

REVIEW CHAPTER 13

Exam

Name _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) The content of the unconscious mind is the focus of _____ therapy.
 - A) Rogerian
 - B) reciprocal inhibition
 - C) psychoanalytic
 - D) behavioral
 - E) insight

- 2) MAO inhibitors and tricyclics are two important types of
 - A) antipsychotic medications.
 - B) antidepressant drugs.
 - C) behavioral therapies.
 - D) psychosurgeries.
 - E) cognitive fear reduction techniques.

- 3) Janet has an intense fear of spiders. Her therapist picks one up and lets it sit on her shoulder. The therapist is utilizing _____ therapy.
 - A) aversion
 - B) exposure
 - C) Post-Freudian
 - D) psychodynamic
 - E) contingency

- 4) The _____ approach to therapy would be appropriate for a person who persistently mutters out loud "I am stupid, I am a moron, I am a fool"
 - A) psychosurgery
 - B) behavioral
 - C) cognitive
 - D) contingency
 - E) sociocultural

- 5) Johanna and Stuart are seeing a couples therapist. The therapist is LEAST likely to help them figure out how they
 - A) dominate or confuse each other verbally and non-verbally.
 - B) can each help the other express his or her feelings and ideas.
 - C) can reinforce desirable behavior in each other.
 - D) can use projection and transference to improve their relationship.
 - E) can develop nondirective listening skills.

- 6) A support group would be most unlikely to deal with
 - A) job-related work-place conflicts.
 - B) helping relatives or friends of addicts cope with the associated stresses.
 - C) addictions such as alcohol or gambling.
 - D) coping with mental and physical disorders.
 - E) managing crises such as divorce or the death of a child.

- 7) _____ was the 1950s researcher who created a furor by claiming that psychotherapy does not work.
- A) Beck
 - B) Ellis
 - C) Eysenck
 - D) Freud
 - E) Sullivan
- 8) Electroconvulsive therapy has proven successful in treating
- A) severe depression.
 - B) obsessive-compulsive disorder.
 - C) general anxiety disorder.
 - D) schizophrenia.
 - E) ADHD.
- 9) The Consumer Reports study of personal experiences in therapy found that
- A) most people sought the help of a mental health professional rather than that of friends and family.
 - B) specific types of therapy were deemed to be most effective.
 - C) long-term therapy was better than short-term therapy.
 - D) "passive shoppers" were just as successful as "active shoppers."
 - E) drug therapy along with psychotherapy was the most effective treatment.
- 10) Benzodiazepine drugs _____ by _____.
- A) promote sleep; increasing nervous system activity
 - B) increase anxiety; by promoting the release of serotonin in brain
 - C) reduce anxiety; enhancing the inhibitory effects of GABA
 - D) treat alcoholism; creating feelings of euphoria
 - E) treat phobias; sedating the person
- 11) Lithium carbonate is effective in treating
- A) bipolar disorder.
 - B) schizophrenia.
 - C) antisocial personality disorder.
 - D) dissociative disorder.
 - E) general anxiety
- 12) Cindy's parents add 15 minutes to her bedtime, if she has completed all of her daily chores. Cindy's parents are using
- A) aversion therapy.
 - B) parent effectiveness training.
 - C) contingency management.
 - D) systematic desensitization.
 - E) participant modeling.
- 13) A company that awards vacations to salespeople who have made the most sales for the year is using _____ to modify sales behavior.
- A) symbolic modeling
 - B) token economy
 - C) participant modeling
 - D) nondirective influence
 - E) aversion therapy

- 14) The technique of free association was intended to
- A) allow the therapist to listen to the client in order to gather clues about their unconscious impulses.
 - B) allow the client to sublimate their impulses.
 - C) suppress memory.
 - D) project the concerns of the therapist into the patient's thoughts.
 - E) interpret the symbolic meaning of dreams.
- 15) Systematic desensitization is most often used to treat
- A) alcohol abuse.
 - B) depression.
 - C) anxiety disorders.
 - D) ADHD.
 - E) schizophrenia.
- 16) Drugs such as Haldol are effective in treating the _____ associated with schizophrenia.
- A) poor attention span
 - B) lack of sleep
 - C) jumbled thoughts
 - D) hallucinations
 - E) social distance
- 17) The group that is least likely to have access to adequate mental care is
- A) college students.
 - B) the middle class.
 - C) the poor.
 - D) adolescents.
 - E) the elderly.
- 18) _____ tries to modify problematic behavior patterns by arranging conditions in which the client will view role models being reinforced for the desired response.
- A) Aversion therapy
 - B) Observational learning
 - C) Extinction strategy
 - D) Insight therapy
 - E) Humanistic existential
- 19) A patient suffering from attention-deficit/hyperactivity disorder (ADHD) may improve when treated with
- A) stimulants.
 - B) anti-anxiety medications.
 - C) antipsychotic medications.
 - D) caffeine.
 - E) Prozac and Valium.

