**Unit 13 Therapy Practice Test**

**Multiple Choice**

*Identify the choice that best completes the statement or answers the question.*

\_\_\_\_ 1. Sigmund Freud introduced a form of psychotherapy known as

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| a. | counterconditioning. |
| b. | active listening. |
| c. | cognitive therapy. |
| d. | psychoanalysis. |
| e. | psychosexual fixation. |

\_\_\_\_ 2. The first psychological therapy was introduced by

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| a. | Joseph Wolpe. |
| b. | Sigmund Freud. |
| c. | Aaron Beck. |
| d. | Carl Rogers. |
| e. | Albert Ellis. |

\_\_\_\_ 3. Which of the following therapists would most likely try to understand an adult's psychological disorder by exploring that person's childhood experiences?

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| a. | a psychoanalyst |
| b. | a behavior therapist |
| c. | a humanistic therapist |
| d. | a cognitive therapist |
| e. | a biomedical therapist |

\_\_\_\_ 4. Freud is to \_\_\_\_\_\_\_\_ as Rogers is to \_\_\_\_\_\_\_\_.

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| a. | psychoanalysis; counterconditioning |
| b. | free association; active listening |
| c. | dream analysis; systematic desensitization |
| d. | active listening; empathy |
| e. | unconditional positive regard; transference |

\_\_\_\_ 5. Insight therapies aim to improve psychological functioning by

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| a. | discouraging patients from using antidepressant drugs. |
| b. | using progressive relaxation to reduce patients' anxiety. |
| c. | increasing patients' awareness of their own motives and defenses. |
| d. | using personality tests to accurately diagnose patients' difficulties. |
| e. | using conditioning techniques to reduce the cognitive experience of anxiety. |

\_\_\_\_ 6. Benny's mother tries to reduce his fear of sailing by giving the 3-year-old his favorite candy as soon as they board the boat. The mother's strategy best illustrates

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| a. | counterconditioning. |
| b. | cognitive therapy. |
| c. | transference. |
| d. | aversive conditioning. |
| e. | the placebo effect. |

\_\_\_\_ 7. Systematic desensitization involves

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| --- | --- |
| a. | depriving a client access to an addictive drug. |
| b. | associating unwanted behaviors with unpleasant experiences. |
| c. | replacing a positive response to a harmful stimulus with a negative response. |
| d. | associating a pleasant relaxed state with anxiety-arousing stimuli. |
| e. | vigorously challenging clients' illogical ways of thinking. |

\_\_\_\_ 8. Relaxing one muscle group after another until one achieves a completely relaxed state of comfort is called \_\_\_\_\_\_\_\_ relaxation.

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| a. | simulated |
| b. | systematic |
| c. | progressive |
| d. | unconditional |
| e. | active |

\_\_\_\_ 9. Aversive conditioning involves

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| a. | replacing a negative response to a harmless stimulus with a positive response. |
| b. | identifying a hierarchy of anxiety-arousing experiences. |
| c. | depriving a client of access to an addictive drug. |
| d. | associating unwanted behaviors with unpleasant experiences. |
| e. | systematically controlling the consequences of patients' maladaptive behaviors. |

\_\_\_\_ 10. To help Claire quit smoking, a therapist delivers an electric shock to her arm each time she smokes a cigarette. The therapist is using

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| a. | aversive conditioning. |
| b. | systematic desensitization. |
| c. | electroconvulsive therapy. |
| d. | cognitive therapy. |
| e. | EMDR. |

\_\_\_\_ 11. Which of the following is most often criticized for violating clients' rights to personal freedom and self-determination?

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| a. | psychoanalysis |
| b. | cognitive therapy |
| c. | client-centered therapy |
| d. | behavior modification |
| e. | EMDR |

\_\_\_\_ 12. Proponents of \_\_\_\_\_\_\_\_ have argued that maintaining appropriate patient behaviors with positive rewards is more humane than relying on punishment.

