

# ch17

Student: \_\_\_\_\_

1. Two treatment elements that are combined in the management of all psychological disorders are:
  - A. medications and psychological techniques
  - B. transference and countertransference
  - C. the therapeutic relationship and psychological techniques
  - D. interpretation and insight
  
2. Two key therapeutic elements in the treatment of behaviour disorders are the therapy techniques and the \_\_\_\_\_.
  - A. client's openness
  - B. therapeutic relationship
  - C. problem severity
  - D. client's motivation
  
3. Though psychological treatments and medications are often thought of as the main curative elements in psychotherapy, often positive changes are produced as a function of the power of \_\_\_\_\_.
  - A. insight
  - B. countertransference
  - C. behaviour modification
  - D. the therapeutic relationship
  
4. Bob has been feeling rather down and depressed the past few months and is considering talking to someone about his problems. Which of the following professionals is Bob more likely to consult with first?
  - A. a family physician
  - B. a psychologist
  - C. a psychiatrist
  - D. a psychiatric social worker
  
5. Which of the following mental health professionals receives his or her training in medical school?
  - A. a clinical psychologist
  - B. a psychiatrist
  - C. a counselling psychologist
  - D. a marriage and family counsellor
  
6. Which of the following mental health professionals are medical doctors specializing in psychotherapy and biomedical treatments?
  - A. clinical psychologist
  - B. family counsellor
  - C. psychiatrists
  - D. counselling psychologists
  
7. Helping people achieve greater insight, which is an awareness of the underlying dynamics of their problems, is the primary therapeutic goal of \_\_\_\_\_.
  - A. humanistic therapy
  - B. cognitive therapy
  - C. behaviour modification
  - D. psychoanalysis

8. The goal of psychoanalysis is to:
  - A. help clients understand their resistance to the therapeutic process.
  - B. analyze and resolve the client's transference reactions.
  - C. change the client's negative transference to positive transference.
  - D. help clients achieve insight.
  
9. Susan has an anxiety disorder and has sought help from a therapist, Dr. Jones. Dr. Jones believes that Susan's anxiety is related to her unconscious fear of her unmet sexual impulses and that in order for Susan to get over her anxiety problem, she needs to have greater awareness of this unconscious dynamic. Dr. Jones appears to be trying to produce positive changes by fostering more insight and is most likely associated with the \_\_\_\_\_ approach to therapy.
  - A. psychodynamic
  - B. interpersonal
  - C. psychoanalytic
  - D. humanistic
  
10. Kelly's therapist listens to her talk about the problems she is having this school year but continues to ask about events and emotions Kelly experienced as a child and hasn't thought about in ages. Her therapist believes she will change the unconscious factors that are creating her inability to deal with her current maladaptive behaviours by helping Kelly achieve \_\_\_\_\_.
  - A. insight
  - B. self-actualization
  - C. counter-conditioning
  - D. positive transference
  
11. A therapist asks her client to begin sharing the various thoughts and feelings that are currently in her awareness. This continues for several minutes, with the client commenting on the changing process of what is appearing in her conscious mind. This therapist is using the therapeutic technique known as:
  - A. analyzing the transference.
  - B. free association.
  - C. random reporting.
  - D. insight.
  
12. The techniques of free association and dream analysis are similar in that both are used to:
  - A. access unconscious material.
  - B. identify maladaptive thinking.
  - C. identify important antecedents and consequences.
  - D. increase feelings of unconditional positive regard.
  
13. According to psychoanalytic theory, which of the following is the "royal road to the unconscious"?
  - A. transference
  - B. free association
  - C. fixations
  - D. dreams
  
14. Psychoanalysts study the dreams of their patients because it is assumed that dreams:
  - A. contain the essential elements of the transference.
  - B. represent the patients' first attempts at resistance in therapy.
  - C. express unconscious wishes and fantasies that are typically repressed during the day.
  - D. represent the patients' unconscious attempts to successfully solve their problems.
  
15. In psychoanalytic theory, it is assumed that while the person may consciously want help, there may be an unconscious motivation not to change. The defensive patterns that disrupt therapy and function to maintain the present condition are called:
  - A. transference.
  - B. resistance.
  - C. repression.
  - D. insight.

16. John has made little progress during his last few months in therapy, but just last week, his therapist thought that he was close to gaining some important awareness about his unconscious patterns. John's therapist is eager for their next session, but when John's appointment time comes, John does not show and phones later to apologize, saying that he accidentally forgot about it. Psychoanalytic theorists would most likely interpret John's behaviour as an example of:
- A. free association.
  - B. repression.
  - C. negative transference.
  - D. resistance.
17. While listening to his client talk about her favourite memories from childhood, Dr. Peabody begins to notice that whenever his patient's thoughts approach her sister, she quickly changes the topic and talks about something else. When Dr. Peabody begins probing her memories and thoughts about her sister, his client starts missing therapy appointments often cancelling without notice. This defensive manoeuvre is known as \_\_\_\_\_.
- A. free association
  - B. resistance
  - C. transference
  - D. modeling
18. Her stepfather abused Samantha emotionally and physically. Now, as a young adult, she is working with a therapist to resolve some of her low self-esteem and relationship issues. Over the course of therapy, Samantha begins to feel great anger toward her male therapist, telling him how much she resents his control over her. She almost quits therapy because she begins to feel that he is too controlling and makes her feel so insignificant. Her therapist is able to show Samantha that she is acting irrationally and has experienced a \_\_\_\_\_ of her feelings to her therapist.
- A. resistance
  - B. free association
  - C. positive transference
  - D. negative transference
19. When a therapy client responds to his therapist as if the therapist was an important figure from his past, \_\_\_\_\_ is said to occur.
- A. transference
  - B. resistance
  - C. wish fulfillment
  - D. insight
20. During the course of therapy, a client develops strong emotional feelings for his therapist. He thinks about her often and though he is unwilling to admit it, he has become quite dependent on and attracted to her. Though he is only just becoming aware of this, he has noticed that his therapist in many ways reminds him of his mother. This example best demonstrates the psychoanalytic concept of:
- A. insight.
  - B. regression.
  - C. transference.
  - D. resistance.
21. In psychoanalytic theory, any statement made by the therapist that is intended to help the client gain insight into their behaviour or dynamics is called:
- A. an explanation
  - B. an interpretation
  - C. a clarification
  - D. an explication

22. Which of the following is considered to be the primary or chief therapeutic technique used by psychoanalysts to help clients gain awareness of important material?
- A. dream analysis
  - B. transference
  - C. free association
  - D. interpretation
23. After several months of psychoanalytic therapy, a psychoanalyst makes the comment to his client: "It seems as if you're responding to me as if I was your father and you believe that you have significantly disappointed me." This statement is best considered as an example of:
- A. an interpretation.
  - B. an explanation.
  - C. a free association.
  - D. resistance.
24. To increase the insight of their clients, psychoanalysts use the primary therapeutic technique of \_\_\_\_\_.
- A. resistance
  - B. transference
  - C. interpretation
  - D. free association
25. Which of the following was mentioned as a difference between traditional and brief psychodynamic therapy?
- A. Brief psychodynamic therapy pays significantly less attention to the importance of insight than traditional psychoanalysis does.
  - B. Brief psychodynamic therapy tends to focus on current life problems while traditional psychoanalysis attempts to rebuild the client's personality.
  - C. Brief psychodynamic therapy relies more heavily on free association than traditional psychoanalysis does.
  - D. In brief psychodynamic therapy, the therapist is considerably less active than in traditional psychoanalysis.
26. Studies showing that most of the therapeutic improvement of clients occurs by the 26<sup>th</sup> session of psychodynamic therapy were presented to make the argument that:
- A. traditional long-term psychoanalysis yields significantly better patient outcomes than brief psychodynamic therapy does.
  - B. there is little empirical evidence supporting the psychodynamic concept of resistance.
  - C. interpretations do not appear to be necessary for psychodynamic therapy to be effective.
  - D. brief psychodynamic therapy is a viable and effective alternative to traditional psychoanalysis.
27. All of the following are differences between traditional psychoanalysis and brief psychodynamic therapies except:
- A. most brief psychodynamic therapies do not make use of insight or interpretation.
  - B. most brief psychodynamic therapies replace free association with talking.
  - C. most brief psychodynamic therapies focus on current life problems rather than the reconstruction of personality.
  - D. the therapists conducting brief psychodynamic therapies are usually more active.
28. Which of the following therapeutic approaches is considered to be a brief therapy based primarily on the principles of psychoanalysis?
- A. rational-emotive therapy
  - B. client-centered therapy
  - C. interpersonal therapy
  - D. cognitive therapy

29. The assumption that psychological disorders are produced by the blockage or frustration of natural tendencies for growth is most consistent with the:
- psychodynamic approach.
  - humanistic approach.
  - behavioural approach.
  - cognitive approach.
30. According to the humanist Carl Rogers, the "active ingredient" in therapy is:
- the client's insight into his or her "conditions of worth."
  - the removal of the barriers to the client's self-growth.
  - the client's own self-exploration.
  - the therapeutic relationship.
31. A therapist who takes a humanistic approach to psychotherapy would most likely have the goal of creating a therapeutic environment that:
- encourages insight.
  - challenges irrational thoughts.
  - reinforces desired behaviours.
  - allows for self-exploration.
32. Cathy has been seeing a therapist for a month. The therapy sessions focus on showing Cathy that she can control her actions and how she should take responsibility for her behaviour. Most likely, her therapist is coming from a \_\_\_\_\_ perspective.
- behavioural
  - psychodynamic
  - humanistic
  - trait
33. In contrast to a psychoanalytic therapy session, the perspective that focuses on the present and future instead of the past is the \_\_\_\_\_ perspective.
- biological
  - trait
  - humanistic
  - behavioural
34. Though they are usually considered to be quite different, the psychoanalytic and the humanistic approaches to psychotherapy are similar in that:
- they both assume that childhood events play an important role in psychological disorders.
  - they both have similar conceptualizations of humans and human nature.
  - they both rely heavily on the use of dreams and interpretations.
  - the humanistic perspective is essentially an extension of basic psychoanalytic principles.
35. Mary has been working with a therapist because she has felt very confused and unsure about herself for the past few years. Mary's therapist tends to be very non-directive and devotes a great deal of the session to allowing Mary to explore her identity, wants, and dreams for the future. The therapist rarely gives direct advice and instead is primarily interested in helping Mary clarify her own ideas and feelings. Mary's therapist is most likely associated with the \_\_\_\_\_ perspective of psychotherapy.
- cognitive
  - behavioural
  - humanistic
  - psychoanalytic
36. All of the following were mentioned by Carl Rogers as important and essential therapist characteristics **EXCEPT**:
- empathy.
  - congruence.
  - unconditional positive regard.
  - genuineness.

