

# Mindful Continuing Education

## Ethical Principles in Behavior Health: Implicit Bias

1. Stereotypes, prejudice and discrimination are all forms of

- A. explicit bias
  - B. implicit bias
  - C. unconscious bias
  - D. organizational bias
- 

2. Which type of bias is often subtle and outside the person's conscious awareness?

- A. Explicit bias
  - B. Implicit bias
  - C. Conscious bias
  - D. Organizational bias
- 

3. What number of providers hold some form of implicit bias against a marginalized group?

- A. 1/4
  - B. 1/3
  - C. 1/2
  - D. 2/3
- 

4. Health professionals generally exhibit which of the following toward clients with mental illness?

- A. A positive therapeutic alliance
  - B. Person-centered care
  - C. Microaggressions
  - D. Cultural competency
- 

5. Disproportionate contact with the criminal justice system may be caused by implicit bias that assumes all abnormal behavior is:

- A. illicit
  - B. antisocial
  - C. intentional
  - D. dangerous
-

**6. People need to have what type of motivation for change to happen?**

- A. internal**
  - B. extrinsic**
  - C. conscious**
  - D. reward-based**
- 

**7. The connection between implicit biases and overt behaviors can be decreased with which type of thinking?**

- A. Impartial and receptive**
  - B. Conscious and deliberative**
  - C. Informed and responsive**
  - D. Subjective and perceptive**
- 

**8. One way to lower the chances of biases being activated is**

- A. participating in appropriate professional development**
  - B. maintaining relationships with ingroup members**
  - C. having positive interactions with other groups' members**
  - D. being more aware of specific standards**
- 

**9. Which of the following is NOT an accurate statement about the Implicit Association Test (IAT)?**

- A. The IAT measures attitudes and beliefs that an individual may not be aware of or may be unwilling or unable to report**
  - B. It calculates how quickly people associate different terms with each other, such as good or bad**
  - C. IAT software calculates a bias score based on the reaction times needed to perform certain tasks**
  - D. According to Project Implicit, the Race IAT has been taken over 3 million times and 55% of test takers demonstrate an automatic white preference**
- 

**10. In order to address institutional unconscious bias, organizations must commit to**

- A. creating a culture shift**
  - B. developing safe spaces for all**
  - C. enforcing non-discriminatory practices**
  - D. ensuring a diverse workforce**
-

**Visit us at <https://www.mindfulceus.com>**