- 20) _____ are the typical practitioners of Freudian therapy.
- A) Nurses
 - B) Counseling psychologists
 - C) Clinical psychologists
 - D) Social workers
 - E) Psychoanalysts
- 21) A key aspect of the structure of the original Alcoholics Anonymous program was the concept of _____ steps.
- A) 39
 - B) 20
 - C) 12
 - D) 7
 - E) 5
- 22) The technique of _____ involves severing the nerve fibers connecting the frontal lobes with deep brain structures including the thalamus and the hypothalamus.
- A) prefrontal lobotomy
 - B) diencephalotomy
 - C) TMS
 - D) neurosurgery
 - E) electroconvulsive therapy
- 23) Which of the following is NOT a concern when using anti-anxiety medications?
- A) They should not be used for more than a week or two at a time.
 - B) They should not be abruptly stopped.
 - C) They may eliminate production of the neurotransmitter GABA.
 - D) They should not be used for "everyday" stressors.
 - E) They can impair ability to perform tasks requiring alertness, such as driving.
- 24) The cause of anxiety, according to Carl Rogers, lies in
- A) realistic fears regarding the world and local crises.
 - B) chemical and structural features of the brain.
 - C) a conflict between a naturally positive self-image and negative external criticisms.
 - D) social reinforcements of anxiety-related behaviors.
 - E) the inability of ego defense mechanisms to repress unconscious conflicts.
- 25) Linda's friend Allie comes to her because she is having marital problems. Linda should
- A) give her friend advice about what to do.
 - B) show honest surprise or disgust, when she feels that way.
 - C) avoid using empathy - it is embarrassing to both parties.
 - D) tell Allie to accept things "as is."
 - E) be an active listener.

- 26) A(n) _____ therapist focuses on problem behaviors rather than probing the mind of the client.
- A) humanistic
 - B) psychodynamic
 - C) cognitive
 - D) evolutionary
 - E) behavioral
- 27) A serious side-effect of antipsychotic drugs is related to
- A) more delusional thoughts.
 - B) loss of REM sleep.
 - C) a worsening of social apathy.
 - D) high abuse potential.
 - E) disturbance of muscle control.
- 28) The purpose of cognitive therapies is on
- A) our unconscious processes.
 - B) using drugs to solve emotional problems.
 - C) what we think and how we think.
 - D) self-actualization.
 - E) observing the behaviors of others.
- 29) An important emphasis of humanistic therapy is on
- A) the whole person being involved in a process of change.
 - B) hedonistic impulses.
 - C) destructive tendencies.
 - D) faulty thinking.
 - E) problematic behaviors.
- 30) Which is the correct sequence of steps in systematic desensitization?
- A) Develop anxiety hierarchy, practice relaxation, associate relaxation with anxieties.
 - B) Identify thinking flaws, change emotions, change faulty ways of thinking.
 - C) Associate relaxation with anxieties, practice relaxation, develop anxiety hierarchy.
 - D) Identify thinking flaws, change thinking flaws, experience more positive emotions.
 - E) Practice relaxation, develop anxiety hierarchy, associate relaxation with anxieties.
- 31) Researchers have found that paraprofessionals
- A) have poor ability with behavioral therapies.
 - B) are more successful than professionals.
 - C) are ineffective with insight therapies.
 - D) are about as effective as professionals.
 - E) are seldom effective.

- 32) Before deciding on the particular form of treatment for an individual, a therapist needs to
- A) explore the patient's repressed issues from childhood.
 - B) meet with close family members to apprise them of the situation.
 - C) make a prognosis in consultation with a psychiatrist.
 - D) find out what medications the individual is taking to check for drug interactions.
 - E) identify the problem and its causes.
- 33) The cause of depression according to Aaron Beck is that depressed patients
- A) are reinforced for their depressed behaviors.
 - B) have low self-efficacy.
 - C) use negative automatic thoughts they repeat about themselves.
 - D) suffer from an imbalance of serotonin in their brains.
 - E) have had many childhood traumas.
- 34) A key common element among different forms of therapy such as psychoanalysis, behavioral therapy, and drug therapy is a relationship that focuses on
- A) improving mental, behavioral, or social functioning.
 - B) removing the patient from existing social networks.
 - C) reinforcing existing behavioral patterns.
 - D) discovering the unconscious reasons behind behaviors.
 - E) There is no common element.
- 35) Which of the following is NOT true of the antipsychotic (AP) drugs?
- A) AP drugs are more effective in treating positive than negative symptoms.
 - B) AP drugs were first used in 1953.
 - C) AP drugs have reduced the size of psychiatric hospitals.
 - D) Motor problems are associated with the use of AP drugs.
 - E) Any tranquilizer will function as an effective AP drug.
- 36) A serious side effect of lithium treatment is related to
- A) toxicity from high blood levels of lithium.
 - B) gastric distress.
 - C) a complaints of halitosis.
 - D) a worsening of manic episodes.
 - E) the development of severe depression.
- 37) _____ therapies emphasize the release of conflicts and memories from the unconscious.
- A) Psychological
 - B) Situational
 - C) Psychic
 - D) Psychodynamic
 - E) Systematic

- 38) Veru fears snakes, so her therapist encourages her to watch a film containing people handling snakes. Veru's therapist is using
- A) self-system therapy.
 - B) insight therapy.
 - C) humanistic therapy.
 - D) psychoanalysis.
 - E) symbolic modeling therapy.
- 39) Insight therapy and behavior therapy are collectively known as
- A) psychotherapy.
 - B) psychopathology.
 - C) psychotropism.
 - D) psychophilia.
 - E) psychomania.
- 40) It is estimated that about _____ people attend self-help groups in the United States every week.
- A) 1 million
 - B) 15 million
 - C) 30 million
 - D) 75 million
 - E) 100 million

- 1) C
- 2) B
- 3) B
- 4) C
- 5) D
- 6) A
- 7) C
- 8) A
- 9) C
- 10) C
- 11) A
- 12) C
- 13) B
- 14) A
- 15) C
- 16) D
- 17) C
- 18) B
- 19) A
- 20) E
- 21) C
- 22) A
- 23) C
- 24) C
- 25) E
- 26) E
- 27) E
- 28) C
- 29) A
- 30) A
- 31) D
- 32) E
- 33) C
- 34) A
- 35) E
- 36) A
- 37) D
- 38) E
- 39) A
- 40) B