

**Sexual Assault Advocate/Counselor Training
Pre-/Post-Assessment (With Answers)**

1. Most rapes result in:
 - a. No physical injury
 - b. Minor physical injury
 - c. Severe genital injury
 - d. Severe internal and genital injury

2. If an advocate suspects that a victim is psychotic, one of the questions the advocate might ask first is :
 - a. "Were you sexually assaulted?"
 - b. "Do you know where you are right now?"
 - c. "Did you know your assailant?"
 - d. "Are you okay?"

3. Which of the following definitions *best* describes compassion fatigue?
 - a. The physical and mental stress that accompanies working with victims of crime
 - b. The occasional feeling of depression that often comes from hearing about upsetting or very sad situations
 - c. Chronic psychological distress that usually culminates in physical symptoms
 - d. The enduring negative psychological consequence of exposure to the traumatic experiences of victims

4. What should the advocate do if a victim appears to be avoiding thinking or talking about the sexual assault?
 - a. The advocate should help the victim understand that the process of facing their thoughts and fears is necessary
 - b. The advocate should accept the victim's avoidance coping strategy until the victim is ready to talk about the assault, regardless of how long it takes
 - c. The advocate should encourage the victim's avoidance coping strategy if that's what the family thinks is best
 - d. All victims are different in how they cope; the advocate should let the victim deal with the assault however they choose

5. Crisis intervention theory generally indicates that the crisis period for a rape victim is:
 - a. The first 24 hours after a sexual assault
 - b. The first 36 hours after a sexual assault
 - c. The first 72 hours after a sexual assault
 - d. 1 week after a sexual assault

6. The risk of a sexually transmitted disease as a result of a rape is:
 - a. Negligible
 - b. Relatively low
 - c. Relatively high
 - d. Very high in the case of HIV

7. One of the differences between vicarious traumatization and compassion fatigue is that vicarious traumatization:

- a. Occurs more frequently in advocates who work primarily with sexual assault victims
 - b. Can emerge suddenly
 - c. Does not result in physical symptoms
 - d. Does not have as severe an effect on the advocate
8. Two of the primary components of Recovery Education and Skills Training (REST) are Crisis Intervention and Education; the other two are:
 - a. Immediate Counseling and Ongoing Support
 - b. Counseling and Assessment
 - c. Supportive Counseling and Skills Training
 - d. Training and Long-Term Counseling
9. Which part of the brain holds our thoughts and memories, and helps us manage our emotions and reflect on our behavior?
 - a. The amygdala
 - b. The hippocampus
 - c. The brain stem
 - d. The prefrontal cortex
10. The advocate should make referrals to mental health professionals if the victim is:
 - a. Extremely angry with the assailant
 - b. Able to return to work but remains sad for several days
 - c. Unable to function socially for more than a few days following the assault
 - d. Talking a great deal about the sexual assault
11. One overriding tenet of advocacy in sexual assault is to:
 - a. Provide HIV and pregnancy referrals
 - b. Interview the victim to determine the truth
 - c. Listen to victims and believe their stories
 - d. Contact law enforcement on behalf of the victim
12. All of the following are usually members of a Sexual Assault Response Team (SART) *except*:
 - a. Law enforcement
 - b. Rape crisis/sexual assault advocate
 - c. Medical personnel
 - d. The sexual assault victim's immediate relatives
13. Victims of sexual assault who are most likely to seek medical care are:
 - a. Victims who have high levels of social support
 - b. Victims of more severe or multiple crimes
 - c. Victims who had support from sexual assault advocates
 - d. Victims who had little psychological trauma
14. All of the following are basic elements of a posttraumatic stress disorder *except*:
 - a. Flashbacks or intrusive memories
 - b. Avoidance and numbness
 - c. Decreased arousal (low startle response)
 - d. Presence of symptoms for at least 1 month with significant distress

