

National psychology exam recommended reading list

Published 05 September 2025

This reading list is provided to help candidates prepare for the national psychology examination (NPE). The texts are not mandatory. Other resources are of comparable quality and relevance as those on this list.

The recommended readings are organised according to their relevance to curriculum domains. Sections of some publications are noted as particularly relevant.

The recommended reading list is updated from time to time as new editions and other resources become available. Supervisors and examination candidates should check the website regularly.

The Board welcomes recommendations for the list. They can be sent to: psychologychair@ahpra.gov.au.

All curriculum domains (ethics, assessment, intervention, communication)

Australian Indigenous Psychology Education Project (AIPEP). Retrieved from <http://www.indigenoussyched.org.au/>

Agterén, J., Iasiello, M., Lo, L., Bartholomaeus, J., Kopsaftis, Z., Carey, M., & Kyrios, M. (2021). A systematic review and meta-analysis of psychological interventions to improve mental wellbeing. *Nature human behaviour*, 5, 631-652. Retrieved from: <https://www.nature.com/articles/s41562-021-01093-w>

Dogra, N., Parkin, A., Warner-Gale & Frake, C. (2018). *A multidisciplinary handbook of child and adolescent mental health for front-line professionals* (3rd ed.) London, U.K.: Jessica Kingsley Publishers.

International Declaration of Core Competences in Professional Psychology (2016). Retrieved from <https://www.iupsys.net/wp-content/uploads/2021/09/the-international-declaration-on-core-competences-in-professional-psychology-1.pdf>

Psychology Board of Australia. Code of Conduct for Psychologists. Retrieved from <https://www.psychologyboard.gov.au/Standards-and-Guidelines/Professional-practice-standards/Code-of-conduct>

Tujague, N., & Ryan, K. (2022). *Cultural Safety in Trauma-Informed Practice from a First Nations Perspective: Billabongs of Knowledge*. Palgrave Macmillan.

Curriculum domains 1 (ethics) and 4 (communication)

American Psychological Association (2020). *Publication manual of the American Psychological Association* (7th ed.). Washington, D.C.: American Psychological Association.

Australian Psychological Society (2007) *APS Code of Ethics*. Retrieved from <https://www.psychology.org.au/About-Us/What-we-do/ethics-and-practice-standards/APS-Code-of-Ethics>

Australian Health Practitioner Regulation Agency
National Boards

GPO Box 9958 Melbourne VIC 3001 Ahpra.gov.au 1300 419 495

Ahpra and the National Boards regulate these registered health professions: Aboriginal and Torres Strait Islander health practice, Chinese medicine, chiropractic, dental, medical, medical radiation practice, midwifery, nursing, occupational therapy, optometry, osteopathy, paramedicine, pharmacy, physiotherapy, podiatry and psychology.

- Australian Psychological Society. *APS Ethical Guidelines*. Retrieved from <https://www.psychology.org.au/About-Us/What-we-do/ethics-and-practice-standards>
- Boyle, C. & Gamble, N. (2014). *Ethical practice in applied psychology*. Melbourne: Oxford University Press.
- Robinson, L., Saisan, J. & Segal, J. (2021, January). *Elder abuse*. Retrieved from <http://www.helpguide.org/articles/abuse/elder-abuse-and-neglect.htm>
- Frankcom, K., Stevens, B. & Watts, P. (2016). *Fit to practice: Everything you wanted to know about starting your own psychology practice in Australia but were afraid to ask*. Samford Valley, QLD: Australian Academic Press.
- Health Practitioner Regulation National Law Act of 2009. Retrieved from <https://www.ahpra.gov.au/about-ahpra/what-we-do/legislation>
- Particularly relevant:
- Part 7: Registration of health practitioners,
 - Part 8: Health, performance and conduct.
- Kennedy, R., Richards, & J., Leiman, T. (2016). *Integrating human service law, ethics and practice* (4th ed.). South Melbourne, VIC: Oxford University Press.
- Morrissey, S., Reddy, P., Davidson, G. & Allan, A. (Eds.) (2015). *Ethics and professional practice for psychologists* (2nd ed.). Melbourne, VIC: Cengage Learning Australia.
- Schneider, W.J., Lichtenberger, E.O., Mather, N. & Kaufman, N.L. (2018). *Essentials of assessment report writing* (2nd ed.). New Jersey: Wiley & Sons Inc.
- Psychology Board of Australia (PsyBA) Code of Conduct for psychologists (Advance copy. Date of effect 1 December 2025). Retrieved from <https://www.psychologyboard.gov.au/Standards-and-Guidelines/Professional-practice-standards/Code-of-conduct>
- Psychology Board of Australia (PsyBA) Standards and Guidelines. Retrieved from <http://www.psychologyboard.gov.au/Standards-and-Guidelines.aspx>
- Particularly relevant:
- *Guidelines for mandatory notifications*
 - *Guidelines on continuing professional development*
 - *Guidelines for advertising regulated health services*
 - *Professional indemnity insurance arrangements registration standard*
 - *Recency of practice registration standard*
 - [Social media policy](https://www.ahpra.gov.au/publications/social-media-guidance)<https://www.ahpra.gov.au/publications/social-media-guidance>
- Victims of Crime. State and territory websites. Retrieved from:
- <http://www.victimsupport.act.gov.au>
 - <http://www.victimsservices.justice.nsw.gov.au>
 - <https://nt.gov.au/law/crime/financial-help-for-victims-of-crime/crime-victims-services-unit-contacts>
 - <https://www.qld.gov.au/law/crime-and-police/victims-and-witnesses-of-crime>
 - <http://www.voc.sa.gov.au>
 - <https://www.justice.tas.gov.au/victims/services/victims-of-crime-service>
 - <http://www.victimsofcrime.vic.gov.au>
 - <http://www.victimsofcrime.wa.gov.au>