37. According to Carl Rogers, the most important curative agent in psychotherapy is:
- A. the development of insight.
  - B. increased awareness of negative thoughts.
  - C. the relationship between client and therapist.
  - D. self-actualization.
38. A humanistic therapist's refusal to offer advice or guidance to his or her client is best representative of the client-centred therapist attribute of:
- A. genuineness.
  - B. resistance.
  - C. unconditional positive regard.
  - D. empathy.
39. A therapist takes a moment to paraphrase what he has just heard his client say in a way that accurately captures the feelings the client was experiencing. In client-centered therapy, this would be considered an example of reflecting, and this technique is often used to foster the important therapist characteristic of \_\_\_\_\_.
- A. interpretation
  - B. genuineness
  - C. unconditional positive regard
  - D. empathy
40. A therapist feels frustrated because her client has recently missed three of her last five appointments. If the therapist were to express these negative feelings to her client, this would best demonstrate Carl Rogers's important therapist characteristic of:
- A. genuineness.
  - B. unconditional positive regard.
  - C. sympathy.
  - D. empathy.
41. Which of the following therapeutic approaches is considered to be a humanistic approach to therapy?
- A. interpersonal therapy
  - B. gestalt therapy
  - C. rational-emotive therapy
  - D. cognitive therapy
42. This therapy is often conducted in a group format, it sometimes incorporates role-playing, and it can be rather confrontational. This is \_\_\_\_\_ therapy.
- A. client-centered
  - B. rational-emotive
  - C. gestalt
  - D. behavioural marital
43. Carl is involved in a therapy group in which he is frequently asked to role-play various people and even inanimate objects in order to gain more access to feelings from which he has been cut off. The therapist facilitating the group is rather imaginative when suggesting activities for the group and has been known to be challenging every now and then. Carl's therapy group is most likely based on the principles of:
- A. person-centered therapy.
  - B. interpersonal therapy.
  - C. cognitive therapy.
  - D. gestalt therapy.
44. The gestalt therapy approach of Fritz Perls is largely based on:
- A. social learning principles that describe how people can learn from modelling and behavioural observation.
  - B. perceptual principles that describe how different stimuli are perceived.
  - C. classical conditioning principles that describe how associations between stimuli are learned.
  - D. operant conditioning principles that describe how associations between behaviours and consequences are learned.

45. Carl Rogers and Fritz Perls were similar in all of the following ways EXCEPT:
- A. Their therapies are both considered to be humanistic in nature.
  - B. They both asserted that self-exploration is important for growth and health.
  - C. They both agreed in the importance of validating their therapies through research.
  - D. They both assumed the existence of a self-actualizing tendency.
46. The decrease in popularity of gestalt therapy may have been due to:
- A. the fact that Fritz Perls was not interested in testing his ideas through research.
  - B. the strong psychoanalytic influence on his approach to therapy.
  - C. the personal conflict that he had with the more popular Carl Rogers.
  - D. extensive research that found that the techniques of gestalt therapy are ineffective.
47. Josh is visiting a friend when he accidentally breaks a valuable plate. He begins to berate himself for his clumsiness and stupidity, and almost instantaneously he starts to feel embarrassed and upset. According to Ellis's ABCD model of emotion, the breaking of the plate would represent the:
- A. "A"
  - B. "B"
  - C. "C"
  - D. "D"
48. Nadine wants to ask Ramon out on a date but is afraid he will say "no." According to Ellis's theory, Nadine is not really afraid of Ramon saying "no," but rather \_\_\_\_\_.
- A. she has an irrational belief that she is worthless and will never get a date
  - B. she has a fear of going out alone
  - C. that she will feel foolish
  - D. she is reminded of past boys that have turned her down
49. When Josh brings home a report card with a failing grade in French, he is very sad. According to rational-emotive therapy, the failing grade is the \_\_\_\_\_ of the sadness.
- A. activating event
  - B. outcome
  - C. consequence
  - D. disputing factor
50. In Albert Ellis's ABCD model of emotional disturbance, the "A" stands for the:
- A. antecedent.
  - B. activating event.
  - C. automatic thoughts.
  - D. aversive situation.
51. The identification and replacement of irrational thoughts and the ABCD model of emotional disturbance are most closely associated with which of the following people?
- A. Aaron Beck
  - B. Carl Rogers
  - C. Albert Ellis
  - D. Sigmund Freud
52. Jerry is working with a therapist to get over his depression. The therapist points out how most of his depressive feelings appear to be produced by thoughts such as, "because my boss doesn't like me, I will never get promoted!" The therapist helps Jerry to identify when this previously automatic thought is present and suggests that he come up with some way of challenging this conclusion. Jerry most likely has a therapist who is using:
- A. cognitive therapy.
  - B. client-centered therapy.
  - C. interpersonal therapy.
  - D. rational-emotive therapy.

53. The rational-emotive therapy is concerned with \_\_\_\_\_.
- A. irrational thoughts
  - B. negative thoughts
  - C. negative feelings
  - D. irrational feelings
54. Cognitive therapy is currently considered to be the psychological treatment of choice for which of the following disorders?
- A. generalized anxiety disorder
  - B. depression
  - C. anger
  - D. social phobia
55. Research has found positive results for cognitive therapy with all of the following disorders **EXCEPT**:
- A. depression.
  - B. anger.
  - C. somatoform disorders.
  - D. anxiety disorders.
56. Which of the following pays the least amount of attention to internal factors such as thoughts, feelings, or unconscious dynamics?
- A. behaviour therapies
  - B. psychodynamic therapies
  - C. cognitive therapies
  - D. humanistic therapies
57. The assumptions that psychological disorders are learned in exactly the same way as normal behaviours and that they can be treated by applying the basic principles of learning is typical of the \_\_\_\_\_ approach to therapy.
- A. biological
  - B. interpersonal
  - C. humanistic
  - D. behavioural
58. Brad's therapist is unconcerned with the reasons why Brad is always late and focused on how to change Brad's maladaptive behaviour of always being late. It is likely that Brad's therapist engages in which type of therapy?
- A. behaviour therapy
  - B. psychoanalysis
  - C. cognitive therapy
  - D. gestalt therapy
59. All of the following were mentioned as examples of therapy procedures derived directly from the principles of classical conditioning **EXCEPT**:
- A. exposure therapies.
  - B. behaviour modification.
  - C. systematic desensitization.
  - D. aversion therapy.
60. Exposure therapies operate on the assumption that the most direct way to reduce or eliminate a learned anxiety response is \_\_\_\_\_.
- A. classical extinction
  - B. positive reinforcement
  - C. operant extinction
  - D. response cost punishment

61. Treating anxiety symptoms by presenting a feared stimulus (such as a dog or heights) and preventing the target person from avoiding that stimulus is typical of \_\_\_\_\_ therapies.
- A. cognitive
  - B. aversive
  - C. exposure
  - D. humanistic
62. According to the two-factor learning theory, the most direct way to reduce a phobia is through exposure to the feared conditioned stimulus (CS) in the absence of the unconditioned stimulus (UCS) while keeping the operant avoidance response from occurring by using \_\_\_\_\_.
- A. response prevention
  - B. systematic desensitization
  - C. shaping
  - D. behaviour modification
63. Exposure therapies have been used effectively to treat agoraphobics by:
- A. training them in systematic desensitization.
  - B. enabling them to identify and change key automatic thought patterns.
  - C. treating them with brief psychodynamic therapy.
  - D. requiring them to confront feared situations.
64. The results from a neuroimaging study suggest that the correlation between serotonin levels and dysfunctional beliefs is a \_\_\_\_\_ correlation.
- A. negative.
  - B. positive.
  - C. normal.
  - D. no.
65. Bartock was treated for depression with medication and Shula took Cognitive Behaviour Therapy (CBT). A PET showed changes in their:
- A. white matter.
  - B. gray matter.
  - C. corpus callosum
  - D. cortex.
66. Cognitive Behaviour Therapy (CBT) appears to help individuals who are depressed become:
- A. less emotional.
  - B. more emotionally responsive
  - C. less anxious.
  - D. more stimulated.
67. Lennon was diagnosed with depression. Following an fMRI, the doctor suggested that Cognitive Behaviour Therapy (CBT) would not likely be the best treatment option. It is likely that when Lennon rated words with negative emotional meaning he showed low levels of activity in his:
- A. frontal cortex
  - B. amygdala
  - C. cingulate cortex
  - D. hippocampus
68. Janice has a phobia of dogs and decides to consult with a behaviour therapist in order to get some help. The therapist first teaches her a muscle relaxation technique. After she has learned this, they create a list of increasingly fearful situations involving dogs. Starting with the least feared situation, the therapist has Janice imagine it and then use her relaxation training to eliminate any anxiety that arises. This therapist is using the general technique called systematic desensitization, and the list that they have created is an example of \_\_\_\_\_.
- A. aversive conditioning
  - B. a stimulus hierarchy
  - C. flooding
  - D. a positive reinforcer