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| a. | stress inoculation training |
| b. | light exposure therapy |
| c. | token economies |
| d. | free association |
| e. | aversive conditioning |

\_\_\_\_ 13. Cognitive therapists are most likely to emphasize that emotional disturbances result from

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| a. | self-blaming and overgeneralized explanations of bad events. |
| b. | chemical abnormalities within the brain. |
| c. | overly permissive child-rearing practices. |
| d. | poverty, unemployment, racism, and sexism. |
| e. | repressed, unconscious wishes and desires resulting in fixations. |

\_\_\_\_ 14. Cognitive therapists are most likely to encourage depressed clients to

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| a. | sense and express their own real moment-to-moment feelings of depression. |
| b. | carefully observe the negative consequences of their depression. |
| c. | take more personal responsibility for their own negative feelings and actions. |
| d. | stop blaming themselves for negative circumstances beyond their control. |
| e. | identify a hierarchy of anxiety-arousing experiences. |

\_\_\_\_ 15. Melanie's therapist suggests that when she feels anxious, Melanie should attribute her arousal to her highly reactive nervous system and shift her attention to playing a game with her preschool child. This suggestion best illustrates

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| a. | systematic desensitization. |
| b. | cognitive-behavioral therapy. |
| c. | client-centered therapy. |
| d. | psychodynamic therapy. |
| e. | family therapy. |

\_\_\_\_ 16. Many self-help groups have emulated the use of \_\_\_\_\_\_\_\_ by Alcoholics Anonymous.

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| a. | free association |
| b. | progressive relaxation |
| c. | a 12-step program |
| d. | systematic desensitization |
| e. | a token economy |

\_\_\_\_ 17. People often enter psychotherapy during a period of crisis in their lives. This helps us understand why they

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| a. | prefer behavior therapies over other forms of treatment. |
| b. | seldom block anxiety-laden thoughts from consciousness. |
| c. | tend to overestimate the effectiveness of their psychotherapy. |
| d. | claim to receive the most effective treatment from highly experienced clinicians. |
| e. | experience resistance and transference during insight therapies. |

\_\_\_\_ 18. Although Shawn felt terribly depressed when he began psychotherapy, he was much happier by the time he had completed therapy. It would be reasonable to attribute some of his improvement to

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| a. | systematic desensitization. |
| b. | therapeutic touch. |
| c. | the double-blind procedure. |
| d. | transference. |
| e. | regression toward the mean. |

\_\_\_\_ 19. After performing a meta-analysis of some 475 psychotherapy outcome studies, Smith and her colleagues reported in 1980 that

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| a. | evidence supports the efficacy of psychotherapy. |
| b. | psychotherapy is no more effective than talking to a friend. |
| c. | psychotherapy harms just as many people as it helps. |
| d. | it is impossible to measure the effectiveness of psychotherapy. |
| e. | in the long run, psychotherapy is more beneficial than behavior therapy. |

\_\_\_\_ 20. Psychotherapy is MOST likely to be effective in freeing

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| --- | --- |
| a. | Sharon from the feeling that her life is meaningless and worthless. |
| b. | Portia from her delusions of persecution and auditory hallucinations. |
| c. | Jim from an excessive fear of giving speeches in public. |
| d. | Luther from his antisocial personality disorder. |
| e. | Juan from his bipolar disorder. |

\_\_\_\_ 21. Which of the following scientifically unsupported treatment approaches should be avoided?

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| a. | stress inoculation training |
| b. | virtual reality exposure therapy |
| c. | facilitated communication |
| d. | aversive conditioning |
| e. | token economy |

\_\_\_\_ 22. Light exposure therapy was developed to relieve symptoms of

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| a. | insomnia. |
| b. | anxiety. |
| c. | bulimia. |
| d. | depression. |
| e. | alcoholism. |

\_\_\_\_ 23. Mr. Gotanda mistakenly believed that a single intake interview in which he simply described his numerous symptoms to a therapist was a treatment for his distress. His immediate relief from many of his symptoms following this session best illustrates

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| a. | systematic desensitization. |
| b. | unconditional positive regard. |
| c. | transference. |
| d. | the placebo effect. |
| e. | counterconditioning. |

\_\_\_\_ 24. Therapy outcome studies indicate that highly religious people may prefer and benefit from

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| a. | therapists with similar religious beliefs. |
| b. | nonreligious, scientifically oriented therapists. |
| c. | biomedical therapies rather than talk therapies. |
| d. | psychodynamic therapists. |
| e. | resilience training. |

\_\_\_\_ 25. Many professionals outside the field of psychology are prepared to offer psychotherapy in the process of completing a graduate program in

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| a. | law. |
| b. | anthropology. |
| c. | social work. |
| d. | philosophy. |
| e. | psychopharmacology. |

\_\_\_\_ 26. Which approach would attempt to minimize psychological disorders by working to reduce the incidence of child abuse and illiteracy in society?