Curriculum domains 2 (assessment) and 3 (intervention)

Candidates should refer to the test publisher's manuals for the relevant tests.

- American Psychiatric Association (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text revision). Washington, DC: American Psychiatric Association.
- Australian Psychological Society (2018). *Practice guide for the use of psychological tests and instruments*. Retrieved from <https://www.psychology.org.au/for-members/resource-finder/resources/assessment-and-intervention/Tests-and-testing-guides/use-of-psychological-tests>
- Bringhurst, D.L., Watson, C.W., Miller, S.D. & Duncan, B.L. (2006). The reliability and validity of the Outcome Rating Scale: A replication study of a brief clinical measure. *Journal of Brief Therapy*, 5 (1), 23-30. Retrieved from <http://www.scottdmiller.com/wp-content/uploads/JBTORSReplication.pdf>
- Broda, C., & Ohrt, J. (2025). Examining the dimensionality, internal consistency, and invariance of the Depression Anxiety and Stress Scale. *Psychological Reports*, 0(0), 1–22.
<https://doi.org/10.1177/00332941241313105>
- Cooper, J.O., Heron, T.E. & Heward, W.L. (2020). *Applied behavior analysis* (3rd Global ed.). New Jersey: Pearson.
- Particularly relevant:
- Chapter 2 Basic concepts and principles
 - Chapter 27 Functional behavior assessment.
- Cormier, S., Nurius, P. & Osborn, C.J. (2016). *Interviewing and change strategies for helpers*. (8th ed.). USA: Brooks/Cole, Cengage Learning.
- Crawford, J., Cayley, C., Lovibond, P.F., Wilson, P.H. & Hartley, C. (2011). Percentile norms and accompanying interval estimates from an Australian general adult population sample for self-report mood scales (BAI, BDI, CRSD, CES-D, DASS, DASS-21, STAI-X, STAI-Y, SRDS, and SRAS). *Australian Psychologist*, 46, 3-14.
- Dewan, M.J., Steenbarger, B.N. & Greenberg, R.P. (2017). *The art and science of brief psychotherapies: A Practitioner's Guide* (3rd ed.). VA: American Psychiatric Publishing, Inc.
- Dudgeon, P., Chan, J., Cheuk, G., Mia, T., Robotham, J. and the Australian Institute of Health and Welfare (2025). Preventing suicides of First Nations people, catalogue number IMH 29, AIHW, Australian Government. <https://www.indigenouismhspc.gov.au/publications/suicide-prevention>
- Flanagan, D.P. & Alfonso, V.C. (2017). *Essentials of WISC-V assessment*. New Jersey, USA: John Wiley & Sons.
- Groth-Marnat, G. & Wright, A.J. (2016). *Handbook of psychological assessment* (6th ed.). New Jersey: Wiley & Sons Inc.
- K-10 Information. Retrieved from:
<http://www.abs.gov.au/ausstats/abs@.nsf/lookup/4817.0.55.001Chapter92007-08>
- Leahy, R.L., Holland, S.J. & McGinn, L.K. (2012). *Treatment plans and interventions for depression and anxiety disorders* (2nd ed.). New York: The Guilford Press.
- Lichtenberger, E.O. & Kaufman, A.S. (2013) *Essentials of WAIS-IV assessment* (2nd Ed). New Jersey: Wiley & Sons Inc.
- Maxwell, C., Chapman, E., & Houghton, S. (2024). Validity of the Strengths and Difficulties Questionnaire for Screening and Diagnosis in Western Australian Adolescents. *Diagnostics*, 14(21), 2433.
<https://doi.org/10.3390/diagnostics14212433>
- Mental Status Exam:
- Brain Calipers: *Principles of the Mental Status Examination*. Retrieved from
http://www.psychler.com/images/Brain_Calipers.pdf
- Morey, L.C. (2003). *Essentials of PAI assessment*. New Jersey: Wiley & Sons Inc.