69. Counterconditioning and stimulus hierarchies are most central to which of the following therapeutic interventions?
- systematic desensitization
  - exposure therapy
  - aversion therapy
  - behaviour modification
70. Systematic desensitization focuses on the process of learning a response that is incompatible with anxiety. This is based on the concept of \_\_\_\_\_.
- aversive conditioning
  - a stimulus hierarchy
  - counterconditioning
  - response prevention
71. Eugene has a terrible fear of being in a boat. Eugene works for the Coast Guard doing an administrative job, but he knows he will have to get over this fear in order to receive a promotion. His boss offered to pay for therapy and gave Eugene a choice between a standard exposure therapy and a systematic desensitization therapy. Eugene, who was extremely anxious, wanted the least anxiety provoking therapy, chose:
- flooding
  - systematic desensitization
  - standard exposure therapy
  - aversion therapy
72. In this therapy, a previously positive conditioned stimulus (CS) is paired with a noxious stimulus in an attempt to eliminate the undesirable behaviour evoked by the CS. This is:
- avoidance therapy
  - systematic desensitization
  - negative exposure therapy
  - aversion therapy
73. As part of a smoking cessation program, Paul receives an injection of a nausea-inducing drug and then is asked to smoke a cigarette. Even though he knows he is receiving the drug, it is hoped that Paul will associate the nausea symptoms with smoking and will thus smoke less. This example best demonstrates the procedures typically used in:
- aversion therapy.
  - electroconvulsive therapy (ECT).
  - negative exposure therapy.
  - avoidance therapy.
74. Russell is an alcoholic who wants to quit drinking. When he seeks help from a therapist, he is given a drug that will cause nausea if he drinks alcohol. Russell's therapist is using a type of therapy called:
- systematic desensitization
  - token economy
  - aversion therapy
  - virtual reality therapy
75. Beatrice would like to stop her habit of biting her fingernails. In order to do this, she covers the ends of her fingertips, including her nails, with a bitter tasting antibacterial spray. When Beatrice puts her fingernail in her mouth she is met with a noxious taste and removes her nail immediately from her mouth. In this case, the bitter taste might be considered the:
- conditioned stimulus (CS)
  - unconditioned stimulus (UCS)
  - unconditioned stimulus (UCR)
  - conditioned response (CR)

76. Because its effects often do not generalize well from the treatment setting to the real world, many researchers believe that \_\_\_\_\_ would be more effective if it were used in concert with skills training programs that focus on avoiding relapse.
- systematic desensitization
  - aversion therapy
  - exposure therapy
  - cognitive therapy
77. Which of the following therapies represents the application of operant principles to psychological disorders?
- systematic desensitization
  - exposure therapy
  - behaviour modification
  - aversion therapy
78. Jake is staying in a large halfway house for recovering addicts. Every time he successfully finishes his chores around the house, helps a roommate, or does any other appropriate behaviour, he receives a token. These tokens can be later exchanged for privileges such as staying out past curfew or going to a movie theatre. This system is an example of:
- counterconditioning
  - a client-centred approach
  - malingering
  - behaviour modification
79. Jake is staying in a large halfway house for juvenile substance abusers. Every time he successfully finishes his chores around the house, helps a roommate, or does any other appropriate behaviour, he receives a token. These tokens can be later exchanged for privileges such as staying out past curfew or going to a movie theatre. The goal of this system is to eventually have these positive behaviours:
- be controlled by self-reinforcement processes and social reinforcers
  - receive a minimal number of tokens for the same tasks
  - illustrate an economic lesson
  - get him released from the halfway house
80. Token economies are based on the systematic application of:
- negative reinforcement.
  - counterconditioning.
  - positive reinforcement.
  - punishment.
81. Token economies are often used in behaviour modification and attempt to modify behaviour by using \_\_\_\_\_.
- negative reinforcement
  - relaxation training
  - punishment
  - positive reinforcement
82. When discussing token economies, a common example is such positive reinforcement systems have been used to treat people with:
- depression.
  - schizophrenia.
  - social phobia.
  - alcoholism.

83. Dr. Roth is working in a clinic with children with a developmental delays and decides to implement a new program to encourage more positive behaviours. Whenever children engage in specific behaviours (such as saying, "Thank you," taking turns with a friend, and cooperating with another child on a project), they are rewarded with stickers that can later be turned in for various prizes that they enjoy. Dr. Roth is using which of the following therapeutic techniques?
- A. a token economy
  - B. higher order classical conditioning
  - C. exposure therapy
  - D. negative reinforcement
84. Which of the following would most likely be considered the least favoured way of modifying behaviour because of the potential negative side effects?
- A. positive reinforcement
  - B. punishment
  - C. negative reinforcement
  - D. extinction
85. Questions such as, "Are there are other less aversive options available?" and "How damaging is the specific behaviour to the individual and/or society/" are most relevant to the use of which of the following to treatment for abnormal behaviour?
- A. exposure therapy
  - B. aversion therapy
  - C. punishment
  - D. token economies
86. Research has revealed that punishment is an effective way to modify abnormal behaviour with:
- A. people suffering from extreme depression
  - B. social phobics
  - C. schizophrenics
  - D. self-injurious autistic children
87. Modelling plays the most important role in which of the following therapies?
- A. social skills training
  - B. rational-emotive therapy
  - C. cognitive therapy
  - D. exposure therapy
88. Theresa has an important job interview tomorrow. In the past, she has not appeared confident and wants to learn how to avoid that for this interview. Theresa asks her mother to play the role of a person being interviewed so that Theresa might learn how another person would respond to typical job interview type questions. Hopefully, Theresa will learn from her mother's example and successfully land the new job. This is an example of:
- A. aversion therapy
  - B. social skills training
  - C. the psychodynamic approach
  - D. positive reinforcement
89. A person with a strong phobia of spiders watches a person approach and handle a large tarantula without any fear or anxiety. After seeing this, the person with the phobia starts to think that perhaps he has the skills necessary to do the same thing, and after a few trials by himself, he is soon able to handle the spider. This example best demonstrates the therapeutic technique called:
- A. systematic desensitization.
  - B. modelling.
  - C. a stimulus hierarchy.
  - D. counterconditioning.

90. The key factor involved in the effectiveness of modelling for treating psychological disorders is \_\_\_\_\_.
- A. exposure
  - B. counterconditioning
  - C. self-efficacy
  - D. physical relaxation
91. Research has demonstrated that a fundamental factor underlying the effectiveness of social skills training is increased:
- A. self-esteem.
  - B. self-reinforcement.
  - C. self-regulation.
  - D. self-efficacy.
92. Learning new abilities by observing and then copying a model is most central in which of the following approaches?
- A. interpersonal therapy
  - B. cognitive therapy
  - C. rational-emotive therapy
  - D. social skills training
93. Which of the following is NOT one of the 'third wave' cognitive-behavioural therapies?
- A. mindfulness-based treatments
  - B. modeling and social skills training
  - C. acceptance and commitment therapy
  - D. dialectical behaviour therapy
94. A treatment developed specifically for the treatment of borderline personality disorder is:
- A. mindfulness-based treatments
  - B. modeling and social skills training
  - C. acceptance and commitment therapy
  - D. dialectical behaviour therapy
95. Melanie is being taught mediation techniques to develop a tranquil state and to focus on her sensations, thoughts and feelings allowing them to come and go without a struggle. Melanie's therapist is using what type of approach to therapy?
- A. mindfulness-based treatments
  - B. modeling and social skills training
  - C. acceptance and commitment therapy
  - D. dialectical behaviour therapy
96. Acceptance and commitment therapy uses \_\_\_\_\_ as a vehicle of change.
- A. relaxation techniques
  - B. modelling
  - C. mindfulness
  - D. operant conditioning
97. The virtual reality simulations derived not from the authenticity of the computerized images but from integration of perception and action is the characteristic of \_\_\_\_\_.
- A. vividness
  - B. situational realism
  - C. clarity
  - D. presence

98. Great flexibility and an increased sense of what is called "presence" are characteristics of \_\_\_\_\_.
- A. systematic desensitization
  - B. psychodynamic behaviour therapy
  - C. virtual reality
  - D. aversion therapy
99. Virtual reality technology has primarily been used in the treatment of which of the following disorders?
- A. mood disorders
  - B. phobias and post-traumatic stress disorder
  - C. schizophrenia and conversion disorders
  - D. somatoform disorders
100. According to Sue and Zane, the biggest cultural barrier to therapy for ethnic minorities is:
- A. cultural norms that are against turning to people outside one's culture for therapy.
  - B. poverty that prevents ethnic minorities from having health insurance or being able to afford therapy.
  - C. mental health service centres that are located outside of the areas where underserved people live.
  - D. the lack of culturally-compatible, competent therapists.
101. All of the following were mentioned as barriers to therapy for ethnic minorities **EXCEPT**:
- A. the lack of culturally competent therapists.
  - B. poverty and unemployment make it difficult to afford therapy.
  - C. the lack of ethnically diverse therapists.
  - D. cultural norms against turning to people outside one's culture for help.
102. The ability to balance a broad knowledge of a particular culture with the individual characteristics and needs of a client who may differ from a stereotype is important to:
- A. a culturally competent therapist
  - B. a rational-emotive therapist
  - C. an interpersonal therapist
  - D. a social skills trainer
103. Betty is disturbed that Meiko, the young Taiwanese exchange student living with her this year, is very submissive and refuses to stand up for herself at school. Betty has been told by the principal that Meiko is being bullied at school. In seeking help for Meiko, Betty should consider \_\_\_\_\_ as the best option.
- A. a rational-emotive therapist
  - B. modeling and observational skills
  - C. social skills training
  - D. a culturally competent therapist
104. When working with a psychotherapy client who is from a different culture, Dr. Johnson uses her knowledge of the person's culture and ethnicity to work with the client, but is careful not to overgeneralize and blindly follow her stereotypes. Which of the following labels best describes Dr. Johnson?
- A. Dr. Johnson appears to be culturally insensitive.
  - B. Dr. Johnson appears to be culturally competent.
  - C. Dr. Johnson appears to be ethnically diverse.
  - D. Dr. Johnson appears to be eclectic.
105. All of the following were mentioned as factors that may account for the higher prevalence of certain disorders in women **EXCEPT**:
- A. sexism.
  - B. the demands of multiple social roles.
  - C. poverty.
  - D. norms against seeking help from mental health professionals.