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| a. | biomedical therapy |
| b. | counterconditioning |
| c. | psychoanalysis |
| d. | preventive mental health |
| e. | token economy |

\_\_\_\_ 27. Psychopharmacology involves the study of how:

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| a. | diseases influence psychological well-being. |
| b. | exercise alleviates depression. |
| c. | drugs affect mind and behavior. |
| d. | physical relaxation reduces anxiety. |
| e. | psychosurgery and ECT influence emotions. |

\_\_\_\_ 28. Chlorpromazine is an antipsychotic drug that reduces paranoia and hallucinations by

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| a. | reducing involuntary muscle movements. |
| b. | dampening responsiveness to irrelevant stimuli. |
| c. | decreasing the availability of norepinephrine. |
| d. | elevating arousal and mood. |
| e. | restoring the balance of serotonin. |

\_\_\_\_ 29. Some antidepressants block the reuptake or breakdown of both serotonin and another neurotransmitter, norepinephrine. These antidepressants are called

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| --- | --- |
| a. | antipsychotic drugs. |
| b. | mood-stabilizing drugs. |
| c. | dual-action drugs. |
| d. | ECTs. |
| e. | rTMSs. |

\_\_\_\_ 30. One good alternative to antidepressant drugs is

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| a. | aerobic exercise. |
| b. | psychosurgery. |
| c. | virtual reality exposure therapy. |
| d. | EMDR. |
| e. | DSM. |

\_\_\_\_ 31. A natural return to a state of psychological health following an extended period of depression illustrates

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| a. | neurogenesis. |
| b. | counterconditioning. |
| c. | spontaneous recovery. |
| d. | tardive dyskinesia. |
| e. | transference. |

\_\_\_\_ 32. Depakote, a drug originally used to treat epilepsy, more recently has been found to be effective in the control of

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| a. | tardive dyskinesia. |
| b. | auditory hallucinations. |
| c. | manic episodes. |
| d. | phobias. |
| e. | personality disorders. |

\_\_\_\_ 33. Which of the following individuals is most likely to benefit from electroconvulsive therapy?

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| a. | Mark, who feels so depressed that he recently tried to commit suicide |
| b. | Mary, who suffers from amnesia and has lost her sense of identity |
| c. | Jim, who experiences visual hallucinations and suffers from a delusion that enemy spies are following him |
| d. | Luke, who suffers from a compulsion to wash his hands at least once every 15 minutes |
| e. | Sarah, who always feels the need to be the center of attention in any group setting |

\_\_\_\_ 34. Which of the following procedures has typically resulted in patients becoming permanently lethargic?

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| a. | EMDR |
| b. | electroconvulsive therapy |
| c. | a lobotomy |
| d. | repetitive transcranial magnetic stimulation |
| e. | rTMS |

\_\_\_\_ 35. In promoting therapeutic life-style change, Stephen Ilardi and his colleagues note that human brains and bodies were designed for physical activity and

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| --- | --- |
| a. | token economy. |
| b. | free association. |
| c. | social engagement. |
| d. | unconditional positive regard. |
| e. | systematic desensitization. |