O'Donovan, A., Casey L., van der Veen, M. & Boschen, M. (2013). *Psychotherapy - An Australian perspective*. East Hawthorn VIC: IP Communications.

Patient Health Questionnaire (PHQ-9) Screeners. Retrieved from <https://www.phqscreeners.com>

Pisani, A. R., Murrie, D. C., Silverman, M., & Turner, K. (2022). Prevention-oriented risk formulation: Updaten and expansion. In M. Pompili (Ed.), *Suicide risk assessment and prevention* (pp. 119–145). Springer Nature Switzerland AG. https://doi.org/10.1007/978-3-030-42003-1_13

Puac-Polanco, V., Ziobrowski, H.N., Zainal, N.H., Sampson, N.A., & Kessler, R.C. (2025). K10 and K6 Scales. In Krageloh, C.U., Alyami, M., & Medvedev, O.N. *Update to International Handbook of Behavioral Health Assessment* (pp.1-30). Doi: <https://doi.org/10.1007/978-3-030-89738-3>

eBook ISBN978-3-030-89738-3

Raising Children Network. (2024). Retrieved from <https://raisingchildren.net.au>

SNAICC – National Voice for our Children. (n.d.). Retrieved from <https://www.snaicc.org.au>

Thomas, J.C. & Hersen, M. (2011). *Understanding research in clinical and counseling psychology* (2nd ed.). New York: Routledge.

Teyber, E. & Holmes Teyber, F. (2016). *Interpersonal process in therapy: an integrative model* (7th ed.). USA: Cengage Learning US.

Vugteveen J, de Bildt A, Timmerman ME. Normative data for the self-reported and parent-reported Strengths and Difficulties Questionnaire (SDQ) for ages 12-17. *Child Adolesc Psychiatry Ment Health*. 2022 Jan 18;16(1):5. doi: 10.1186/s13034-021-00437-8. PMID: 35042556; PMCID: PMC8764849.

Edward, K.-L., & Alderman, C. (2013). *Psychopharmacology: Practice and contexts* [E-book edition]

Zarit, S.H. & Zarit, J.M. (2011). *Mental disorders in older adults: Fundamentals of assessment and treatment* (2nd ed.). New York: Guilford Press. Particularly relevant: Chapter 2, 3, 7 and 8.

Publication dates of the reading list

This is the September 2025 version of the recommended reading list. Previous editions of the recommended readings list were published in:

- January and July 2012
- December 2013
- July and December 2014
- July and December 2015
- July and December 2016
- July and December 2017
- July and December 2018
- August 2019
- August 2020
- June 2021
- March and September 2023
- February and August 2024
- February 2025

New resources

The following resources are new as of September 2025.

Agteren, J., Iasiello, M., Lo, L., Bartholomaeus, J., Kopsaftis, Z., Carey, M., & Kyrios, M. (2021). A systematic review and meta-analysis of psychological interventions to improve mental wellbeing.

Nature human behaviour, 5, 631-652. Retrieved from: <https://www.nature.com/articles/s41562-021-01093-w>

Broda, C., & Ohrt, J. (2025). Examining the dimensionality, internal consistency, and invariance of the Depression Anxiety and Stress Scale. *Psychological Reports*, 0(0), 1–22.
<https://doi.org/10.1177/00332941241313105>

Dudgeon, P., Chan, J., Cheuk, G., Mia, T., Robotham, J. and the Australian Institute of Health and Welfare (2025). Preventing suicides of First Nations people, catalogue number IMH 29, AIHW, Australian Government. <https://www.indigenoussmhspc.gov.au/publications/suicide-prevention>