106. Which of the following psychological disorders are most prevalent in women in Western cultures compared with men?
- schizophrenia
  - dissociative identify disorder
  - somatoform disorders
  - anxiety disorders
107. The question, "Which types of therapy, administered by which kinds of therapists, to which kinds of clients, having which kinds of problems, produce which kinds of effects?" is known as the:
- eclecticism question.
  - precision question.
  - specificity question.
  - accuracy question.
108. Ursula has been feeling very anxious for the last month, so much so that she is finding it difficult to get her work finished on time and hard to meet her social obligations. Although Ursula knows that psychotherapy works, what she wants to know is what kind of therapist she should see for the problems she is experiencing. Ideally, Ursula would like the answer to:
- the specificity question
  - the generalization question
  - have a therapist meet the standards of scientific rigor
  - reflect her beliefs in her choice of therapist
109. A clinical researcher is particularly interested in learning whether systematic desensitization is more or less effective with particular people suffering from anxiety. To do this, he collects personality measures from people receiving this treatment and looks to see whether certain personality traits are associated with the effectiveness of the outcome. With regard to the "specificity question," this study is most concerned with studying the importance of:
- different types of therapies.
  - different types of client variables.
  - different types of therapist variables.
  - different types of eclecticism.
110. Carl Rogers's work demonstrating the importance of empathy, unconditional positive regard, and genuineness is most consistent with the "specificity question" goal that addresses the role of the different types of \_\_\_\_\_ in psychotherapy.
- therapists
  - therapies
  - clients
  - treatment effects
111. In a psychotherapy outcome study assessing the effectiveness of a new treatment for agoraphobia, a behavioural therapist would likely be most interested in which of the following client measures?
- therapists' ratings of the clients' anxiety levels
  - the clients' self-reports of anxiety
  - ratings of clients made by their partners
  - direct behavioural observations of the clients
112. A humanistic therapist would most likely assume that which of the following would be the best measure of improvement in a psychotherapy outcome study?
- therapists' ratings of client improvement
  - clients' self-reports on their improvement
  - direct observations of the clients' behaviours
  - ratings of the clients made by significant others

113. Psychotherapy outcome measures can differ along which two dimensions?
- A. the source of the data and the self-relatedness of the measure
  - B. the self-relatedness and the focus of the measure
  - C. the source of the data and the focus of the measure
  - D. the focus and the effectiveness of the measure
114. Designing good psychotherapy research is challenging for all of these reasons EXCEPT:
- A. there are many variables in psychotherapy research that cannot be completely controlled.
  - B. measures of the effects of psychotherapy differ in the variables assessed and the source of the data.
  - C. different measures of the effects of psychotherapy may yield conflicting indications of the degree and direction of change.
  - D. there are a few discrete variables in psychotherapy research that can be controlled.
115. The process in which some individuals experience complete symptom reduction in the absence of any treatment is known as:
- A. the placebo effect.
  - B. natural recovery.
  - C. spontaneous remission.
  - D. automatic adjustment.
116. Without treatment, a sizeable percentage of people suffering from depression eventually get better within 5 to 10 months. It is most likely that these improvements are a product of:
- A. self-help groups or books.
  - B. the placebo effect.
  - C. self-directed exposure.
  - D. spontaneous remission.
117. Don has been suffering from some intense feelings of anxiety and decides to seek some help from a psychotherapist. Unfortunately, there is long waiting list and the first available appointment is 9 weeks away. Disappointed, Don decides to put his name on the waiting list anyway. A few weeks pass and even though he has done nothing to address the problem, Don's anxiety symptoms begin to fade and eventually disappear. This example best demonstrates the phenomenon called:
- A. spontaneous remission.
  - B. insight.
  - C. the deterioration effect.
  - D. the placebo effect.
118. Dr. Stone designs a study to test the effectiveness of a new treatment for anxiety disorders. After making sure that her participants are roughly similar on important demographic variables, people are randomly assigned to receive either the new therapy or another therapy technique that has already been proven to be effective. Which of the following statements best describes Dr. Stone's study?
- A. Her study uses randomized clinical trials with a placebo control group.
  - B. Her study uses randomized clinical trials, but does not have a placebo control group.
  - C. Her study does not use randomized clinical trials, but it does have a placebo control group.
  - D. Her study does not use randomized clinical trials, and it does not have a placebo control group.
119. Dr. Axworthy is conducting a test of a new treatment for borderline personality disorder. One randomly determined group of people suffering from the disorder receives the new treatment. To control for client expectations, another group receives a psychotherapy treatment that has consistently been shown not to be effective. Which of the following most accurately classifies this second group of study participants?
- A. It is a meta-analysis group.
  - B. It is a control group.
  - C. It is a placebo control group.
  - D. It is a no treatment group.

120. The American Psychological Association's guideline that psychotherapy research should include a treatment manual that specifies in detail the therapeutic techniques to be used by therapists is likely to be the most objectionable to which of the following types of therapists?
- A. a behaviour modification therapist
  - B. a rational-emotive therapist
  - C. a cognitive therapist
  - D. a psychodynamic therapist
121. Based on the fact that this type of therapy is easy to capture in a manual format, research on empirically validated treatments has largely been conducted on therapies associated with the \_\_\_\_\_ approach.
- A. cognitive-behavioural
  - B. psychodynamic
  - C. humanistic
  - D. sociocultural
122. A determinant of how long the effects of a particular therapy last is best gauged by the use of:
- A. control groups.
  - B. placebo control groups.
  - C. follow-up data.
  - D. randomized clinical trials.
123. Researchers that simultaneously examine many different research studies and draw conclusions about the overall effectiveness of a particular treatment are using the technique called \_\_\_\_\_.
- A. correlational analysis
  - B. meta-analysis
  - C. factor analysis
  - D. common factors
124. Meta-analysis is used to:
- A. insure that a sample is representative of the population from which it is drawn.
  - B. evaluate the internal validity of a particular study.
  - C. evaluate the external validity of a particular study.
  - D. combine the results from different studies examining the same topic.
125. A psychologist specializes in a research area where there is an ongoing debate about the effectiveness of a particular treatment. In order to gain more information, this psychologist reviews approximately 50 studies that have utilized this particular treatment, and using this information, the psychologist finds that the vast majority of the studies found the treatment to be effective. This psychologist has just completed a(n):
- A. experimental study.
  - B. correlational study.
  - C. meta-analysis.
  - D. quasi-experimental study.
126. In review studies making use of the meta-analysis technique, as a measure of treatment effectiveness, it is common for researchers to calculate the \_\_\_\_\_ statistic.
- A. correlation
  - B. common factors
  - C. factor strength
  - D. effect size

127. Dr. James is considering learning a new therapeutic technique, but is unsure as to its effectiveness. She decides to conduct an extensive review of studies conducted in the last 20 years that have examined this particular therapy tool. After much work and a few calculations, she determines that the average person who received this treatment had a more favourable outcome than 85 percent of people who did not receive the treatment. Dr. James is conducting a meta-analysis study, and the percentage that she calculated is known as the \_\_\_\_\_ statistic.
- A. correlation
  - B. common factors
  - C. effect size
  - D. common factors
128. A 1977 meta-analysis by Smith and Glass concluded that the average person receiving psychotherapy showed more positive outcomes than 75 percent of non-treated individuals. Modern meta-analyses of the effectiveness of therapy have generated percentages that are \_\_\_\_\_.
- A. significantly higher
  - B. roughly equivalent
  - C. significantly lower
  - D. not comparable
129. Meta-analyses of psychotherapy studies indicated that:
- A. symptom reduction was as high in the absence of any treatment as it was for any form of psychotherapy.
  - B. different forms of psychotherapy seemed to differ little in effectiveness.
  - C. psychotherapy clients showed, on average, 10 to 15 percent more improvement than did control cases.
  - D. different forms of psychotherapy seemed to differ significantly in effectiveness.
130. Modern meta-analyses comparing the effectiveness of various types of therapies have concluded that:
- A. behavioural and psychodynamic therapies are the most effective.
  - B. client-centered therapies are the most effective.
  - C. most therapies are no more effective than receiving no treatment at all.
  - D. with some exceptions, most therapies are equally effective.
131. Openness concerns a willingness to invest in therapy and to take the risks required to make changes. This is considered to be an important \_\_\_\_\_ variable associated with treatment outcomes.
- A. client
  - B. self-relatedness
  - C. empathy
  - D. therapist
132. Dr. Sholl has recently started therapy with a new client, Roger. Roger appears to be a great therapy client because he is able to reflect and talk about the thoughts and feelings that are related to his difficulties. In addition, he is able to attend to and discuss issues related to his relationship with Dr. Sholl and has shown that he can take what he learns in therapy and generalize it to his life. Roger best demonstrates which of the following important psychotherapy client characteristics?
- A. openness
  - B. genuineness
  - C. self-relatedness
  - D. empathy
133. In terms of the factors affecting the outcome of therapy, client self-relatedness refers to:
- A. the client's ability to experience and understand external states.
  - B. the client's ability to experience and understand internal states.
  - C. the client's ability to remain effected by situations outside of therapy.
  - D. the client's ability to be detached within the therapeutic relationship.

134. Besides openness and self-relatedness, the third important client characteristic that is associated with psychotherapy outcomes is:
- A. empathy.
  - B. the nature of the problem.
  - C. insight.
  - D. transference.
135. The fact that certain forms of psychotherapy are better suited than others for treating specific types of psychological disorders is most relevant to which of the following important client characteristics?
- A. the ability to reflect on thoughts and feelings
  - B. the willingness to take risks in therapy
  - C. the amount of insight he/she possesses
  - D. the nature of the psychological problem
136. Which of the following was considered to be the most important factor impacting the outcome of psychotherapy?
- A. client factors
  - B. the therapeutic relationship
  - C. common factors
  - D. therapy variables
137. The fact that vastly different types of therapies often produce similar outcomes has led some researchers to search for similar elements shared by each of the approaches that may account for their common successes. These elements are called:
- A. meta-factors
  - B. joint components
  - C. common factors
  - D. shared components
138. With regard to the conditions that contribute to the effectiveness of psychotherapy, faith in the therapist and the opportunity to practice new behaviours are both examples of what are called:
- A. placebo effects.
  - B. common factors.
  - C. positive transferences.
  - D. spontaneous remissions.
139. No matter what the therapeutic technique, characteristics that tend to contribute to the success of a therapy are:
- A. extroversion and stability
  - B. the skill and experience of the therapist
  - C. positive attributes
  - D. common factors
140. All of the following were presented as examples of common factors that might explain the similar effectiveness of various different forms of therapy **EXCEPT**:
- A. self-relatedness and openness.
  - B. increased optimism and self-efficacy.
  - C. faith in the therapist.
  - D. a protective environment where clients feel safe.
141. Of the alternatives below, a factor NOT shared by diverse forms of therapy is:
- A. a belief on the part of clients that they are receiving help.
  - B. an alternative way for clients to look at themselves and their problems.
  - C. guidance on how clients can overcome their problems.
  - D. an opportunity for the client to practice new behaviours.

