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| 1. Who pushed for gentler, more humane treatments for those suffering from psychological disorders?   |  |  |  | | --- | --- | --- | |  | a. | Sigmund Freud and Jonathan Shedler | |  | b. | David Shapiro and Carl Rogers | |  | c. | Joseph Wolpe and Aaron Beck | |  | d. | Philippe Pinel and Dorothea Dix |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 2. Unfortunately, increased homelessness and incarceration can partly be attributed to   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis. | |  | b. | insight therapies. | |  | c. | deinstitutionalization. | |  | d. | psychotherapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 3. *Psychotherapy* is defined as   |  |  |  | | --- | --- | --- | |  | a. | therapy deriving from the psychoanalytic tradition that views individuals as responding to unconscious forces and childhood experiences and seeks to enhance self-insight. | |  | b. | an approach that uses techniques from various forms of therapy. | |  | c. | therapy that aims to improve psychological functioning by increasing a person's awareness of underlying motives and defenses. | |  | d. | treatment involving psychological techniques that consists of interactions between a trained therapist and someone seeking to overcome difficulties and achieve personal growth. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 4. Psychological disorders that can be overcome with techniques such as counterconditioning are most likely to be treated with   |  |  |  | | --- | --- | --- | |  | a. | free association. | |  | b. | psychotherapy. | |  | c. | person-centered therapy. | |  | d. | psychoanalysis. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 5. As a trained therapist, Dr. Freel uses psychological techniques to help someone overcome psychological difficulties and achieve psychological growth. Dr. Freel is using   |  |  |  | | --- | --- | --- | |  | a. | family therapy. | |  | b. | deep brain stimulation. | |  | c. | psychotherapy. | |  | d. | biomedical therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 6. The treatment of serious psychological disorders with prescribed medications or medical procedures that directly influence the nervous system is called   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | cognitive-behavioral therapy. | |  | c. | psychodynamic therapy. | |  | d. | biomedical therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 7. Dr. Yang treats his patients with schizophrenia by prescribing antipsychotics or, in more serious cases, transcranial magnetic stimulation. The treatment being applied by Dr. Yang is called   |  |  |  | | --- | --- | --- | |  | a. | biomedical therapy. | |  | b. | cognitive-behavioral therapy. | |  | c. | psychoanalysis. | |  | d. | person-centered therapy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 8. Dr. Pacia has prescribed an antipsychotic drug to eliminate his patient’s hallucinations. Dr. Pacia is using   |  |  |  | | --- | --- | --- | |  | a. | biomedical therapy. | |  | b. | insight therapy. | |  | c. | psychotherapy. | |  | d. | psychodynamic therapy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 9. An eclectic approach to psychotherapy is one that   |  |  |  | | --- | --- | --- | |  | a. | treats patients with drugs. | |  | b. | emphasizes the importance of free association. | |  | c. | involves treatment in a group setting. | |  | d. | uses techniques from various forms of therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 10. Dr. Zubal, who specializes in treating people with anxiety disorders, uses techniques from several forms of therapy to treat his clients. Dr. Zubal is using   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis. | |  | b. | person-centered therapy. | |  | c. | an eclectic approach. | |  | d. | cognitive-behavioral therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 11. Dr. Cavaleiro is a clinical psychologist who treats her clients with classical conditioning techniques; she also encourages them to reverse their self-defeating beliefs, and sometimes she interprets their resistances. Dr. Cavaleiro’s therapeutic approach would best be described as   |  |  |  | | --- | --- | --- | |  | a. | humanistic. | |  | b. | psychoanalytic. | |  | c. | behavioral. | |  | d. | eclectic. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 12. The first psychological therapy was introduced by   |  |  |  | | --- | --- | --- | |  | a. | Joseph Wolpe. | |  | b. | Sigmund Freud. | |  | c. | Aaron Beck. | |  | d. | Carl Rogers. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 13. The first major psychological therapy was Sigmund Freud’s   |  |  |  | | --- | --- | --- | |  | a. | cognitive therapy. | |  | b. | psychodynamic therapy. | |  | c. | psychoanalysis. | |  | d. | biomedical therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 14. Dr. Saunders is helping a client overcome his feelings of anxiety by addressing his repressed feelings from childhood. Dr. Saunders is clearly practicing   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis. | |  | b. | cognitive therapy. | |  | c. | an eclectic approach. | |  | d. | psychotherapy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 15. Modern therapists working from the psychodynamic perspective are influenced by   |  |  |  | | --- | --- | --- | |  | a. | the humanistic perspective. | |  | b. | Freud’s psychoanalysis. | |  | c. | the behaviorist perspective. | |  | d. | the cognitive perspective. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 16. Freud believed that people could \_\_\_\_\_\_\_\_ by releasing energy that had been devoted to id-ego-superego conflicts.   |  |  |  | | --- | --- | --- | |  | a. | eliminate resistance | |  | b. | achieve less anxious living | |  | c. | understand therapeutic interpretation | |  | d. | achieve self-fulfillment |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 17. Helping people gain insight into the unconscious origins of their disorder is a central aim of   |  |  |  | | --- | --- | --- | |  | a. | cognitive therapies. | |  | b. | systematic desensitization. | |  | c. | a token economy. | |  | d. | psychoanalysis. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 18. The primary goal of psychoanalysis is to   |  |  |  | | --- | --- | --- | |  | a. | learn and reinforce more productive behaviors in place of maladaptive behaviors. | |  | b. | bring repressed feelings to conscious awareness in order to help the person reduce growth-impeding inner conflicts. | |  | c. | provide unconditional positive regard to the person seeking help. | |  | d. | actively confront irrational thought patterns. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 19. After Mr. Karkera has spontaneously talked about his childhood, his therapist tries to help him bring repressed feelings of hate for his parents into conscious awareness. The therapist’s goal best reflects a primary aim of   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy. | |  | b. | cognitive therapy. | |  | c. | psychoanalysis. | |  | d. | systematic desensitization. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 20. Freud believed that childhood experiences result in unresolved conflicts and frustrated urges that are \_\_\_\_\_\_\_\_ but can continue to influence a person's thoughts and behavior.   |  |  |  | | --- | --- | --- | |  | a. | discharged | |  | b. | transferred | |  | c. | resisted | |  | d. | repressed |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 21. Freud believed that there are threatening things we \_\_\_\_\_\_\_\_, meaning that we do not want to know them, so we deny them.   |  |  |  | | --- | --- | --- | |  | a. | repress | |  | b. | paraphrase | |  | c. | reflect | |  | d. | shape |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 22. Psychoanalytic techniques are designed to help patients become aware of their repressed thoughts and feelings. In other words, the therapist is helping them gain \_\_\_\_\_\_\_\_ into the origins of their disorders.   |  |  |  | | --- | --- | --- | |  | a. | analysis | |  | b. | interpretation | |  | c. | free association | |  | d. | insight |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 23. Which of the following approaches to therapy would most likely involve efforts to understand an adult's psychological disorder by exploring that person's childhood experiences?   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis | |  | b. | behavior therapy | |  | c. | humanistic therapy | |  | d. | cognitive therapy |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 24. Dr. Gaunt is a psychoanalyst and is trying to help Helen understand her present problems by exploring her childhood experiences. According to psychoanalytic theory, this \_\_\_\_\_\_\_\_ will help Helen gain insight into the origin of her disorder.   |  |  |  | | --- | --- | --- | |  | a. | counterconditioning | |  | b. | historical reconstruction | |  | c. | virtual reality | |  | d. | unconditional positive regard |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 25. A central therapeutic technique of psychoanalysis is   |  |  |  | | --- | --- | --- | |  | a. | progressive relaxation. | |  | b. | systematic desensitization. | |  | c. | active listening. | |  | d. | free association. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 26. After Liz described for her psychotherapist a recent fight with her mother, the therapist instructed her to close her eyes and talk about any thoughts related to this experience, even if they were nasty or embarrassing. The therapist was making use of a technique known as   |  |  |  | | --- | --- | --- | |  | a. | active listening. | |  | b. | transference. | |  | c. | systematic desensitization. | |  | d. | free association. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 27. According to psychoanalysts, resistance refers to the   |  |  |  | | --- | --- | --- | |  | a. | expression toward a therapist of feelings linked with earlier relationships. | |  | b. | blocking from consciousness of anxiety-laden material during therapy. | |  | c. | replacement of a genuine concern for others with self-centeredness. | |  | d. | conversion of psychological conflicts into physical and behavioral disorders. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 28. In psychoanalysis, when patients who are instructed to free associate about an event abruptly change the topic being discussed or suddenly go silent, it probably signals   |  |  |  | | --- | --- | --- | |  | a. | insight. | |  | b. | resistance. | |  | c. | interpretation. | |  | d. | transference. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 29. In which approach to therapy do psychotherapists expect that patients are often motivated to resist discussing anxiety-laden material?   |  |  |  | | --- | --- | --- | |  | a. | humanistic therapy | |  | b. | psychoanalysis | |  | c. | behavior therapy | |  | d. | cognitive therapy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 30. Theo is seeing a psychoanalyst. When Theo starts to talk about his childhood relationship with his parents, he begins to stutter. Sigmund Freud would most likely have interpreted Theo’s stuttering as   |  |  |  | | --- | --- | --- | |  | a. | counterconditioning. | |  | b. | progressive relaxation. | |  | c. | transference. | |  | d. | resistance. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 31. A psychoanalyst who notes the supposed meaning of a patient's dream in order to provide the patient with new insight is engaging in   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | interpretation. | |  | c. | counterconditioning. | |  | d. | free association. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 32. An important component of psychoanalysis is   |  |  |  | | --- | --- | --- | |  | a. | active listening. | |  | b. | dream analysis. | |  | c. | unconditional positive regard. | |  | d. | systematic desensitization. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 33. Jake is telling her psychoanalyst about a dream in which she slides off a skidding sled to avoid injury. Jake’s therapist suggests that the dream imagery reflects her desperate efforts to cope with difficulties with her romantic relationship. The analyst's suggestion best illustrates the practice of   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | systematic desensitization. | |  | c. | free association. | |  | d. | interpretation. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 34. Two months into therapy, Sharat’s psychoanalyst felt that Sharat was ready to hear his explanations of various resistances and dreams to help Sharat recognize repressed childhood experiences. Sharat’s therapist was using the psychoanalytic technique called   |  |  |  | | --- | --- | --- | |  | a. | resistance. | |  | b. | transference. | |  | c. | systematic desensitization. | |  | d. | interpretation. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 35. Transference refers to a client's   |  |  |  | | --- | --- | --- | |  | a. | conversion of psychological conflicts into physical and behavioral disorders. | |  | b. | expression toward a therapist of feelings linked with earlier life relationships. | |  | c. | replacement of self-centeredness with a genuine concern for others. | |  | d. | translation of threatening dream content into nonthreatening images. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 36. Norm has begun to bring fruit baskets to his therapist. He also feels jealous of the time the therapist spends with other patients. To a psychoanalyst, this is most indicative of   |  |  |  | | --- | --- | --- | |  | a. | unconditional positive regard. | |  | b. | resistance. | |  | c. | transference. | |  | d. | free association. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 37. For the past two weeks, Marlene has been saying nasty things to her therapist. Marlene often responds in the same way to her brothers and sisters. Marlene is probably unconsciously experiencing   |  |  |  | | --- | --- | --- | |  | a. | resistance. | |  | b. | transference. | |  | c. | free association. | |  | d. | unconditional positive regard. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 38. Psychoanalysis is most likely to view patient transference as   |  |  |  | | --- | --- | --- | |  | a. | a symptom of depression. | |  | b. | a sign of healthy personality development. | |  | c. | a potential aid to the patient in developing insight. | |  | d. | evidence that no further therapy is needed. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 39. Which form of therapy has been criticized for offering interpretations that cannot be proven or disproven?   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy | |  | b. | psychoanalysis | |  | c. | cognitive-behavioral therapy | |  | d. | systematic desensitization |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 40. Psychoanalysis would most likely involve discouraging patients from   |  |  |  | | --- | --- | --- | |  | a. | experiencing strong positive or negative feelings for their therapist. | |  | b. | discontinuing psychotherapy whenever they felt it was no longer necessary. | |  | c. | talking about anxiety-arousing material during therapy. | |  | d. | talking about whatever comes to mind. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 41. In the United States, managed health care has limited the number of psychotherapy sessions that may be covered by insurance. This is particularly likely to discourage the widespread practice of   |  |  |  | | --- | --- | --- | |  | a. | virtual reality exposure therapy. | |  | b. | behavior modification. | |  | c. | cognitive therapies. | |  | d. | psychoanalysis. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 42. \_\_\_\_\_\_\_\_, which helped form the foundation for treating psychological disorders, continues to influence modern therapists working from the \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | Psychoanalysis; cognitive-behavioral perspective | |  | b. | Person-centered therapy; psychodynamic perspective | |  | c. | Cognitive-behavioral therapy; person-centered perspective | |  | d. | Psychoanalysis; psychodynamic perspective |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 43. Ruth has developed hateful feelings toward her best friend. Her therapist is helping her to understand how her feelings reflect childhood relationships. The therapist’s goal is most clearly consistent with the aims of   |  |  |  | | --- | --- | --- | |  | a. | psychodynamic therapy. | |  | b. | behavior therapy. | |  | c. | biomedical therapy. | |  | d. | person-centered therapy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 44. Helping patients gain perspective on feelings they seem to be defending against is a major goal of   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | psychodynamic therapy. | |  | c. | a token economy. | |  | d. | cognitive therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 45. According to \_\_\_\_\_\_\_\_, people can best understand their current symptoms by focusing on important relationships and events, including childhood experiences.   