approaches to searching for evidence are mutually exclusive.

ANS: F      PG:      31      EPAS: 2.1.3

8. Social workers commonly work in settings where superiors do not understand or appreciate evidence-based practice and do not give practitioners enough time or other resources to carry out the evidence-based practice process.

ANS: T      PG:      37      EPAS: 2.1.1

9. Even if an intervention has been supported by exceptionally strong research evidence, practitioners need to evaluate whether that intervention has been the best choice for their particular client.

ANS: T      PG:      34      EPAS: 2.1.3

10. Evidence-based practice implies career-long learning.

ANS: T      PG:      25      EPAS: 2.1.1

11. Evidence-based practice applies to decisions made at all levels of practice, even at the policy level.

ANS: T      PG:      27      EPAS: 2.1.3

12. Suppose that Jane Doe, MSW properly engages in all of the steps of the EBP process, and then decides that the best evidence indicates that the quality of the therapeutic alliance explains all the variation in client outcome and that the intervention chosen explains none of the variation. In other words, she accepts the Dodo Bird verdict,

based on the studies that supported that verdict. This would mean that Jane is **NOT** really being evidence-based in her practice.

ANS: F PG: 37-38 EPAS: 2.1.3

### Essay

1. Explain why the evidence-based practice process is important even if no quality outcome studies have ever been conducted that pertain to a client or particular practice situation. (Hint: The last phase of the evidence-based practice process should be an important part of your essay).

ANS: N/A PG: 34

2. Explain why the evidence-based practice process is thought by some to be an overly restrictive cookbook approach that hinders the treatment alliance and why others counter that such a notion is based on a misconception of the evidence-based practice process.

ANS: N/A PG: 35

3. Explain why the evaluation phase (the final phase) of the evidence-based practice process is important even when applying an intervention that has been supported by the best research evidence.

ANS: N/A PG: 34

4. Compare and contrast the advantages and disadvantages of the bottom-up and top-down approaches to searching for evidence.

ANS: N/A PG: 30-31

5. Summarize the common factors and dodo bird argument against EBP, and then summarize the counter argument in favor of EBP.

ANS: N/A PG: 37-38