142. After completing a successful therapy experience, a client reflects that one of the things that she found most helpful about therapy was the different explanations offered by her therapist that allowed her to feel more at ease about herself and her problems. This example best demonstrates which of the following common factors thought to be responsible for the general effectiveness of psychotherapy?
- a place to practice new behaviours
  - faith in the therapist
  - providing alternative ways of looking at things
  - increased optimism and self-efficacy
143. Some researchers argue that it is important to examine \_\_\_\_\_ in evaluating studies. That is, success should be measured by comparing clients to individuals within the normal range of responses on measures.
- statistical significance.
  - clinical significance.
  - effect size.
  - meta analyses.
144. Meta analysis conducted to test the effectiveness of therapy provides evidence for:
- the dodo verdict
  - differential effectiveness
  - spontaneous remission
  - clinical significance
145. Dr. Jackson is creating a study to evaluate the usefulness of a new therapy treatment for borderline personality disorder. She personally trains all of the therapists that will be used in her study and creates a detailed treatment manual that gives specific instructions regarding how all therapists are supposed to address various issues. What should be the next phase of her study?
- preparation phase
  - treatment phase
  - participant screening phase
  - assessment phase
146. In the research survey conducted by Seligman in cooperation with "Consumer Reports," how many of the respondents reporting mental health problems sought professional help?
- 20%
  - 40%
  - 60%
  - 80%
147. Seligman's "Consumer Reports" survey found what regarding the utility of psychotherapy?
- Many of respondents reported being helped by the therapy and were satisfied by the treatment received.
  - While many of the respondents reported being helped by the therapy, they still were still dissatisfied with the treatment received.
  - While many of respondents were satisfied by the treatment received, they still did not find the treatment particularly helpful.
  - Many of respondents did not feel the therapy was helpful and were dissatisfied with the treatment received.
148. Research comparing the effectiveness of different types of psychotherapies to drug treatments found which type of treatment was the most effective for treating depression?
- behavioural activation therapy
  - cognitive therapy
  - drug therapy
  - all three types of treatment were more effective compared to the placebo treatment.

149. Surveys suggest that among people between the ages of 18 and 74 those who use anti-anxiety drugs to treat their symptoms of anxiety are approximately \_\_\_\_\_.
- A. 5 percent
  - B. 10 percent
  - C. 15 percent
  - D. 25 percent
150. The problem of having anxiety symptoms return when treatment is stopped is most problematic for which of the following therapies?
- A. behaviour modification
  - B. anti-anxiety medications
  - C. cognitive therapy
  - D. rational-emotive therapy
151. A drug is used to treat a psychological disorder that slows down the synaptic activity of the nervous system by enhancing the activity of gamma-aminobutyric acid (GABA), a major inhibitory transmitter. It is most likely that this drug is a(n):
- A. tricyclic antidepressant.
  - B. selective serotonin reuptake inhibitor, or SSRI.
  - C. antipsychotic drug.
  - D. anti-anxiety drug.
152. Joel has been having some severe psychological problems. His therapist decided that the best course of treatment would include both psychotherapy and a tranquilizing drug. Given that this treatment is the optimal one, Joel is most likely suffering from:
- A. multiple personality disorder
  - B. mania
  - C. a major depressive disorder
  - D. an anxiety disorder
153. Tricyclics, monoamine oxidase (MAO) inhibitors, and selective serotonin reuptake inhibitors (SSRIs) were all mentioned as drug treatments for which of the following disorders?
- A. anxiety
  - B. schizophrenia
  - C. depression
  - D. somatoform disorders
154. A drug used to treat a psychological disorder achieves its effect by increasing the activity of both norepinephrine and serotonin in the nervous system. This drug is most likely a(n):
- A. tricyclic antidepressant.
  - B. selective serotonin reuptake inhibitor (SSRI).
  - C. anti-anxiety drug.
  - D. antipsychotic drug.
155. Joanne has been having some severe psychological problems. Her therapist decided that the best course of treatment would include both psychotherapy and a selective serotonin reuptake inhibitor. Given that this treatment is the optimal one, Joanne is most likely suffering from:
- A. major life events problems
  - B. depression
  - C. schizophrenia
  - D. a somatoform disorder
156. After conducting several neurological tests, a researcher evaluating the impact of a drug on the nervous system concludes that the drug is increasing the activity of the neurotransmitter serotonin. Given this information, one thing we can be sure of is that this drug is not:
- A. a selective serotonin reuptake inhibitor (SSRI).
  - B. a tricyclic antidepressant.
  - C. a monoamine oxidase (MAO) inhibitor.
  - D. an antipsychotic drug.

157. Antipsychotic medications achieve their effects by blocking the activity of:
- A. serotonin.
  - B. gamma-aminobutyric acid (GABA).
  - C. dopamine.
  - D. norepinephrine.
158. A person receives a drug that blocks the activity of dopamine. It is most likely that this drug is an antipsychotic drug and that the person being treated has been diagnosed with \_\_\_\_\_.
- A. depression
  - B. schizophrenia
  - C. a somatoform disorder
  - D. an anxiety disorder
159. Tardive dyskinesia is one of the side effects of which of the following drugs?
- A. antipsychotic drugs
  - B. selective serotonin reuptake inhibitors (SSRIs)
  - C. monoamine oxidase (MAO) inhibitors
  - D. tricyclics
160. One of the side effects of antipsychotic medications is the disorder called tardive dyskinesia. The symptoms of this disorder include:
- A. intense anxiety, nausea, and restlessness.
  - B. dramatic shifts in personality.
  - C. grotesque movements of the face and tongue.
  - D. sweating, insomnia, and sexual dysfunction.
161. The promising new medication called clozapine is an antipsychotic drug that does not appear to produce the negative symptoms that are common with other drugs of this type that contribute to \_\_\_\_\_.
- A. insomnia and sexual dysfunction
  - B. spontaneous remission
  - C. nausea and restlessness
  - D. tardive dyskinesia
162. The primary assumption behind the initial use of electroconvulsive therapy (ECT) was that epilepsy and \_\_\_\_\_ rarely occur in the same person.
- A. depression
  - B. schizophrenia
  - C. bipolar disorder
  - D. conversion disorder
163. Justine has been successfully treated with a series of electroconvulsive therapy treatments for \_\_\_\_\_.
- A. generalized anxiety disorder
  - B. dissociative identity disorder
  - C. severe depression
  - D. schizophrenia
164. Though initially created for use with schizophrenia, electroconvulsive therapy (ECT) is best suited for individuals suffering from \_\_\_\_\_.
- A. depression
  - B. anxiety
  - C. dissociative identity disorder
  - D. bipolar disorder

165. Electroconvulsive therapy (ECT) is often used for depression when:
- A. mania is also involved.
  - B. the depression is dysthymic in nature.
  - C. there is a high risk for suicide.
  - D. it occurs with an anxiety disorder.
166. A lobotomy and a cingulotomy are both particular types of:
- A. somatoform disorders.
  - B. brain disorders.
  - C. drug therapies.
  - D. psychosurgery.
167. Prefrontal lobotomies were originally used to treat people suffering from:
- A. severe depression.
  - B. psychotic and violent behaviour.
  - C. tardive dyskinesia.
  - D. anxiety disorders that did not respond to drugs or psychotherapy.
168. All of the following are negative side effects associated with the use of lobotomies **EXCEPT**:
- A. seizures.
  - B. memory and reasoning impairments.
  - C. grotesque facial and tongue movements.
  - D. stupor and listlessness.
169. A cingulotomy would most likely be used to treat which of the following disorders or problems?
- A. obsessive-compulsive disorder
  - B. schizophrenia
  - C. violent behaviour
  - D. antisocial personality disorder
170. A cingulotomy is a last-resort treatment for obsessive compulsive disorder and involves:
- A. the administration of an electric shock to the brain
  - B. the administration of anti-anxiety drugs
  - C. severing a bundle of nerve fibres that connect the frontal lobes with the limbic system
  - D. inserting an instrument through the eye socket to sever the connection between the frontal lobes and the subcortical structures of the brain
171. After having tried numerous pharmacological treatments and years of unsuccessful psychotherapies, as a last resort attempt to treat her unbearable obsessive compulsive disorder, Janis agreed to a(n) \_\_\_\_\_.
- A. electroconvulsion
  - B. brain transplant
  - C. lobotomy
  - D. cingulotomy
172. Transferring the primary focus of treatment for patients suffering from extreme and chronic mental disorders from the hospital to the community is the primary goal of \_\_\_\_\_.
- A. social skills training
  - B. deinstitutionalization
  - C. interpersonal therapy
  - D. behaviour modification
173. The impetus for the deinstitutionalization movement came from:
- A. concerns about the deterioration of patients' life skills during hospitalization.
  - B. concerns about the "revolving door phenomenon."
  - C. concerns about the long-term effects of the antipsychotic drug therapies often administered during hospitalization.
  - D. concerns about the financial burden on the health care system.

174. One of the problems associated with deinstitutionalization is related to the fact that concerns the majority of hospital admissions involve people who have previously been hospitalized. This is called:
- A. the deterioration effect
  - B. psychological regression
  - C. the revolving door phenomenon
  - D. spontaneous remission
175. Inadequate funding of community-based mental health treatment facilities has resulted in:
- A. fewer repeated hospitalizations.
  - B. a growing population of disturbed and homeless people.
  - C. greater use of antipsychotic medications.
  - D. overburdened mental health care departments in hospitals
176. A company offers its employees a class in stress management and relaxation techniques in the hopes that it will ultimately help employees remain healthier and miss less time at work. Such an intervention program would best be classified as an example of:
- A. situation-focused prevention.
  - B. culturally focused prevention.
  - C. biologically focused prevention.
  - D. competency-focused prevention.
177. In order to reduce the effects of psychological disorders, prevention might include:
- A. an intense exercise regime
  - B. modeling normal behaviours
  - C. increasing personal coping skills
  - D. decreasing work related success
178. Which of the following would best be classified as an example of competency-focused prevention?
- A. a program designed to improve family functioning and provide children with enriched home environments
  - B. a program designed to reduce the risk of post-traumatic stress disorder in women who have been the victims of rape
  - C. environmental and policy changes in a company that are intended to reduce stress
  - D. a program providing better educational opportunities to children who are from marginalized populations
179. According to the text, the two elements that are combined in the treatment of behaviour disorders are a helping relationship and some kind of technique or intervention.  
True False
180. All mental health professionals must graduate from psychology graduate school program with either a Master's degree or a Ph.D.  
True False
181. One of the primary functions of free association in psychoanalysis is to gain access to unconscious material.  
True False
182. When a therapy client responds to a therapist as if she was a significant person from the client's past, psychoanalytic theorists technically refer to this as resistance.  
True False
183. Although more expensive and time-consuming, long-term classic psychoanalysis still tends to produce better therapeutic outcomes than briefer psychodynamic therapies do.  
True False
184. In brief psychodynamic therapies, the therapist is typically more focused and active than in traditional psychoanalysis.  
True False

