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Quiz 1

Below you will find ten (10) questions drawn randomly from a pool of questions on this current topic.

Multiple Choice

1/1 point (graded)

Rats in the Skinner box learned to press a lever when a light came on in order to stop the electric current in the floor being activated. This is called ____ learning.

☒ avoidance ✓

☐ active

☐ rapid

☐ punishment

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You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

A clinical psychologist seeks to explain depression in an adult client in terms of his early childhood experiences. The psychologist is likely to be employing a:

☐ System approach

☐ Cognitive behavioural approach

☒ Psychodynamic approach ✓

☐ An evolutionary approach

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You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

Sally has come to a clinician to seek help with some problems she is having with her child, Ellen, and her nightly bedtime routine. The clinician completes a SORCK analysis with Sally and Ellen. Which of the following is an example of an immediate stimulus in the SORCK analysis?

☐ Sally feels she has no control over Ellen's bedtime routine

☐ Sally allows Ellen to stay awake for another 10 minutes

☒ Sally asks Ellen to get ready for bed ✓

☐ Ellen has a temper tantrum

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You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

Which of the following is an example of negative reinforcement?

☐ A child's toy is taken away after she throws a tantrum

☒ A child is excused from doing her daily chores because of her good behaviour ✓

☐ A child being given a toy for good behaviour

☐ A child is given extra daily chores after she throws a tantrum

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Multiple Choice

1/1 point (graded)

Jason's therapist says it doesn't matter what originally caused his violent fear of cars. All that matters is that his behaviour is causing problems, and it needs to be changed. This therapist most likely practises which therapy?

☐ Humanistic

☒ Behavioural ✓

☐ Freudian

☐ Psychoanalysis

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You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

A cognitive view of depression suggests that depression is caused by:

☐ a lack of positive reinforcement for one's behaviour

☐ poor interpersonal skills.

☐ biological or genetic influences.

☒ negative beliefs and expectations. ✓

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You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

In Watson and Rayner's classical conditioning experiment, Little Albert repeatedly experienced a white rat paired with a loud gonging noise. After a short time, Albert began to show signs of fear and distress when he saw the white rat. Later, Watson and Rayner found that Albert also showed a fear response to a rabbit, a dog, and a fur coat. This is called ____

☐ Stimulus conditioning☒ Stimulus generalisation ✓☐ Stimulus regularisation☐ Stimulus focus

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You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

Which of the following is NOT a guideline for evaluating evidence-based therapy?

☐ The randomised controlled trials need to be competently carried out☐ There needs to be at least two independent randomised controlled trials☒ Participants need to be aware of the treatment condition they have been allocated to ✓☐ The active treatment must be better than a placebo or alternative active treatment

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You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

One of the main strategies of Cognitive Behaviour Therapy is to

- ☒ challenge negative, unhelpful thoughts. ✓
- ☐ change positive thoughts.
- ☐ change the way a person behaves so that they will feel better about their behaviour.
- ☐ tell a person how to behave appropriately in a given situation.

Submit

You have used 1 of 1 attempt

Multiple Choice

1/1 point (graded)

During therapy, a client expresses that they think they can't do anything right, and that they feel unhappy about it. The clinician asks the client to think about the evidence that confirms and disconfirms the thoughts they are having. This is an example of ____.

☐ positive reinforcement

☒ cognitive restructuring ✓

☐ psychoanalysis

☐ behavioural therapy

Submit

You have used 1 of 1 attempt

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