15. The *primary* role of a Sexual Assault Nurse Examiner (SANE) is to:
- Complete a medical-forensic examination of rape victims
 - Interview victims to provide suspect information to law enforcement
 - Provide counseling to sexual assault victims
 - Testify about the forensic evidence collected
16. The brain circuitry that give us the feeling of connection to other people is the:
- Satisfaction circuitry
 - Seeking circuitry
 - Embodiment circuitry
 - Fear circuitry
17. Assisting a rape victim through the criminal justice system might involve all of the following *except*:
- Providing victims with information during the medical-forensic exam
 - Accompanying victims when they make a law enforcement statement
 - Accompanying the victim to speak with the judge
 - Supporting family members
18. By middle school, how do most boys differ from girls?
- They are less aware and less empathetic than girls
 - They are more vocal and responsive than girls
 - They are more aware of their effects on others
 - There is no significant difference between boys and girls at this age
19. Using current techniques, GHB and Rohypnol can be identified up to how many hours after ingestion?
- 12 hours
 - 24 hours
 - 48 hours
 - 72 hours
20. All of the following are “red flags” that are common to drug-facilitated sexual assault *except*:
- The victim had only one or two drinks but appeared intoxicated very quickly
 - The victim woke up 8 or more hours later with vaginal soreness but no memory of having had sex
 - The victim remembers waking up briefly and seeing the assailant then passing out again
 - The victim is in his or her late 20s or early 30s
21. Approximately what percentage of rapes and sexual assaults were reported to law enforcement in 2011?
- 15 percent
 - 27 percent
 - 48 percent
 - 70 percent
22. In 2011 forcible rape accounted for approximately what percentage of violent crimes reported to law enforcement?
- 3 percent

- b. 7 percent
 - c. 12 percent
 - d. 18 percent
23. What is the difference between sexual assault of a male and sexual assault of a female?
- a. Sexual assault is generally much more emotionally difficult for females
 - b. Sexual assault is much more physically difficult for males because violence and injury is almost always involved
 - c. Sexual assault harms males and females in ways that are similar and different but equally harmful
 - d. In terms of both emotional and physical effects, sexual assault is very much the same for males as it is for females
24. When a sexual assault victim calls a crisis hotline, the first things the advocate should do are identify the caller's immediate concerns and:
- a. Explain the services that can be offered
 - b. Establish the victim's safety
 - c. Address practical issues
 - d. Encourage the victim to come in
25. Which of the following statements is true of sexual assault?
- a. Elderly victims almost always report sexual assaults when they occur
 - b. Children and teens are most often assaulted by strangers
 - c. Spousal and partner rape is sometimes treated differently than other forms of rape in a jurisdiction's laws
 - d. The definition of rape is consistent among states
26. Which of the following is a common myth about rape?
- a. Rape cannot happen in same-gender relationships
 - b. Women can be raped by their husbands
 - c. Most child molesters are under the age of 30
 - d. Men can be raped
27. Which of the following statements is true of men who are sexually assaulted?
- a. They are highly unlikely to report their victimization
 - b. They report their victimization with about the same frequency as females
 - c. They are slightly more likely than females to report their victimization
 - d. They are highly likely to report their victimization
28. A female student who was sexually assaulted at a fraternity party is afraid to attend a class she has with two of her attackers. Is this incident considered harassment under Title IX?
- a. No, Title IX only applies to discrimination
 - b. No, Title IX only applies to equal access to athletic opportunities
 - c. Yes, Title IX permits all students fair and equal access to education and the assault has prevented her from attending class
 - d. Yes, Title IX applies but only if the student files a formal grievance process
29. Although time may vary depending on local policy, most medical-forensic exams are conducted within:

- a. 36 hours
 - b. 24 to 48 hours
 - c. 36, 48, or 72 hours
 - d. 72, 96, or 120 hours
30. Sexual assault has been identified as the most common cause of which of the following psychological issues in women?
- a. Posttraumatic stress disorder
 - b. Depression
 - c. Suicidal ideation
 - d. Anxiety
31. The most commonly used substance used to facilitate a sexual assault is:
- a. Alcohol
 - b. Ecstasy
 - c. Barbiturates
 - d. Rohypnol
32. One of the responsibilities of a Sexual Assault Nurse Examiner (SANE) is:
- a. Testifying to things the victim told the SANE during the medical exam
 - b. Asking the victim to sign a release of all health-related information
 - c. Obtaining information on the victim's previous sexual history
 - d. Disclosing the limits of confidentiality after obtaining information from the victim
33. Which of the following legislation requires a college campus' security department to maintain a public log of all crimes reported to them?
- a. Violence Against Women Act Amendments
 - b. Campus SaVE
 - c. The Clery Act
 - d. Title IX
34. All of the following are often effects of compassion fatigue *except*:
- a. Negative changes in how the world is viewed
 - b. Disruptions in eating and sleeping habits
 - c. Strengthening of faith or spirituality
 - d. The inability to manage personal relationships
35. The survival reflex that causes a victim to be unable to move or speak is called:
- a. Dissociation
 - b. Tonic immobility
 - c. Collapsed immobility
 - d. Freeze reaction