185. Carl Rogers's concept of unconditional positive regard specifically refers to the ability of the therapist to be able to view the world through the client's eyes.  
True False
186. Carl Rogers and Fritz Perls were similar in that both are considered to be humanistic theorists who believed that people have an inherent tendency towards self-actualization.  
True False
187. In Albert Ellis' "ABCD" model, the "B" stands for the client's maladaptive behaviours.  
True False
188. The cognitive therapy approach of Aaron Beck is currently considered to be the non-pharmacological treatment of choice for depression.  
True False
189. Exposure therapy is based almost entirely on the principles of operant conditioning.  
True False
190. Systematic desensitization attempts to treat anxiety disorders by teaching clients a response that is considered to be incompatible with anxiety.  
True False
191. Systematic desensitization differs from exposure therapy in that systematic desensitization is based on the principle of extinction while exposure therapy is based on the principle of counterconditioning.  
True False
192. When considering the use of token economies, therapists almost always ask whether other, less painful approaches are available and whether the negative behaviour involved poses a serious risk to either the individual or society.  
True False
193. Punishment is never used as a therapeutic technique.  
True False
194. One of the key assumptions of social skills training is that the skills deficits of a particular individual may be reflective of disordered relationships in the family system.  
True False
195. Acceptance and commitment therapy includes the process of mindfulness as a vehicle for change.  
True False
196. Being knowledgeable about a client's culture and/or ethnicity while at the same time not inappropriately stereotyping a client are both important aspects of being a culturally competent therapist.  
True False
197. Hans Eysenck analyzed data collected from health insurance companies and concluded that it provided clear empirical support for the validity of psychotherapy.  
True False
198. With a few small exceptions, meta-analyses conducted on the efficacy of various psychological treatments have revealed that most therapies are equally effective.  
True False
199. Faith in the therapist and the opportunity to practice new behaviours are both thought to be important client factors that are associated with psychotherapy outcomes.  
True False
200. Most anti-anxiety drugs achieve their effects by slowing the synaptic activity of the nervous system. One way of doing this is by increasing the activity of the neurotransmitter gamma-aminobutyric acid (GABA).  
True False

201. Antidepressant drugs work by decreasing the activity of certain neurotransmitters.  
True False
202. Tardive dyskinesia is a negative side effect associated with the use of antipsychotic drugs.  
True False
203. One of the disorders that is thought to respond well to the use of electroconvulsive therapy (ECT) is severe depression.  
True False
204. Electroconvulsive therapy (ECT) can be useful in treating severe depression, but has also been found to relieve anxiety disorders.  
True False
205. Recent estimates suggest that approximately \_\_\_\_\_ percent of North Americans have sought psychological counselling from professionals at some point in their lives.  
\_\_\_\_\_
206. The main goal of psychoanalysis is to have clients achieve greater \_\_\_\_\_.  
\_\_\_\_\_
207. \_\_\_\_\_ takes place when the client responds to the analysts as if he/she were an important figure from the client's past.  
\_\_\_\_\_
208. A therapist tells her client that his current relationships with women appear to very similar to his early relationship with his mother. According to psychoanalysis, this statement would be considered an example of a(n) \_\_\_\_\_.  
\_\_\_\_\_
209. In most all of the \_\_\_\_\_ approaches to therapy, the therapist attempts to create a safe environment in which clients can engage in self-exploration and remove the barriers that block their natural tendencies towards growth.  
\_\_\_\_\_
210. The humanistic therapy approach known as \_\_\_\_\_ was initially derived from and based on the basic laws that govern the perceptual processing of different stimuli.  
\_\_\_\_\_
211. In Albert Ellis's ABCD model of emotional disturbance, the C stands for \_\_\_\_\_.  
\_\_\_\_\_
212. The main assumption of the \_\_\_\_\_ approach to psychotherapy is that the same laws of learning govern the acquisition of both adaptive and maladaptive behaviours.  
\_\_\_\_\_
213. In the exposure therapy known as \_\_\_\_\_ the client is exposed to real-life stimuli that provoke fear whereas in the therapy known as \_\_\_\_\_ the client is asked merely to imagine scenes involving the fear-provoking stimuli.  
\_\_\_\_\_
214. In systematic desensitization the client develops a(n) \_\_\_\_\_ that contains 10 to 15 scenes related to the fear that vary from low-anxiety provoking scenes to high-anxiety provoking scenes.  
\_\_\_\_\_
215. \_\_\_\_\_ therapy is based primarily on the principles of classical conditioning and involves pairing a noxious stimulus with a stimulus that already triggers an unwanted behaviour.  
\_\_\_\_\_

216. In \_\_\_\_\_, desired behaviours are immediately reinforced by such things as points or chips that can later be redeemed for tangible reinforcers.  
\_\_\_\_\_
217. Increases in self-efficacy appear to be mainly responsible for the effectiveness of the therapeutic procedure called \_\_\_\_\_, which makes heavy use of modelling.  
\_\_\_\_\_
218. Dialectical behaviour therapy was designed to treat \_\_\_\_\_.  
\_\_\_\_\_
219. When making use of \_\_\_\_\_ to treat psychological disorders, it is important to make sure that clients have a strong experience of "presence" or of being in another place.  
\_\_\_\_\_
220. According to Derald Sue and David Sue (1990), the biggest barrier preventing minority clients from receiving psychological care is the lack of \_\_\_\_\_.  
\_\_\_\_\_
221. With regard to the issue of gender, many psychological disorders, such as those involving anxiety or depression, have been found to be more prevalent in \_\_\_\_\_.  
\_\_\_\_\_
222. In psychotherapy research, the question asking about the kinds of therapist, client, and therapy variables that are associated with positive treatment outcomes is known as the \_\_\_\_\_.  
\_\_\_\_\_
223. In his critique of psychotherapy, Hans Eysenck argued that the rate of \_\_\_\_\_ was as high as the success rates reported by psychotherapists thereby indicating that not receiving treatment was as effective as receiving treatment.  
\_\_\_\_\_
224. In a randomized clinical trial, a(n) \_\_\_\_\_ is a group of participants who receive an intervention that is intended to control for expectations but is not expected to be effective.  
\_\_\_\_\_
225. Openness and self-relatedness are important \_\_\_\_\_ variables that have been found to be associated with more positive therapy outcomes.  
\_\_\_\_\_
226. Carl Rogers's concept of genuineness is an important \_\_\_\_\_ factor that is strongly related to the effectiveness and efficacy of psychotherapy.  
\_\_\_\_\_
227. Based on his survey conducted in cooperation with "Consumer Reports" magazine, Martin Seligman concluded psychotherapy appears to be \_\_\_\_\_ as a mode of treatment.  
\_\_\_\_\_
228. Psychological and physical dependence are side effects of \_\_\_\_\_ drugs.  
\_\_\_\_\_
229. Compared to the tricyclics and MAO inhibitors, the SSRIs are unique in that they only manipulate the levels of the neurotransmitter \_\_\_\_\_.  
\_\_\_\_\_
230. The primary effect of \_\_\_\_\_ medications is to reduce or block the activity of the neurotransmitter dopamine.  
\_\_\_\_\_

231. In the 1930s, people with psychotic or overly aggressive behaviour were treated with a(n) \_\_\_\_\_, which involved the severing of nerve tracts in the brain.  
\_\_\_\_\_
232. Though lobotomies are hardly ever used today, a modern psychosurgery called a cingulotomy has been found to be an effective treatment for disorders such as depression and \_\_\_\_\_ that have not responded to psychotherapy or medication.  
\_\_\_\_\_
233. The revolving door phenomenon was discussed as one of the negative consequences of \_\_\_\_\_.  
\_\_\_\_\_
234. A \_\_\_\_\_ prevention program is designed to increase the personal coping skills and resources of individuals who may be at risk for particular psychological disorders.  
\_\_\_\_\_
235. What two therapeutic elements combine in the treatment of behaviour disorders?
236. Who do people usually consult with when they are dealing with mental health problems? What percentage of the population has consulted with a professional counsellor or therapist?
237. What are the different types of mental health professionals?
238. What is the major therapeutic goal in psychoanalysis?

239. How are free association and dream analysis used in psychoanalysis?

240. How do resistance and transference reflect underlying conflicts?

241. What are interpretations and how are they used by analysts?

242. What two research results favour the use of brief therapies over classical psychoanalysis? How do brief psychodynamic therapies differ from classical psychoanalysis?

243. What is the goal of humanistic therapies and how do the therapies try to achieve this goal?

244. Define the three important therapist attributes described by Rogers.

245. How is gestalt therapy derived from Gestalt psychology principles?

246. Note the similarities and differences of Rogers's and Perls's approaches to therapy. What factor may have accounted for the decline in popularity of gestalt therapy?

247. What do ABCD stand for in rational-emotive therapy and how is this model used in therapy?

248. Which disorders have responded most favourably to Beck's cognitive therapy? What is the focus of the therapy in these disorders?

249. What basic assumptions about psychological disorders are made by the behavioural approach to therapy?

250. What are the classical and operant conditioning procedures used in exposure therapy? How was this procedure used to treat agoraphobics?

251. How does systematic desensitization differ from exposure in terms of its (a) underlying principle and (b) specific techniques?
252. How does classical conditioning underlie aversion therapy? What additional training can enhance its effectiveness?
253. How do token economies work and what evidence is there for their effectiveness?
254. Under what conditions is punishment used as a behaviour modification technique? What evidence is there for its effectiveness?
255. How is modelling used in social skills training? How is self-efficacy involved in its effectiveness?
256. Describe the three 'third wave' cognitive-behavioural therapies. How effective are they?

257. Which specific attributes of VR make it potentially useful in therapy? What evidence is there that VR can work therapeutically?
258. What factors serve as barriers to therapy for ethnic minorities?
259. What skills are found in culturally competent therapists?
260. What factors might account for the greater prevalence of psychological disorders in women?
261. What is the "specificity question" in psychotherapy research?
262. What types of measures are used to assess the outcome of therapy?

263. What are some of the challenges in designing good psychotherapy research?

264. Describe Eysenck's challenge to therapy effectiveness and the data on which it was based.

265. Summarize desirable standards for designing psychotherapy research studies with regard to design, treatment standardization, and follow-up.

