

ADHD Week 12 - Completion Quiz

Warning: The hard deadline has passed. You can attempt it, but you will not get credit for it. You are welcome to try it as a learning exercise.

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Question 1

Which of the following skills might a patient with ADHD learn in Cognitive Behavioral Therapy to manage impulsivity?

- ☐ A. Avoid high-risk situations for poor control
- ☐ B. Accept discomfort in unpredictable situations
- ☐ C. Rehearse coping with uncertainty
- ☐ D. All of the above
- ☐ E. None of the above

Question 2

According to the 2006 Best Practices Information Sheet, which of the following are components of a successful teaching program for patients with ADHD?

- ☐ A. Effective Academic Instruction
- ☐ B. Planned Behavioral Interventions
- ☐ C. Personalized Classroom Accommodations
- ☐ D. All of the above

Question 3

According to the reading homework, what is a token economy system for classrooms?

- ☐ A. Students are all given tokens or toys and may barter and trade them as they see fit
- ☐ B. Students earn or lose points for behavior and assignment completion in efforts to convert points to tangible rewards
- ☐ C. Students receiving the highest grade on exams receive points/tokens that can be redeemed for prizes

Question 4

TRUE OR FALSE: The actions taken by teachers to help students with ADHD can often help other students.

- ☐ True
- ☐ False

Question 5

Different brain waves are associated with different levels of brain activity. Which mental processes are associated with theta waves (4-8 Hz)?

- ☐ A. Sleep
- ☐ B. Anxiety, hyper-alertness
- ☐ C. Creativity, drowsiness
- ☐ D. Cognitive processing, learning
- ☐ E. Peacefulness, meditation
- ☐ F. Sustained, focused attention

Question 6

Which mental processes are associated with beta waves (13-21 Hz)?

- ☐ A. Sleep
- ☐ B. Anxiety, hyper-alertness
- ☐ C. Creativity, drowsiness
- ☐ D. Cognitive processing, learning
- ☐ E. Peacefulness, meditation
- ☐ F. Sustained, focused attention

Question 7

Neuro-feedback for ADHD is designed to help change brain wave profiles. Which profile is typically of a patient with ADHD before treatment?

- ☐ A. High beta, low gamma
- ☐ B. High beta, low theta
- ☐ C. High gamma, low beta
- ☐ D. Low beta, high theta
- ☐ E. Low beta, high delta

Question 8

Why may adults with ADHD suffer from demoralization?

- ☐ A. Dopamine depletion directly causes negative self-evaluation
- ☐ B. A lifetime struggling with ADHD may cause a patient to think negatively about his/her self
- ☐ C. Adults with ADHD have limited intelligence and thus likely have lower socioeconomic status and well-being
- ☐ D. None of the above

Question 9

TRUE OR FALSE: Adults with ADHD have many treatment alternatives or supplements available to them if they feel medications are not fully managing their symptoms.

- ☐ True
- ☐ False

Question 10

Working memory training (WMT) paradigms can be very effective for patients with ADHD. Which features make WMT convenient for busy patients?

- ☐ A. Five 30-40 minute sessions a week
- ☐ B. Five weeks of sessions (total of 25)
- ☐ C. Training can be completed on home PC
- ☐ D. Rewards are given frequently

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