Maxwell, C., Chapman, E., & Houghton, S. (2024). Validity of the Strengths and Difficulties Questionnaire for Screening and Diagnosis in Western Australian Adolescents. *Diagnostics*, 14(21), 2433.
<https://doi.org/10.3390/diagnostics14212433>

Pisani, A. R., Murrie, D. C., Silverman, M., & Turner, K. (2022). Prevention-oriented risk formulation: Updaten and expansion. In M. Pompili (Ed.), *Suicide risk assessment and prevention* (pp. 119–145). Springer Nature Switzerland AG. https://doi.org/10.1007/978-3-030-42003-1_13

Psychology Board of Australia (PsyBA) Code of Conduct for psychologists (Advance copy. Date of effect 1 December 2025). Retrieved from <https://www.psychologyboard.gov.au/Standards-and-Guidelines/Professional-practice-standards/Code-of-conduct>

Puac-Polanco, V., Ziobrowski, H.N., Zainal, N.H., Sampson, N.A., & Kessler, R.C. (2025). K10 and K6 Scales. In Krageloh, C.U., Alyami, M., & Medvedev, O.N. *Update to International Handbook of Behavioral Health Assessment* (pp.1-30). Doi: <https://doi.org/10.1007/978-3-030-89738-3>

eBook ISBN978-3-030-89738-3

Raising Children Network. (2024). Retrieved from <https://raisingchildren.net.au/>

SNAICC – National Voice for our Children. (n.d.). Retrieved from <https://www.snaicc.org.au/>

Usher, K., Foster, K. & Bullock, S. (2008). *Psychopharmacology for health professionals*. NSW: Elsevier Australia

Vugteveen J, de Bildt A, Timmerman ME. Normative data for the self-reported and parent-reported Strengths and Difficulties Questionnaire (SDQ) for ages 12-17. *Child Adolesc Psychiatry Ment Health*. 2022 Jan 18;16(1):5. doi: 10.1186/s13034-021-00437-8. PMID: 35042556; PMCID: PMC8764849.

Retired resources

The following resources were from the previous version of the recommended reading list (February 2025). They have been retired from the current list.

Australian Psychological Society (2018). *Evidence-based psychological interventions in the treatment of mental disorders: A review of the literature*. (4th edition). Retrieved from <https://www.psychology.org.au/getmedia/23c6a11b-2600-4e19-9a1d-6ff9c2f26fae/Evidence-based-psych-interventions.pdf>

Allan, A., & Love, A. (2010). *Ethical practice in psychology: Reflections from the creators of the APS code of ethics*. United Kingdom: Wiley & Sons Inc. Particularly relevant: Chapter 10 and 11.

Grenyer, B.F.S. & Lewis, K. (2012). Prevalence, prediction and prevention of psychologist misconduct. *Australian Psychologist*, 47, 68-76.

Kämpf, A., McSherry, B., Ogloff, J. & Rothschild, A. (2009). *Confidentiality for mental health professionals: A guide to ethical and legal principles*. Bowen Hills: Australian Academic Press. Particularly relevant: Chapter 1 and 7.

Kennedy, R. (2008). *Allied health professionals and the law*. Sydney: Federation Press. Particularly relevant - Chapter 6, 9, 10, 11 and 12.

- Kessler, R.C., Barker, P.R., Colpe, L.J., Epstein, J.F., Gfroerer, J.C., Hiripi, E. et al. (2003). Screening for serious mental illness in the general population. *Archives of General Psychiatry*, 60 (2), 184-189. Retrieved from: <https://jamanetwork.com/journals/jamapsychiatry/fullarticle/207204>
- Kroenke, K., Spitzer, R.L., Williams, J.B.W. & Löwe, B. (2010). The Patient health questionnaire somatic anxiety and depressive symptom scales: A systematic review. *General Hospital Psychiatry*, 32 (4), 345-359.
- Lovibond, S.H. & Lovibond, P.F. (1995). *Manual for the Depression Anxiety Stress Scales* (2nd ed.). NSW: Psychology Foundation Monograph. Retrieved from <http://www2.psy.unsw.edu.au/dass>
- Mellor, D. (2005). Normative data for the Strengths and Difficulties Questionnaire in Australia. *Australian Psychologist*, 40, 215-222.
- National Drug and Alcohol Research Centre, University of NSW (2015). *Suicide assessment kit (SAK)*. Retrieved from <https://ndarc.med.unsw.edu.au/suicide-assessment-kit>
- Rudd, M.D. (2006). *The assessment and management of suicidality*. USA: Professional Resource Press.
- Slade, T., Grove, R. & Burgess, P. (2011). Kessler Psychological Distress Scale: Normative data from the 2007 Australian national survey of mental health and wellbeing. *The Australian and New Zealand journal of psychiatry*, 45, 308-16.
- Strengths and Difficulties Questionnaire. Retrieved from <http://www.sdqinfo.org>

Updated editions

The following resources listed on previous versions of the recommend reading list have been updated with the most recent edition. Please note that while candidates should use the new editions now, there is a two-year transition period for previous versions and editions.