266. How is meta-analysis used to assess therapy effects? What have meta-analyses shown about overall effectiveness and the effects of different forms of therapy?

267. What client variables are important to treatment outcome?

268. Which therapist factors affect treatment outcome?

269. Define and give examples of common factors in psychotherapy.

270. What were the major findings of the *CR* survey? On what bases were its conclusions criticized?

271. How do anti-anxiety drugs achieve their effects? Do they have any drawbacks?

272. How do the three classes of antidepressant drugs achieve their effects biologically? How effective are they compared/combined with therapy?

273. How do antipsychotic drugs achieve their effects?

274. What is tardive dyskinesia and how is it caused?

275. Which disorders do and do not respond favourably to ECT?

276. What were the rationale and effects of prefrontal lobotomy?

277. What is a cingulotomy and with what disorders is it used?

278. What is the rationale for deinstitutionalization? What prevents its achieving its goals?

279. Define the two major approaches to prevention.

280. Describe the psychoanalytic approach to therapy. In your discussion, be sure to include the major techniques and concepts of the approach.

281. Describe the essential components of the humanistic approach to psychotherapy. According to Carl Rogers, what are the three key characteristics that a therapist should have? Describe Fritz Perls' approach to therapy and compare and contrast it with Rogers's.
282. Describe the therapeutic approach of Albert Ellis. Discuss the components of his ABCD model and explain how people normally interpret the causes of their negative emotions. What types of thoughts did Ellis specifically try to address and change and how did he do this?
283. Using the principles of classical conditioning, explain how a dog phobia might occur. Be sure to use the appropriate classical conditioning labels. Describe how a therapist could use 1) extinction therapy and 2) systematic desensitization to treat this psychological disorder.
284. Suppose you are working with some challenging and difficult children who have a hard time behaving themselves. For instance, they don't clean up after themselves, they frequently get into verbal arguments or physical fights, and they often refuse to obey adults. Design a token economy system that is intended to change their behaviour. What are two types of punishment that you could use to change their behaviour? What are the disadvantages of using punishment and of the two different types, which type of punishment is generally best to use?
285. Discuss some of the limitations of our current models of psychotherapy. What are three cultural barriers that limit the utilization of psychotherapy by ethnic minorities? What kinds of skills should a culturally competent therapist have?

286. What is the "specificity question" and how is it used in modern psychotherapy research? If you were interested in designing a study to examine the effectiveness of a new treatment for depression, what are some different ways that you could assess the effectiveness of your treatment?
287. Suppose you have created a new psychotherapy treatment for anxiety and are interested in evaluating it. Propose a study using randomized clinical trials and a placebo control group. Be sure to mention how you plan to measure improvement or change and how you are going to deal with standardization, follow-up, and any ethical issues in your design.
288. What are the three types of factors that have been investigated with regard to the effectiveness of psychotherapy? Discuss two or three specific examples of each
289. What are the three different classes of antidepressant drugs and how does each one function to reduce the symptoms of depression? Compared to psychotherapy, how effective are these medications? What are some short - and long-term issues associated with the use of these drugs to treat depression?
290. Describe in detail aversion therapy. In your response be sure to note the underlying principle on which it is based, provide a description of what it entails, and include a discussion of its effectiveness.

291. What has research found comparing drug to psychological treatments for the treatment of depression? Include in your answer an evaluation of the quality of the research study that was described.

292. What is ECT? In your answer summarize what ECT is, describe why it was originally developed, discuss the conditions for which it is currently used, and cite the criticisms that have been made against its use.

## ch17 Key

1. (p. 674) C
2. (p. 674) B
3. (p. 674) D
4. (p. 674) A
5. (p. 674) B
6. (p. 674) C
7. (p. 675) D
8. (p. 675) D
9. (p. 675) C
10. (p. 675) A
11. (p. 675) B
12. (p. 675) A
13. (p. 676) D
14. (p. 676) C
15. (p. 676) B
16. (p. 676) D
17. (p. 676) B
18. (p. 676) D
19. (p. 676) A
20. (p. 676) C
21. (p. 677) B
22. (p. 677) D
23. (p. 677) A
24. (p. 677) C
25. (p. 677-678) B
26. (p. 677-678) D
27. (p. 677-678) A
28. (p. 678) C
29. (p. 678) B
30. (p. 679) D
31. (p. 679) D
32. (p. 679) C
33. (p. 679) C
34. (p. 679) A
35. (p. 679) C
36. (p. 679) B

37. (p. 679) C
38. (p. 679) C
39. (p. 679) D
40. (p. 679) A
41. (p. 680) B
42. (p. 680) C
43. (p. 680) D
44. (p. 680) B
45. (p. 680) C
46. (p. 680) A
47. (p. 682) A
48. (p. 682) A
49. (p. 682) A
50. (p. 682) B
51. (p. 682) C
52. (p. 682) D
53. (p. 682) A
54. (p. 684) B
55. (p. 684) C
56. (p. 684) A
57. (p. 684) D
58. (p. 684) A
59. (p. 684-688) B
60. (p. 684) A
61. (p. 684) C
62. (p. 684) A
63. (p. 685) D
64. (p. 685) A
65. (p. 685) D
66. (p. 685) A
67. (p. 685) B
68. (p. 687) B
69. (p. 687) A
70. (p. 686-687) C
71. (p. 686-687) B
72. (p. 688) D
73. (p. 688) A
74. (p. 688) C

75. (p. 688) B
76. (p. 688) B
77. (p. 688) C
78. (p. 688-689) D
79. (p. 689) A
80. (p. 689) C
81. (p. 689) D
82. (p. 689) B
83. (p. 689) A
84. (p. 690) B
85. (p. 690) C
86. (p. 690) D
87. (p. 690) A
88. (p. 690) B
89. (p. 690) B
90. (p. 691) C
91. (p. 691) D
92. (p. 691) D
93. (p. 691-692) B
94. (p. 692) D
95. (p. 691) A
96. (p. 691) C
97. (p. 686) D
98. (p. 686) C
99. (p. 686) B
100. (p. 694) D
101. (p. 694) C
102. (p. 694) A
103. (p. 694-695) D
104. (p. 694) B
105. (p. 695) D
106. (p. 695) D
107. (p. 695) C
108. (p. 695) A
109. (p. 699) B
110. (p. 699) A
111. (p. 696) D
112. (p. 696) B

113. (p. 696) C
114. (p. 697) D
115. (p. 696) C
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117. (p. 696) A
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126. (p. 697) D
127. (p. 697) C
128. (p. 698) B
129. (p. 698) B
130. (p. 698) D
131. (p. 700) A
132. (p. 700) C
133. (p. 700) B
134. (p. 700) B
135. (p. 700) D
136. (p. 700) B
137. (p. 700) C
138. (p. 701) B
139. (p. 700-701) D
140. (p. 701) A
141. (p. 701) C
142. (p. 701) C
143. (p. 699) B
144. (p. 699) A
145. (p. 698) C
146. (p. 699) B
147. (p. 699) A
148. (p. 705) A
149. (p. 701) C
150. (p. 702) B

151. (p. 702) D
152. (p. 702) D
153. (p. 702) C
154. (p. 702) A
155. (p. 702) B
156. (p. 703) D
157. (p. 703) C
158. (p. 703) B
159. (p. 703) A
160. (p. 703) C
161. (p. 702) D
162. (p. 630) B
163. (p. 702) C
164. (p. 703) A
165. (p. 703) C
166. (p. 706) D
167. (p. 631) B
168. (p. 707) C
169. (p. 707) A
170. (p. 707) C
171. (p. 707) D
172. (p. 709) B
173. (p. 709) A
174. (p. 709) C
175. (p. 709-710) B
176. (p. 710) A
177. (p. 710) C
178. (p. 710) B
179. (p. 674) TRUE
180. (p. 674) FALSE
181. (p. 675) TRUE
182. (p. 676) FALSE
183. (p. 677) FALSE
184. (p. 677) TRUE
185. (p. 679) FALSE
186. (p. 680) TRUE
187. (p. 682) TRUE
188. (p. 683) TRUE

189. (p. 684) FALSE
190. (p. 686) TRUE
191. (p. 688) FALSE
192. (p. 689) FALSE
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196. (p. 694) TRUE
197. (p. 696) FALSE
198. (p. 698) TRUE
199. (p. 700) FALSE
200. (p. 701) TRUE
201. (p. 702) FALSE
202. (p. 703) TRUE
203. (p. 706) TRUE
204. (p. 706) FALSE
205. (p. 674) 30
206. (p. 675) insight
207. (p. 676) transference
208. (p. 677) interpretation
209. (p. 679) humanistic
210. (p. 680) gestalt therapy
211. (p. 682) Consequences
212. (p. 684) Behavioural
213. (p. 685) flooding; implosion
214. (p. 687) stimulus hierarchy
215. (p. 688) Aversion
216. (p. 689) token economies
217. (p. 690) social skills training
218. (p. 615) borderline personality disorder
219. (p. 686) virtual reality
220. (p. 694) Culturally competent therapists
221. (p. 695) women
222. (p. 695) specificity question
223. (p. 696) spontaneous remission
224. (p. 697) placebo control group
225. (p. 700) Client
226. (p. 700) therapist

227. (p. 699) effective
228. (p. 701) Anti-anxiety
229. (p. 702) serotonin
230. (p. 703) Antipsychotic
231. (p. 706) prefrontal lobotomy
232. (p. 707) obsessive-compulsive disorder
233. (p. 709) Deinstitutionalization
234. (p. 710) Competency-focused
235. (p. 694) Answers will vary
236. (p. 674) Answers will vary
237. (p. 674) Answers will vary
238. (p. 675) Answers will vary
239. (p. 675-676) Answers will vary
240. (p. 676) Answers will vary
241. (p. 677) Answers will vary
242. (p. 677-678) Answers will vary
243. (p. 679) Answers will vary
244. (p. 679) Answers will vary
245. (p. 680) Answers will vary
246. (p. 679-681) Answers will vary
247. (p. 682) Answers will vary
248. (p. 683-684) Answers will vary
249. (p. 684) Answers will vary
250. (p. 684-685) Answers will vary
251. (p. 686-688) Answers will vary
252. (p. 688) Answers will vary
253. (p. 689) Answers will vary
254. (p. 689-690) Answers will vary
255. (p. 690-691) Answers will vary
256. (p. 691-693) Answers will vary
257. (p. 686-687) Answers will vary
258. (p. 694) Answers will vary
259. (p. 694-695) Answers will vary
260. (p. 695) Answers will vary
261. (p. 691) Answers will vary
262. (p. 696) Answers will vary
263. (p. 697) Answers will vary
264. (p. 696) Answers will vary

265. (p. 697) Answers will vary

266. (p. 697-698) Answers will vary

267. (p. 700) Answers will vary

268. (p. 700) Answers will vary

269. (p. 700-701) Answers will vary

270. (p. 699) Answers will vary

271. (p. 701) Answers will vary

272. (p. 702) Answers will vary

273. (p. 703) Answers will vary

274. (p. 703) Answers will vary

275. (p. 706) Answers will vary

276. (p. 706-7) Answers will vary

277. (p. 707) Answers will vary

278. (p. 709) Answers will vary

279. (p. 710) Answers will vary

Feedback: Primary goal of therapy is insight: making conscious the unconscious patterns that are responsible for psychological problems. One technique used to do this is dream interpretation, where symbolic content of dreams is interpreted. Some therapists also use free association in which people simply report the conscious thoughts that enter their minds. Both techniques are used to gain access to unconscious material. Analysts often encounter resistance from clients, which are defensive manoeuvres designed to hinder therapy. Sometimes, they encounter transference, where clients relate to the therapist as if the therapist was a significant person from the client's past. Psychoanalysts are usually non-directive, but will offer interpretations designed to help the client gain insight.