**Unit 13 Therapy Practice Test**

**Answer Section**

**MULTIPLE CHOICE**

1. ANS: D PTS: 1 DIF: Easy OBJ: Unit XIII | 70-2

TOP: Psychoanalysis and psychodynamic therapy SKL: Factual/Definitional

2. ANS: B PTS: 1 DIF: Easy OBJ: Unit XIII | 70-2

TOP: Psychoanalysis and psychodynamic therapy SKL: Factual/Definitional

3. ANS: A PTS: 1 DIF: Easy OBJ: Unit XIII | 70-2

TOP: Psychoanalysis and psychodynamic therapy SKL: Factual/Definitional

4. ANS: B PTS: 1 DIF: Difficult OBJ: Unit XIII | 70-3

TOP: Humanistic therapies SKL: Conceptual

5. ANS: C PTS: 1 DIF: Easy OBJ: Unit XIII | 70-3

TOP: Humanistic therapies SKL: Factual/Definitional

6. ANS: A PTS: 1 DIF: Difficult OBJ: Unit XIII | 71-1

TOP: Classical conditioning techniques SKL: Conceptual/Application

7. ANS: D PTS: 1 DIF: Medium OBJ: Unit XIII | 71-1

TOP: Exposure therapies SKL: Factual/Definitional

8. ANS: C PTS: 1 DIF: Easy OBJ: Unit XIII | 71-1

TOP: Exposure therapies SKL: Factual/Definitional

9. ANS: D PTS: 1 DIF: Medium OBJ: Unit XIII | 71-1

TOP: Aversive conditioning SKL: Factual/Definitional

10. ANS: A PTS: 1 DIF: Medium OBJ: Unit XIII | 71-1

TOP: Aversive conditioning SKL: Conceptual/Application

11. ANS: D PTS: 1 DIF: Medium OBJ: Unit XIII | 71-2

TOP: Operant conditioning SKL: Factual/Definitional

12. ANS: C PTS: 1 DIF: Medium OBJ: Unit XIII | 71-2

TOP: Operant conditioning SKL: Factual/Definitional

13. ANS: A PTS: 1 DIF: Medium OBJ: Unit XIII | 71-3

TOP: Cognitive therapies SKL: Conceptual

14. ANS: D PTS: 1 DIF: Medium OBJ: Unit XIII | 71-3

TOP: Beck's therapy for depression SKL: Factual/Definitional

15. ANS: B PTS: 1 DIF: Medium OBJ: Unit XIII | 71-3

TOP: Cognitive-behavioral therapy SKL: Conceptual/Application

16. ANS: C PTS: 1 DIF: Medium OBJ: Unit XIII | 71-4

TOP: Group and family therapies SKL: Factual/Definitional

17. ANS: C PTS: 1 DIF: Medium OBJ: Unit XIII | 72-1

TOP: Evaluating psychotherapies: clients' perceptions SKL: Conceptual/Application

18. ANS: E PTS: 1 DIF: Difficult OBJ: Unit XIII | 72-1

TOP: “Regressing” from unusual to usual (Box) SKL: Conceptual/Application

19. ANS: A PTS: 1 DIF: Medium OBJ: Unit XIII | 72-1

TOP: Evaluating psychotherapies: outcome research SKL: Factual/Definitional

20. ANS: C PTS: 1 DIF: Difficult OBJ: Unit XIII | 72-2

TOP: The relative effectiveness of different psychotherapies SKL: Conceptual/Application

21. ANS: C PTS: 1 DIF: Easy OBJ: Unit XIII | 72-2

TOP: The relative effectiveness of different psychotherapies SKL: Factual/Definitional

22. ANS: D PTS: 1 DIF: Easy OBJ: Unit XIII | 72-3

TOP: Light exposure therapy SKL: Factual/Definitional

23. ANS: D PTS: 1 DIF: Medium OBJ: Unit XIII | 72-4

TOP: Commonalities among psychotherapies SKL: Conceptual/Application

24. ANS: A PTS: 1 DIF: Easy OBJ: Unit XIII | 72-5

TOP: Culture, gender, and values in psychotherapy SKL: Factual/Definitional

25. ANS: C PTS: 1 DIF: Medium OBJ: Unit XIII | 72-6

TOP: A consumer's guide to psychotherapists SKL: Factual/Definitional

26. ANS: D PTS: 1 DIF: Easy OBJ: Unit XIII | 72-7

TOP: Preventing psychological disorders SKL: Conceptual

27. ANS: C PTS: 1 DIF: Easy OBJ: Unit XIII | 73-1

TOP: Drug therapies SKL: Factual/Definitional

28. ANS: B PTS: 1 DIF: Medium OBJ: Unit XIII | 73-1

TOP: Antipsychotic drugs SKL: Factual/Definitional

29. ANS: C PTS: 1 DIF: Easy OBJ: Unit XIII | 73-1

TOP: Antidepressant drugs SKL: Factual/Definitional

30. ANS: A PTS: 1 DIF: Medium OBJ: Unit XIII | 73-1

TOP: Antidepressant drugs SKL: Factual/Definitional

31. ANS: C PTS: 1 DIF: Easy OBJ: Unit XIII | 73-1

TOP: Antidepressant drugs SKL: Factual/Definitional

32. ANS: C PTS: 1 DIF: Difficult OBJ: Unit XIII | 73-1

TOP: Mood-stabilizing medications SKL: Factual/Definitional

33. ANS: A PTS: 1 DIF: Medium OBJ: Unit XIII | 73-2

TOP: Electroconvulsive therapy SKL: Conceptual/Application

34. ANS: C PTS: 1 DIF: Easy OBJ: Unit XIII | 73-2

TOP: Psychosurgery SKL: Factual/Definitional

35. ANS: C PTS: 1 DIF: Medium OBJ: Unit XIII | 73-3

TOP: Therapeutic life-style change SKL: Factual/Definitional