- American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC: American Psychiatric Association.
- American Psychiatric Association. (2000). *Diagnostic and Statistical Manual of Mental Disorders* (4th ed., text revision). Washington, DC: Authors. (Outside of transition period).
- American Psychological Association (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, D.C.: American Psychological Association. (Transition period ends August 2022)
- Australian Psychological Society (2016). *Practice guide for the use of psychological tests and instruments*. Retrieved from <https://www.psychology.org.au/for-members/resource-finder/resources/assessment-and-intervention/Tests-and-testing-guides/use-of-psychological-tests> (Transition period ended August 2022)
- Cooper, J.O., Heron, T.E. & Heward, W.L. (2007). *Applied behavior analysis* (2nd ed.). New Jersey: Pearson.
- Particularly relevant:
- Chapter 2 Basic concepts (p. 24-46)
 - Chapter 24 Functional behavior assessment (p. 500-524). (Transition period ends August 2022).
- Cormier, S.P. & Nurius, et al. (2009). *Interviewing and change strategies for helpers: Fundamental skills and cognitive behavioral interventions* (6th ed.). USA: Brooks/Cole, Cengage Learning. (Retired in December 2015). (Outside of transition period).
- Cormier, S., Nurius, P. & Osborn, C.J. (2013). *Interviewing and change strategies for helpers*. (7th ed.). USA: Brooks/Cole, Cengage Learning. (Transition period ends August 2022)

- Dewan, M.J., Steenbarger, B.N., & Greenberg, R.P. (2004). *The art and science of brief psychotherapies: A practitioner's guide*. VA: American Psychiatric Publishing, Inc. Particularly relevant: Chapter 2 - 7, 10. (Outside of transition period).
- Dewan, M.J., Steenbarger, B.N. & Greenberg, R.P. (2012). *The art and science of brief psychotherapies: An illustrated guide* (2nd ed.). VA: American Psychiatric Publishing, Inc. Particularly relevant: Chapter 2 and 8. (Transition period ends 2022).
- Flanagan, D.P. & Kaufman, A.S. (2009). *Essentials of WISC-IV assessment* (2nd ed.). New Jersey: Wiley & Sons Inc. (Out of transition period).
- Groth-Marnat, G. (2009). *Handbook of psychological assessment* (5th ed.). New Jersey: Wiley & Sons Inc. Particularly relevant: Chapters 1 - 7 and 9, 10, 12 - 15. (Transition period ends August 2021).
- Kennedy, R., Richards, & J., Leiman, T. (2013). *Integrating human service law, ethics and practice* (3rd Ed). South Melbourne: Oxford University Press. (Outside of transition period).
- Lichtenberger, E.O. & Kaufman, A.S. (2009). *Essentials of WAIS-IV assessment*. New Jersey: Wiley & Sons Inc. (Outside of transition period).
- Lichtenberger, E.O., Mather, N., Kaufman, N.L. & Kaufman, A.S. (2004). *Essentials of assessment report writing*. New Jersey: Wiley & Sons Inc. (Transition period ends August 2021).
- Morrissey, S. & Reddy, P. (2006). *Ethics and professional practice for psychologists*. Australia: Thomson Social Science Press. (Out of transition period).
- Pearce, C. (2009). *A short introduction to attachment and attachment disorder*. London: Jessica Kingsley Publishers. (Outside of transition period).
- Preston, J. & Johnson, J. (2019). *Clinical psychopharmacology (made ridiculously simple)*. (8th ed.). Florida: MedMaster. (Transition period ends June 2023)
- Preston, J. & Johnson, J. (2011). *Clinical psychopharmacology (made ridiculously simple)*. (7th ed.). Florida: MedMaster. (Transition period ends August 2022)
- Teyber, E. & Holmes McClure, F. (2011). *Interpersonal process in therapy: An integrative model* (6th ed.). USA: Cengage. (Transition period ends August 2021).