280. (p. 675-678) Answers will vary

Feedback: Carl Rogers assumed that the most important factor in therapy is the relationship between the client and the therapist. The three key characteristics are unconditional positive regard, empathy, and genuineness. Fritz Perls is associated with gestalt therapy. Such therapy is often conducted in groups in which people are asked to role-play different scenarios. Gestalt therapy is more creative and often more confrontational than the client-centered approach. Both approaches assume that an innate tendency for self-actualization exists but can be blocked, cutting people off from important aspects of their experience.

281. (p. 679-681) Answers will vary

Feedback: People normally assume that their emotions are produced by different situations that happen to them. But Albert Ellis points out that people often have different responses to the same situation. Thus, there must be some other step between the Activating Event (A) and the Emotional Consequences (C). For Ellis, this step is people's Beliefs (B) and it is their beliefs about events that actually cause their emotional reactions. In order to change their responses, people need to change their beliefs. Ellis proposed doing this by Disputing (D) the beliefs that cause unwanted negative emotions. Ellis paid the most attention to attempting to dispute irrational beliefs. His style was rather confrontational and assertive as he challenged and disputed people's irrational ideas.

282. (p. 682) Answers will vary

Feedback: Assume that a person is attacked by a dog one time. In this case, a naturally aversive stimulus of the attack (UCS) is paired with fear (UCR). If the previously neutral dog stimulus (CS) becomes associated with the aversive stimulus of the attack (UCS), merely the presence of a dog (CS) may trigger a fear response (CR). Extinction therapy: Try to expose the person to the feared CS (the dog) in the absence of the aversive UCS (the attack). Important to use response prevention, where person can't avoid feared CS. If presented with enough trials, it is assumed that the person will learn that the CS isn't associated with the unpleasant UCS and extinction will occur. Systematic desensitization: first teach the person relaxation training, a response incompatible with anxiety or fear. Then have person create a stimulus hierarchy from least feared situation (hearing someone say the word "dog") to most feared (actually petting a big dog). The person goes through the hierarchy step by step, imagining it first and then relaxing.

283. (p. 684-688) Answers will vary

Feedback: Token economy involves specifying certain desired behaviours and then awarding chips or tokens to kids when they engage in these behaviours. Tokens can then be redeemed for other prizes. May want to reinforce such things as obeying adults, playing nicely with peers, helping other people out, cleaning up after themselves, etc. Could use aversive punishment (present an aversive consequence) or response cost punishment (withdraw a positive consequence). Response cost is usually more effective. Punishment is limited because of negative emotions associated with the person administering the punishment and because while it discourages one behaviour, it doesn't tell the person the appropriate behaviour.

284. (p. 688-690) Answers will vary

Feedback: Psychological models derived from North American and European cultures assume that personal problems originate within the person. These models also assume that people are individually responsible for their improvement and are capable of talking about their thoughts and feelings. Not all cultures share these assumptions. Barriers: Cultural norms against turning to people outside one's own culture; frustrating experiences with bureaucracies; language difficulties; difficulty accessing services; and too few culturally skilled therapists. Culturally competent therapist: uses understanding of client's culture to gain a broader knowledge of client, yet does not stereotype. Culturally skilled therapists are also able to include culturally relevant aspects in treatment.

285. (p. 693-695) Answers will vary

Feedback: Specificity question: what effects do different therapy, therapist, and client variables have on psychotherapy treatment outcomes? Used to move beyond the overly simplistic question asking, "Does therapy work?" Possible ways to assess effectiveness: ratings of depression made by a person's therapist; a person's self-report of how depressed he or she feels; ratings from parents and/or peers; self-monitoring of behaviour by person; behavioural observations made by trained observers.

286. (p. 695-696) Answers will vary

Feedback: Select a group of participants and then randomly assign them to receive either treatment or an anxiety support group (placebo). Give participants some kind of pre-study anxiety assessment and then begin treatment. The study lasts for a period of time and then ends. Follow-up measures are gathered at that time to address change. Offer treatment to those in placebo group who are interested. Follow-up six months later to determine long-term effects. Use treatment manuals with therapists to insure consistency.

287. (p. 697) Answers will vary

Feedback: Client factors associated with successful therapy: Openness: willingness to invest selves in therapy and to take the risks associated with change. Self-relatedness: ability to experience and understand their various mental states, ability to remain attuned to the processes that occur in their relationship with their therapist, and to apply what they have learned in therapy outside in their "real lives." Technique variables associated with successful therapy: Common factors associated with all therapies such as: increased optimism and self-efficacy, belief and faith in therapist, and more plausible explanations for their problems. Therapist variables associated with successful therapy: Carl Rogers's three characteristics of empathy, genuineness, and unconditional positive regard.

288. (p. 699-701) Answers will vary

Feedback: Tricyclics (Elavil) increase the activity of serotonin and norepinephrine by preventing the reuptake of these neurotransmitters. Monoamine oxidase (MAO) inhibitors (Nardil): increase the activity of serotonin and norepinephrine by reducing the activity of an enzyme that breaks down these neurotransmitters in the synapse. SSRI (Prozac): increases the activity of only serotonin. All these drugs have side effects, but MAO inhibitors are the most dangerous. Research indicates they are roughly equal with psychotherapy in terms of outcomes. They achieve their effects faster than psychotherapy but clients may be less likely to maintain long-term changes.

289. (p. 702) Answers will vary

Feedback: Aversion therapy is a therapy designed to reduce deviant or unwanted behaviours. The therapy is based on classical conditioning and in the therapy the stimulus that is attractive to the person (e.g., child pornography) is paired with an aversive stimulus (e.g., a shock) that produces an undesired response (pain). The goal of the treatment is to replace the response of attraction to the undesired stimulus with one of aversion or anxiety. Research suggests that aversion therapies often fail to generalize beyond the treatment setting to the real world and experts suggest that aversion therapy will be more effective if it is part of a comprehensive treatment program.

290. (p. 688) Answers will vary

Feedback: The researchers used randomized clinical trials with the clinicians blind to the conditions. They had two psychotherapy conditions, the drug treatment condition and a drug placebo group. They also used the criterion of clinically significant decrease in depression scores not just statistical significance and made sure to equate the groups on scores of depression at the start of the study. The highest dropout rate was in the drug treatment group. For the low severity groups there were no differences across treatments. However for the severely depressed group, the behavioural activation group had superior recovery compared to the other groups. Participants reported feeling less depressed as well as the therapists rating them as having improved the most.

291. (p. 697, 704-705) Answers will vary

Feedback: ECT or electroconvulsive therapy is a biological treatment that involves a brief electrical stimulation of the brain. ECT was based on the observation that schizophrenia and epilepsy rarely occurred in the same person. It was suggested that inducing brain seizures (similar to those that occur in epileptics) in schizophrenics might alleviate their schizophrenic symptoms. When ECT was initially introduced it was applied to a wide variety of treatments and while it was not effective in treating schizophrenia it was found to be effective in treating severe depression. Currently, the procedure is used almost exclusively for treating severe depression. ECT has been criticized on the basis that even though it effectively alleviates depression the possibility of a relapse is high. Also, concerns about possible memory loss and permanent brain damage have been raised. 292. (p. 703, 706) Answers will vary

## ch17 Summary

<u>Category</u>	<u># of Questions</u>
CL: AN	10
CL: C	37
CL: K	131
Item Difficulty: 0.15	1
Item Difficulty: 0.22	1
Item Difficulty: 0.27	1
Item Difficulty: 0.32	1
Item Difficulty: 0.38	1
Item Difficulty: 0.40	1
Item Difficulty: 0.42	1
Item Difficulty: 0.44	1
Item Difficulty: 0.46	1
Item Difficulty: 0.53	1
Item Difficulty: 0.54	2
Item Difficulty: 0.61	2
Item Difficulty: 0.65	1
Item Difficulty: 0.66	1
Item Difficulty: 0.73	1
Item Difficulty: 0.78	1
Item Difficulty: 0.80	1
Item Difficulty: 0.82	1
Item Difficulty: 0.84	1
Item Discrimination: 0.10	1
Item Discrimination: 0.20	4
Item Discrimination: 0.30	1
Item Discrimination: 0.40	1
Learning Objective: 17-01	12
Learning Objective: 17-02	35
Learning Objective: 17-03	27
Learning Objective: 17-04	19
Learning Objective: 17-05	60
Learning Objective: 17-06	21
Learning Objective: 17-07	65
Learning Objective: 17-08	43
Learning Objective: 17-09	11
Passer - Chapter 17	292
Point Biserial: -0.05	1
Point Biserial: 0.13	1
Point Biserial: 0.18	1
Point Biserial: 0.19	1
Point Biserial: 0.20	2
Point Biserial: 0.21	1
Point Biserial: 0.28	2
Point Biserial: 0.31	1
Point Biserial: 0.34	2
Point Biserial: 0.41	1
Point Biserial: 0.42	1
Point Biserial: 0.44	1
Point Biserial: 0.47	2
Point Biserial: 0.56	1