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization | |  | b. | psychodynamic therapy | |  | c. | humanistic therapy | |  | d. | cognitive therapy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 46. Psychodynamic therapy techniques involve efforts to understand patients' current symptoms by focusing on recurring patterns in their   |  |  |  | | --- | --- | --- | |  | a. | interpersonal relationships. | |  | b. | sexual dysfunctions. | |  | c. | eating habits and drug use. | |  | d. | self-blaming explanations. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 47. Psychodynamic therapy is \_\_\_\_\_\_\_\_ than traditional psychoanalysis.   |  |  |  | | --- | --- | --- | |  | a. | less effective | |  | b. | briefer | |  | c. | more expensive | |  | d. | less commonly used |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 48. Jonathan Shedler, a \_\_\_\_\_\_\_\_ therapist, observed that people can have both loving and hateful feelings toward the same person, and that people can desire something and also fear it.   |  |  |  | | --- | --- | --- | |  | a. | behavior | |  | b. | psychodynamic | |  | c. | humanistic | |  | d. | cognitive |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 49. Hazel’s past relationships with her parents, her former romantic partner, and her last employer have been characterized by common patterns of bitterness and emotional indifference. Helping Hazel to gain insight into these recurring relationship patterns would be of greatest concern during the process of   |  |  |  | | --- | --- | --- | |  | a. | behavior modification. | |  | b. | systematic desensitization. | |  | c. | psychodynamic therapy. | |  | d. | biomedical therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 50. When therapist David Shapiro reported helping a client to realize that he couldn’t say “I love you” to his wife because it would feel soft and unmanly, he was in effect   |  |  |  | | --- | --- | --- | |  | a. | exposing the client’s unconscious conflicts. | |  | b. | inoculating the client against future conflicts. | |  | c. | introducing the client to himself. | |  | d. | counterconditioning the client. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 51. Insight therapies aim to improve psychological functioning by   |  |  |  | | --- | --- | --- | |  | a. | discouraging people from using antidepressant drugs. | |  | b. | using progressive relaxation to reduce anxiety. | |  | c. | increasing a person's awareness of underlying motives and defenses. | |  | d. | using personality tests to accurately diagnose the person's difficulties. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 52. Both psychoanalysis and humanistic therapy stress   |  |  |  | | --- | --- | --- | |  | a. | the importance of insight and increased self-understanding. | |  | b. | learning new conditioned responses that are incompatible with previously learned responses. | |  | c. | the importance of determining an accurate baseline measurement for the incidence of problem behaviors. | |  | d. | the importance of focusing on past relationships and social interactions rather than on present experiences. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 53. The humanistic perspective emphasizes   |  |  |  | | --- | --- | --- | |  | a. | boosting people's self-fulfillment by helping them grow in self-awareness and self-acceptance. | |  | b. | unconscious motives and conflicts. | |  | c. | the use of reinforcement and punishment in counterconditioning. | |  | d. | the use of aversive conditioning. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 54. Mihaela’s therapist focuses on helping her to grow in self-awareness and self-acceptance. Her therapist practices which type of therapy?   |  |  |  | | --- | --- | --- | |  | a. | behavior modification | |  | b. | systematic desensitization | |  | c. | psychodynamic therapy | |  | d. | humanistic therapy |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 55. Which of the following is a humanistic therapist most likely to try to teach a client?   |  |  |  | | --- | --- | --- | |  | a. | to focus more on other people's feelings than on their own | |  | b. | to adapt more readily to social norms and expectations | |  | c. | to imitate the behavior of others who are happy and successful | |  | d. | to take more responsibility for their own feelings and actions |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 56. Instead of focusing on unconscious thoughts and impulses, \_\_\_\_\_\_\_\_ therapies focus on conscious thoughts and self-perceptions.   |  |  |  | | --- | --- | --- | |  | a. | psychoanalytic | |  | b. | humanistic | |  | c. | biomedical | |  | d. | psychodynamic |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 57. Unlike psychodynamic therapists, humanistic therapists tend to focus on the \_\_\_\_\_\_\_\_ more than the \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | present; future | |  | b. | past; present | |  | c. | present; past | |  | d. | past; future |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 58. The past is to \_\_\_\_\_\_\_\_ as the present is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis; counterconditioning | |  | b. | behavior therapy; cognitive therapy | |  | c. | psychoanalysis; humanistic therapy | |  | d. | cognitive therapy; behavior therapy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 59. Person-centered therapy is also referred to as   |  |  |  | | --- | --- | --- | |  | a. | nondirective therapy. | |  | b. | psychodynamic perspective. | |  | c. | active listening. | |  | d. | counterconditioning. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 60. Person-centered therapy was developed by   |  |  |  | | --- | --- | --- | |  | a. | Aaron Beck. | |  | b. | Joseph Wolpe. | |  | c. | Albert Ellis. | |  | d. | Carl Rogers. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 61. Which therapeutic approach relies most heavily on patients' discovering their own ways of effectively dealing with their difficulties?   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis | |  | b. | cognitive therapy | |  | c. | systematic desensitization | |  | d. | person-centered therapy |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 62. In nondirective therapy, such as Rogers’ person-centered therapy, the therapist   |  |  |  | | --- | --- | --- | |  | a. | uses free association to enable patients to talk about anything on their mind. | |  | b. | listens, without judging or interpreting, and allows the client to direct the session. | |  | c. | pairs a fear response with a new response that is incompatible with fear. | |  | d. | helps people change their mind with new, more constructive ways of perceiving and interpreting events. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 63. Carl Rogers encouraged therapists to foster client growth by exhibiting   |  |  |  | | --- | --- | --- | |  | a. | resistance, transference, and interpretation. | |  | b. | insight, progressive relaxation, and adaptive habits. | |  | c. | genuineness, acceptance, and empathy. | |  | d. | self-awareness, self-acceptance, and self-fulfillment. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 64. Considering Carl Rogers’ views about therapy, which of the following is NOT something that can be used to improve interpersonal communication?   |  |  |  | | --- | --- | --- | |  | a. | summarize what the other person has said | |  | b. | seek clarification of the person’s statements | |  | c. | reflect on the feelings of the other person | |  | d. | focus on the problem behaviors of the other person |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 65. According to Rogers, by engaging in \_\_\_\_\_\_\_\_, therapists may help clients feel freer and more open to change.   |  |  |  | | --- | --- | --- | |  | a. | acceptance | |  | b. | genuineness | |  | c. | empathy | |  | d. | sympathy |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 66. Dr. Crivelente’s client feels freer and more open to change. Dr. Crivelente appears to have done well at expressing   |  |  |  | | --- | --- | --- | |  | a. | genuineness. | |  | b. | acceptance. | |  | c. | empathy. | |  | d. | interpretation. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 67. Carl Rogers encouraged person-centered therapists to \_\_\_\_\_\_\_\_ during the process of therapy.   |  |  |  | | --- | --- | --- | |  | a. | clearly communicate their diagnosis of a client's disorder | |  | b. | genuinely express their own true feelings | |  | c. | explain the immediate causes of a client's difficulties | |  | d. | make a list of situations that trigger the client's anxiety |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 68. Jeroen’s person-centered therapist openly and honestly shares his own feelings about what Jeroen is saying. Jeroen’s therapist is   |  |  |  | | --- | --- | --- | |  | a. | modeling genuineness in a way that encourages Jeroen to also express himself in an open and honest way. | |  | b. | fostering countertransference so that Jeroen will understand the difficulties of being a therapist. | |  | c. | using systematic desensitization so that Jeroen understands that all people have problems. | |  | d. | trying to counteract Jeroen’s negative cognitive bias. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 69. Empathic understanding of the patient's subjective experiences is a major goal of   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis. | |  | b. | biomedical therapy. | |  | c. | person-centered therapy. | |  | d. | behavior therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 70. Dr. Kumar’s client is describing an unhappy childhood relationship. By sensing and reflecting her client’s unhappy feelings about the relationship, Dr. Kumar is demonstrating   |  |  |  | | --- | --- | --- | |  | a. | genuineness. | |  | b. | acceptance. | |  | c. | empathy. | |  | d. | interpretation. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 71. Echoing, restating, and clarifying what a client expresses is most central to the process of   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | counterconditioning. | |  | c. | free association. | |  | d. | active listening. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 72. An important feature of person-centered therapy is   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | transference. | |  | c. | free association. | |  | d. | active listening. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 73. When Willem told his therapist, “My friend said that my behavior was mean and selfish,” the therapist answered, “It sounds like your friend told you that you were no good. Am I right?” The therapist’s response illustrates the technique of   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | free association. | |  | c. | active listening. | |  | d. | systematic desensitization. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 74. During a counseling session, the therapist suggests to Christophe and Anis that they each restate their partner’s comments before making their own. The therapist was applying a technique most closely associated with   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis. | |  | b. | cognitive-behavioral therapy. | |  | c. | systematic desensitization. | |  | d. | person-centered therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 75. Carl Rogers referred to a caring, nonjudgmental attitude as   |  |  |  | | --- | --- | --- | |  | a. | active listening. | |  | b. | free association. | |  | c. | unconditional positive regard. | |  | d. | positive reinforcement. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 76. Carol Rogers provided some guidance in how we can improve communication in our relationships by engaging in active listening. Which of the following is NOT one of his suggestions?   |  |  |  | | --- | --- | --- | |  | a. | reflect what the other person is feeling | |  | b. | provide an interpretation of what the other person has said | |  | c. | paraphrase what the other person has said | |  | d. | ask for clarification regarding statements said the other person has made |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 77. Dr. Tebbeb is a person-centered therapist and strives to provide unconditional positive regard to her clients. Which of the following is NOT something she should do?   |  |  |  | | --- | --- | --- | |  | a. | Paraphrase what her clients say | |  | b. | Interpret what her clients say to her | |  | c. | Invite clarification of her clients' statements | |  | d. | Reflect her clients' feelings |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 78. Jacob’s parents agreed to pay his college tuition; however, they were disappointed that he planned to attend a private college instead of going to the state university his mother had attended. According to Carl Rogers, Jacob’s parents are withholding   |  |  |  | | --- | --- | --- | |  | a. | unconditional positive regard. | |  | b. | empathic understanding. | |  | c. | counterconditioning. | |  | d. | transference.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 79. Ryno’s psychotherapist is nonjudgmental and supportive of him even when Ryno reveals some of his questionable motives and less-than-admirable personality traits. The psychotherapist most clearly is demonstrating   |  |  |  | | --- | --- | --- | |  | a. | an eclectic approach. | |  | b. | free association. | |  | c. | systematic desensitization. | |  | d. | unconditional positive regard. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 80. The healing power of insight and self-awareness is LEAST likely to be emphasized by   |  |  |  | | --- | --- | --- | |  | a. | cognitive therapies. | |  | b. | psychodynamic therapy. | |  | c. | behavior therapies. | |  | d. | humanistic therapies. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 81. The basic assumption of behavior therapy is that   |  |  |  | | --- | --- | --- | |  | a. | faulty patterns of thinking are producing the current difficulties. | |  | b. | problem behaviors are the problems. | |  | c. | every family has unspoken rules of interaction and communication that have contributed to the current difficulties. | |  | d. | the therapist must be nondirective and provide the client with unconditional positive regard and empathic understanding. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 82. Beth is terribly afraid of snakes. The therapist has developed therapy sessions in which Beth can replace fear with calm when she sees a snake. Beth’s therapist is applying \_\_\_\_\_\_\_\_ therapy.   |  |  |  | | --- | --- | --- | |  | a. | behavior | |  | b. | humanistic | |  | c. | cognitive | |  | d. | psychodynamic |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 83. Psychological research on the principles of learning has most directly influenced the development of   |  |  |  | | --- | --- | --- | |  | a. | behavior therapies. | |  | b. | humanistic therapies. | |  | c. | psychodynamic therapy. | |  | d. | cognitive therapies. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 84. Behavior therapies have been derived from concepts of   |  |  |  | | --- | --- | --- | |  | a. | classical conditioning. | |  | b. | humanistic psychology. | |  | c. | positive psychology. | |  | d. | psychoanalysis. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 85. In classical conditioning therapies, maladaptive symptoms are usually considered to be   |  |  |  | | --- | --- | --- | |  | a. | unconditioned stimuli. | |  | b. | conditioned stimuli. | |  | c. | unconditioned responses. | |  | d. | conditioned responses. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 86. Which of the following is a technique that has been used to help people unlearn fear responses?   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy | |  | b. | psychodynamic therapies | |  | c. | psychoanalysis | |  | d. | counterconditioning |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 87. To reduce a client’s fear of going to the dentist, a therapist repeatedly paired the sight of a drill that triggered a learned fear response with the taste of coconut that triggered an unlearned sense of pleasure. The therapist was most clearly using a technique involving   |  |  |  | | --- | --- | --- | |  | a. | unconditional positive regard. | |  | b. | a token economy. | |  | c. | classical conditioning. | |  | d. | free association. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 88. The learning theorist who, believing that maladaptive symptoms could be conditioned responses, developed a successful conditioning therapy for chronic bed-wetting was   |  |  |  | | --- | --- | --- | |  | a. | Mary Cover Jones. | |  | b. | O. H. Mowrer. | |  | c. | Ivan Pavlov. | |  | d. | Joseph Wolpe. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 89. In one treatment for bed-wetting, the child sleeps on a liquid-sensitive pad that when wet, triggers an alarm and awakens the child. This treatment is a form of   |  |  |  | | --- | --- | --- | |  | a. | biomedical therapy. | |  | b. | cognitive therapy. | |  | c. | behavior therapy. | |  | d. | humanistic therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 90. A procedure that trains people to make new responses to stimuli that currently trigger unwanted responses is called   |  |  |  | | --- | --- | --- | |  | a. | free association. | |  | b. | transference. | |  | c. | counterconditioning. | |  | d. | unconditional positive regard. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 91. Two counterconditioning techniques for replacing unwanted responses are   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization and free association. | |  | b. | dialectical behavior therapy and stress inoculation training. | |  | c. | unconditional positive regard and transference. | |  | d. | aversive conditioning and exposure therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 92. Damaris’ mother tries to reduce her fear of heights by giving the 4-year-old her favorite toy as soon as they’re on a tall bridge. The mother’s strategy best illustrates   |  |  |  | | --- | --- | --- | |  | a. | counterconditioning. | |  | b. | cognitive therapy. | |  | c. | transference. | |  | d. | dialectical behavior therapy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 93. Who was the first behavioral psychologist to use counterconditioning techniques?   |  |  |  | | --- | --- | --- | |  | a. | Mary Cover Jones | |  | b. | Joseph Wolpe | |  | c. | Aaron Beck | |  | d. | Albert Ellis |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 94. Mary Cover Jones was able to replace 3-year-old Peter’s fear of rabbits by   |  |  |  | | --- | --- | --- | |  | a. | using unconditional positive acceptance and empathic understanding. | |  | b. | having him don a head-mounted display unit that projected images of rabbits. | |  | c. | replacing his fear with a relaxed state that cannot coexist with fear. | |  | d. | using operant conditioning techniques such as reinforcement. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 95. According to Mary Cover Jones, 3-year-old Peter lost his fear of rabbits when one was repeatedly presented while he was eating his midafternoon snack. This episode best illustrated the potential usefulness of   |  |  |  | | --- | --- | --- | |  | a. | cognitive therapy. | |  | b. | exposure therapies. | |  | c. | free association. | |  | d. | transference. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 96. Reducing patients' anxiety by having them repeatedly experience in safe settings the things they fear and often avoid is most central to   |  |  |  | | --- | --- | --- | |  | a. | a token economy. | |  | b. | exposure therapies. | |  | c. | free association. | |  | d. | aversive conditioning. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 97. Joseph Wolpe refined the counterconditioning procedures first introduced by   |  |  |  | | --- | --- | --- | |  | a. | Mary Cover Jones. | |  | b. | Ivan Pavlov. | |  | c. | Aaron Beck. | |  | d. | Albert Ellis. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 98. Joseph Wolpe is best known for promoting the development of   |  |  |  | | --- | --- | --- | |  | a. | dialectical behavior therapy. | |  | b. | exposure therapies. | |  | c. | aversive conditioning. | |  | d. | psychodynamic therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 99. Vinny suffers from PTSD and is undergoing exposure therapy for treatment. For therapy to be most effective, Vinny will need   |  |  |  | | --- | --- | --- | |  | a. | high self-esteem. | |  | b. | good interpretation skills. | |  | c. | to avoid transference. | |  | d. | supportive family and friends. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 100. Which of the following is a type of exposure therapy?   |  |  |  | | --- | --- | --- | |  | a. | psychodynamic therapy | |  | b. | a token economy | |  | c. | systematic desensitization | |  | d. | person-centered therapy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 101. Systematic desensitization is a form of \_\_\_\_\_\_\_\_, which is a type of \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | transference; dialectical behavior therapy | |  | b. | active listening; biomedical therapy | |  | c. | free association; cognitive therapy | |  | d. | exposure therapy; behavior therapy |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 102. A token economy is to operant conditioning as \_\_\_\_\_\_\_\_ is to classical conditioning.   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization | |  | b. | active listening | |  | c. | free association | |  | d. | catastrophizing |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 103. Systematic desensitization involves   |  |  |  | | --- | --- | --- | |  | 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. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 104. Systematic desensitization is based on the idea that \_\_\_\_\_\_\_\_ in fear-provoking situations can gradually eliminate anxiety.   |  |  |  | | --- | --- | --- | |  | a. | self-awareness | |  | b. | free association | |  | c. | relaxation | |  | d. | active listening |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 105. Mateo is terribly afraid of heights. His behavior therapist has asked him to make a list of heights that trigger increasing levels of anxiety. The therapist will then teach Mateo progressive relaxation, after which he will have him climb to different heights in order of the anxiety they create in him. This demonstrates   |  |  |  | | --- | --- | --- | |  | a. | virtual reality exposure therapy. | |  | b. | aversive conditioning. | |  | c. | a token economy. | |  | d. | systematic desensitization. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 106. The process of systematic desensitization is most likely to require patients to   |  |  |  | | --- | --- | --- | |  | a. | use free association to extinguish their fears. | |  | b. | construct a list of anxiety-triggering situations. | |  | c. | take more personal responsibility for self-defeating behaviors. | |  | d. | associate unwanted behaviors with unpleasant feelings. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 107. In systematic desensitization, the therapist first helps the person to create a(n) \_\_\_\_\_\_\_\_, in which the person rank-orders the increasing levels of fear they experience.   |  |  |  | | --- | --- | --- | |  | a. | relaxation plan | |  | b. | token economy | |  | c. | anxiety hierarchy | |  | d. | dialectic |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 108. Gordon is so afraid of being confined in an elevator that he experiences mild anxiety when thinking about taking an elevator to a higher floor in the building, intense anxiety when pressing the elevator button, and extreme anxiety when getting into the elevator. His greatest fear, however, is experienced while in the elevator. During the process of systematically desensitizing his anxiety, the therapist is likely to ask Gordon first to imagine   |  |  |  | | --- | --- | --- | |  | a. | getting into an elevator. | |  | b. | pressing the elevator button. | |  | c. | riding in an elevator. | |  | d. | thinking about getting into an elevator. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 109. In systematic desensitization, releasing tension in one muscle group after another until you achieve a comfortable, complete state of relaxation is called \_\_\_\_\_\_\_\_ relaxation.   |  |  |  | | --- | --- | --- | |  | a. | simulated | |  | b. | systematic | |  | c. | progressive | |  | d. | unconditional |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 110. Progressive relaxation is a technique used in   |  |  |  | | --- | --- | --- | |  | a. | biomedical therapy. | |  | b. | systematic desensitization. | |  | c. | counterconditioning. | |  | d. | insight therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 111. Aitana’s behavior therapist is teaching her how to release tension in one muscle group after another until she reaches a comfortable state of complete relaxation. Aitana is learning   |  |  |  | | --- | --- | --- | |  | a. | progressive relaxation. | |  | b. | systematic desensitization. | |  | c. | aversive conditioning. | |  | d. | a token economy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 112. Tyler is afraid to post on social media because he thinks people will laugh at what he says. His therapist instructs him to relax and imagine he is reaching for his phone and opening the appropriate app. The therapist's technique best illustrates the process of   |  |  |  | | --- | --- | --- | |  | a. | dialectical behavior therapy. | |  | b. | transference. | |  | c. | cognitive therapy. | |  | d. | systematic desensitization. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 113. The classical conditioning technique that treats anxiety through creative electronic simulations in which people can safely face their greatest fears is called   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | behavior modification. | |  | c. | person-centered therapy. | |  | d. | virtual reality exposure therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 114. Terry’s therapist uses a counterconditioning technique that is especially helpful when it is too expensive, difficult, or embarrassing for a person to directly confront an anxiety-arousing situation. This technique is called   |  |  |  | | --- | --- | --- | |  | a. | virtual reality exposure therapy. | |  | b. | a token economy. | |  | c. | free association. | |  | d. | aversive conditioning. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 115. Virtual reality exposure therapy is most similar to   |  |  |  | | --- | --- | --- | |  | a. | dialectical behavior therapy. | |  | b. | aversive conditioning. | |  | c. | systematic desensitization. | |  | d. | transference. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 116. Which of the following behavior therapy techniques has been used to help people overcome a fear of flying?   |  |  |  | | --- | --- | --- | |  | a. | aversive conditioning | |  | b. | transference | |  | c. | virtual reality exposure therapy | |  | d. | the double-blind procedure |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 117. Nolan is terrified of flying. Which form of therapy may be used to create a flying experience in a cost-effective and easy-to-implement way?   |  |  |  | | --- | --- | --- | |  | a. | virtual reality exposure therapy | |  | b. | aversive conditioning | |  | c. | cognitive-behavioral therapy | |  | d. | family therapy |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 118. Binita is in therapy to treat her extreme fear of flying. Because it is extremely expensive to recreate flying episodes for Binita’s therapy, the therapist may recommend   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | behavior modification. | |  | c. | person-centered therapy. | |  | d. | virtual reality exposure therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 119. Recent research has found that people treated with \_\_\_\_\_\_\_\_ have experienced significant relief from real-life fear and social anxiety.   |  |  |  | | --- | --- | --- | |  | a. | antidepressant medications | |  | b. | virtual reality exposure therapy | |  | c. | psychosurgery | |  | d. | therapeutic lifestyle change |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 120. In which form of therapy is unwanted behavior systematically associated with unpleasant experiences?   |  |  |  | | --- | --- | --- | |  | a. | virtual reality exposure therapy | |  | b. | systematic desensitization | |  | c. | cognitive therapy | |  | d. | aversive conditioning |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 121. Systematic desensitization involves replacing a negative response to a harmless stimulus with a positive response, whereas \_\_\_\_\_\_\_\_ involves replacing a positive response to a harmful stimulus with a negative response.   |  |  |  | | --- | --- | --- | |  | a. | transference | |  | b. | operant conditioning | |  | c. | aversive conditioning | |  | d. | free association |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 122. In treating alcohol use disorder, therapists have clients consume alcohol that contains a nausea-producing drug. This technique is known as   |  |  |  | | --- | --- | --- | |  | a. | operant conditioning. | |  | b. | systematic desensitization. | |  | c. | aversive conditioning. | |  | d. | transference. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 123. To help Connie quit biting her nails, a therapist coats her nails with terrible-tasting nail polish. The therapist is using   |  |  |  | | --- | --- | --- | |  | a. | aversive conditioning. | |  | b. | systematic desensitization. | |  | c. | cognitive-behavioral therapy. | |  | d. | transference. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 124. Agus smokes two packs of cigarettes a day. To reduce his need for cigarettes, a behavior therapist would most likely use   |  |  |  | | --- | --- | --- | |  | a. | free association. | |  | b. | transference. | |  | c. | systematic desensitization. | |  | d. | aversive conditioning. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 125. Johann wants to lose weight, so he is trying therapy in which he eats hamburgers that contain a nausea-producing drug. When Johann is not in the therapist’s office, however, he knows that the hamburgers will not make him nauseous. This awareness contributes to the limited effectiveness of   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | aversive conditioning. | |  | c. | person-centered therapy. | |  | d. | progressive relaxation. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 126. The practice of behavior modification is based on the application of \_\_\_\_\_\_\_\_ principles.   |  |  |  | | --- | --- | --- | |  | a. | cognitive-behavioral | |  | b. | classical conditioning | |  | c. | free association | |  | d. | operant conditioning  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 127. Reinforcing desired behaviors and withholding reinforcement for undesired behaviors is most central to the process of   |  |  |  | | --- | --- | --- | |  | a. | classical conditioning. | |  | b. | free association. | |  | c. | behavior modification. | |  | d. | progressive relaxation. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 128. Which of the following is the best description of behavior modification?   |  |  |  | | --- | --- | --- | |  | a. | People are asked to construct a list of anxiety-triggering situations. | |  | b. | People's actions are influenced by controlling the consequences of those actions. | |  | c. | What a client says during the course of therapy is repeated or rephrased. | |  | d. | Attention is focused on patients' positive and negative feelings toward their therapists. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 129. Andrew is an uncommunicative 6-year-old with ASD. Which of the following could be used to teach him how to interact with other people?   |  |  |  | | --- | --- | --- | |  | a. | shaping | |  | b. | a token economy | |  | c. | repression | |  | d. | insight  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 130. Children with intellectual disabilities have been taught to care for themselves using   |  |  |  | | --- | --- | --- | |  | a. | operant conditioning. | |  | b. | psychoanalysis. | |  | c. | insight therapy. | |  | d. | classical conditioning. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 131. Therapists practice \_\_\_\_\_\_\_\_ by using positive reinforcers to reward closer and closer approximations of a desired behavior.   |  |  |  | | --- | --- | --- | |  | a. | free association | |  | b. | progressive relaxation | |  | c. | behavior modification | |  | d. | unconditional positive regard |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 132. The approach that has helped children with ASD learn to interact successfully involves   |  |  |  | | --- | --- | --- | |  | a. | operant conditioning. | |  | b. | stress inoculation training. | |  | c. | the double-blind procedure. | |  | d. | aversive conditioning. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 133. An early intensive behavioral intervention program that helped children with autism spectrum disorder learn to interact successfully involved   |  |  |  | | --- | --- | --- | |  | a. | operant conditioning. | |  | b. | dialectical behavior therapy. | |  | c. | the double-blind procedure. | |  | d. | aversive conditioning. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 134. Praising socially withdrawn children when they make eye contact with others and ignoring them during a temper tantrum best illustrates an application of   |  |  |  | | --- | --- | --- | |  | a. | cognitive therapy. | |  | b. | psychodynamic therapy. | |  | c. | operant conditioning. | |  | d. | unconditional positive regard. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 135. A token economy is an operant conditioning procedure in which   |  |  |  | | --- | --- | --- | |  | a. | positive reinforcers are given for desired behaviors. | |  | b. | an unwanted behavior is associated with unpleasant feelings. | |  | c. | a pleasant relaxed state is associated with gradually increasing anxiety-triggering stimuli. | |  | d. | the therapist provides the client with unconditional positive regard. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 136. A token economy represents an application of the principles of   |  |  |  | | --- | --- | --- | |  | a. | operant conditioning. | |  | b. | systematic desensitization. | |  | c. | humanistic therapy. | |  | d. | classical conditioning. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 137. Mrs. Stein has schizophrenia; her most obvious symptom is an inability to communicate with other people. To help her become more socially active, institutional staff members give her tokens whenever she talks to someone. She is allowed to exchange these tokens for TV times and day trips. Staff members are making use of   |  |  |  | | --- | --- | --- | |  | a. | active listening. | |  | b. | systematic desensitization. | |  | c. | a token economy. | |  | d. | classical conditioning. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 138. Systematic desensitization is to classical conditioning as \_\_\_\_\_\_\_\_ is to operant conditioning.   |  |  |  | | --- | --- | --- | |  | a. | aversive conditioning | |  | b. | a token economy | |  | c. | free association | |  | d. | active listening |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 139. Critics of \_\_\_\_\_\_\_\_ have expressed a concern that appropriate patient behaviors will disappear following the discontinuation of a token economy.   |  |  |  | | --- | --- | --- | |  | a. | cognitive therapy | |  | b. | transference | |  | c. | behavior modification | |  | d. | unconditional positive regard |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 140. Mae is trying to get her 5-year-old daughter to go to bed. Which of the following would best serve as a successful reinforcer to get Mae’s daughter to go to bed?   |  |  |  | | --- | --- | --- | |  | a. | money | |  | b. | promising to take her to Florida next spring | |  | c. | letting her stay up until she gets tired | |  | d. | reading a book of her choice as soon as she is in bed |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 141. Proponents of behavior modification have suggested that institutionalized patients can be weaned from \_\_\_\_\_\_\_\_ by shifting them to other rewards common to life outside an institution.   |  |  |  | | --- | --- | --- | |  | a. | drug therapy | |  | b. | a token economy | |  | c. | unconditional positive regard | |  | d. | a 12-step program |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 142. “The technique reduces people to puppets controlled by therapists! It doesn't respect human freedom.” This criticism is most likely to be directed at the use of   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | person-centered therapy. | |  | c. | psychoanalysis. | |  | d. | a token economy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 143. Advocates of token economies point out that   |  |  |  | | --- | --- | --- | |  | a. | extrinsic rewards actually never stop, so it’s okay to deprive people of rewards temporarily. | |  | b. | deciding which behaviors to reinforce is inhumane and anti-freedom. | |  | c. | depriving people of something they desire may be authoritarian, but it works. | |  | d. | using positive rewards to reinforce adaptive behavior is more humane than institutionalizing people. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 144. The assumption that thoughts intervene between events and our emotional reactions is most clearly central to   |  |  |  | | --- | --- | --- | |  | a. | progressive relaxation. | |  | b. | cognitive therapies. | |  | c. | behavior modification. | |  | d. | exposure therapies. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 145. The type of therapy that emphasizes that dwelling on negative thoughts sustains those thoughts is   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy. | |  | b. | systematic desensitization. | |  | c. | cognitive therapy. | |  | d. | aversive conditioning. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 146. Cognitive therapies would be most likely to encourage clients with depression to   |  |  |  | | --- | --- | --- | |  | a. | carefully observe the negative consequences of their depression. | |  | b. | take more personal responsibility for their own negative feelings and actions. | |  | c. | stop blaming themselves for negative circumstances beyond their control. | |  | d. | identify a list of anxiety-arousing situations. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 147. Mrs. Lawrence’s husband died four years ago, but she is still unable to function normally because she feels guilty that she couldn’t prevent his death. To reduce Mrs. Lawrence’s depression, a therapist is actively encouraging her to stop blaming herself. The therapist’s approach is most representative of   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | psychodynamic therapy. | |  | c. | cognitive therapy. | |  | d. | person-centered therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 148. Aaron Beck developed a \_\_\_\_\_\_\_\_ therapy for depression.   |  |  |  | | --- | --- | --- | |  | a. | behavior | |  | b. | cognitive | |  | c. | person-centered | |  | d. | biomedical |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 149. Beck believed that challenging people's automatic negative thoughts could be therapeutic. This view formed the basis of his \_\_\_\_\_\_\_\_ therapy, which assumes that changing people's thinking can change their functioning.   |  |  |  | | --- | --- | --- | |  | a. | cognitive | |  | b. | biomedical | |  | c. | humanistic | |  | d. | insight |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 150. Miles is a high school senior who believes he is not intelligent enough to get into college and that his life is worthless and hopeless. Miles would profit the most from   |  |  |  | | --- | --- | --- | |  | a. | Jones' counterconditioning. | |  | b. | Wolpe's systematic desensitization. | |  | c. | Beck's cognitive therapy. | |  | d. | Freud's psychoanalysis. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 151. The relentless rehearsal of overgeneralized, self-blaming thoughts by depressed clients is called   |  |  |  | | --- | --- | --- | |  | a. | aversive conditioning. | |  | b. | catastrophizing. | |  | c. | systematic desensitization. | |  | d. | transference. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 152. Stress inoculation training focuses on helping people to   |  |  |  | | --- | --- | --- | |  | a. | associate unwanted behaviors with unpleasant experiences. | |  | b. | replace negative self-talk with more positive comments. | |  | c. | associate a pleasant relaxed state with anxiety-arousing stimuli. | |  | d. | establish empathic, caring relationships with others. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 153. As part of her therapy, Breanna is learning how to restructure her thinking when under stressful situations. Breanna is experiencing   |  |  |  | | --- | --- | --- | |  | a. | aversive conditioning. | |  | b. | virtual reality exposure therapy. | |  | c. | stress inoculation training. | |  | d. | counterconditioning. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 154. Research that has concluded that being able to “talk back” to negative thoughts reduces depression and anxiety supports the basic premise of the   |  |  |  | | --- | --- | --- | |  | a. | humanistic therapies. | |  | b. | behavior therapies. | |  | c. | psychodynamic therapies. | |  | d. | cognitive therapies. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 155. Leah’s romantic partner tells her that their relationship is over. According to cognitive therapists, which “self-talk” would allow Leah to best handle the loss?   |  |  |  | | --- | --- | --- | |  | a. | “I will never find another romantic partner as good as this one was.” | |  | b. | “I am unlovable, I don't blame him for breaking up with me.” | |  | c. | “I am totally responsible for the break-up.” | |  | d. | “I am sad, but I guess it was not meant to be. I will grow from this experience.” |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 156. Training people to actively dispute their own self-defeating ideas best illustrates   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis. | |  | b. | behavior therapy. | |  | c. | cognitive therapy. | |  | d. | person-centered therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 157. Coach Bird teaches his quarterback to “focus” when passing to a wide receiver. His technique best illustrates the application of \_\_\_\_\_\_\_\_ therapy to sports training programs.   |  |  |  | | --- | --- | --- | |  | a. | exposure | |  | b. | cognitive | |  | c. | person-centered | |  | d. | biomedical |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 158. Which form of therapy most directly encourages clients to question their reasoning, decatastrophize their thinking, and reattribute responsibility for past outcomes?   |  |  |  | | --- | --- | --- | |  | a. | humanistic therapy | |  | b. | behavior therapy | |  | c. | cognitive therapy | |  | d. | psychodynamic therapy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 159. A therapist may encourage a client to change from thinking “I totally failed my exercise training program” to “I fell short of some training goals but I can make some specific changes in my schedule to succeed next time.” This technique is used in   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis. | |  | b. | cognitive therapy. | |  | c. | person-centered therapy. | |  | d. | a token economy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 160. Which of the following is NOT a directive used by a cognitive therapist when attempting to get clients to test their beliefs?   |  |  |  | | --- | --- | --- | |  | a. | explore difficult situations and assess possible consequences | |  | b. | challenge total self-blame and negative thinking | |  | c. | give unconditional positive regard to clients and accept all of their feelings and thoughts | |  | d. | work through the actual worst-case consequences of the situation they face |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 161. Ariana tends to view every comment by her co-workers as criticism, which leads to feelings of depression. Her therapist suggests that she question her interpretations and rank her thoughts and emotions from mildly to extremely upsetting. The goal of these cognitive therapy techniques is to get Ariana to   |  |  |  | | --- | --- | --- | |  | a. | test her beliefs. | |  | b. | experience unconditional positive regard. | |  | c. | reveal her beliefs. | |  | d. | change her beliefs. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 162. Nadine’s therapist teaches her to change her habit of total self-blame and negative thinking, while noting behaviors for which she may be truly responsible, as well as aspects that aren’t her responsibility. In doing so, she should resist extreme thinking. With these techniques, the therapist is aiming to get Nadine to   |  |  |  | | --- | --- | --- | |  | a. | test her beliefs. | |  | b. | experience unconditional positive regard. | |  | c. | reveal her beliefs. | |  | d. | change her beliefs. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 163. An integrative therapy that aims to modify both self-defeating thinking and maladaptive actions is known as   |  |  |  | | --- | --- | --- | |  | a. | a token economy. | |  | b. | person-centered therapy. | |  | c. | meta-analysis. | |  | d. | cognitive-behavioral therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 164. Cognitive-behavioral therapy is a(n) \_\_\_\_\_\_\_\_ therapy that combines changing self-defeating thinking with changing behavior.   |  |  |  | | --- | --- | --- | |  | a. | token | |  | b. | person-centered | |  | c. | integrative | |  | d. | stress inoculation |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 165. Dr. Shim is a psychotherapist who is teaching clients to replace their self-defeating thinking with more realistic views of events in their lives and to participate in activities that they enjoy. Dr. Shim is most likely to be a   |  |  |  | | --- | --- | --- | |  | a. | behavior therapist. | |  | b. | psychodynamic therapist. | |  | c. | humanistic therapist. | |  | d. | cognitive-behavioral therapist. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 166. In one classic study, people learned to prevent their compulsive behaviors by relabeling their obsessive thoughts. The success of this process confirmed the effectiveness of \_\_\_\_\_\_\_\_ for treating obsessive-compulsive disorders.   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis | |  | b. | cognitive-behavioral therapy | |  | c. | psychodynamic therapy | |  | d. | humanistic therapy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 167. Which of the following is NOT one of the disorders that research has found to be effectively treated by cognitive-behavioral therapy?   |  |  |  | | --- | --- | --- | |  | a. | anxiety | |  | b. | depression | |  | c. | PTSD | |  | d. | autism spectrum disorder |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 168. Dialectical behavior therapy is a form of   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy. | |  | b. | exposure therapy. | |  | c. | cognitive-behavioral therapy. | |  | d. | meta-analysis. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 169. The therapy that helps change harmful and even suicidal behavior patterns is   |  |  |  | | --- | --- | --- | |  | a. | psychodynamic therapy. | |  | b. | person-centered therapy. | |  | c. | systematic desensitization. | |  | d. | dialectical behavior therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 170. Providing strategies that support the need for both self-acceptance and self-change is most clearly emphasized by   |  |  |  | | --- | --- | --- | |  | a. | psychodynamic therapy. | |  | b. | person-centered therapy. | |  | c. | systematic desensitization. | |  | d. | dialectical behavior therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 171. Craig’s therapist helps him to accept some of the painful emotions he felt when his romantic partner ended their relationships while at the same time urging and helping him to develop effective strategies for reducing unnecessary feelings of anger. The therapist’s approach best illustrates   |  |  |  | | --- | --- | --- | |  | a. | dialectical behavior therapy. | |  | b. | virtual reality exposure therapy. | |  | c. | person-centered therapy. | |  | d. | psychodynamic therapy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 172. Which form of psychotherapy is LEAST likely to occur in therapist-led small groups?   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy | |  | b. | psychoanalysis | |  | c. | systematic desensitization | |  | d. | cognitive therapy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 173. Group therapy is typically more effective than individual therapy for   |  |  |  | | --- | --- | --- | |  | a. | making people aware of their irrational negative thinking and replacing it with new ways of thinking. | |  | b. | enabling people to discover that others have problems similar to their own. | |  | c. | ensuring that therapists will become more emotionally involved in clients' real-life problems. | |  | d. | eliminating clients' anxiety during the process of therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 174. Which of the following is NOT a benefit of group therapy?   |  |  |  | | --- | --- | --- | |  | a. | It saves therapists' time and clients' money. | |  | b. | If offers an opportunity to explore social behaviors and develop social skills. | |  | c. | It enables people to see that others share their problems. | |  | d. | It discourages clients from trying out new ways of behaving. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 175. Jacquelyne suffers from an eating disorder and goes to a group therapy session each week. She finds this form of therapy helpful. This is likely because it   |  |  |  | | --- | --- | --- | |  | a. | can be quite costly for her. | |  | b. | involves systematic desensitization and active listening techniques. | |  | c. | provides an environment in which the therapist can work with her individually and provide unconditional positive regard. | |  | d. | enables her to see that others have similar experiences and feelings. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 176. Carmen suffers from anxiety and depression. She meets once a week with a therapist and a small group of people who also suffer from anxiety and depression. Carmen is engaging in   |  |  |  | | --- | --- | --- | |  | a. | family therapy. | |  | b. | humanistic therapy. | |  | c. | behavior therapy. | |  | d. | group therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 177. Which of the following is a benefit of family therapy?   |  |  |  | | --- | --- | --- | |  | a. | It highlights the emotional conflicts among family members. | |  | b. | It helps the children develop social skills. | |  | c. | It helps family members discover new ways of preventing or resolving conflicts. | |  | d. | It provides relief to family members, who see that others share their problems. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 178. Which form of therapy is most likely to emphasize the importance of examining a person's role within a social system?   |  |  |  | | --- | --- | --- | |  | a. | cognitive therapy | |  | b. | psychoanalysis | |  | c. | family therapy | |  | d. | person-centered therapy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 179. To help Mr. Strothers overcome his drug addiction, his therapist first attempted to learn whether his use of cocaine was somehow a reaction to his wife’s behavior. The therapist’s concern is most likely to be characteristic of a   |  |  |  | | --- | --- | --- | |  | a. | psychoanalyst. | |  | b. | family therapist. | |  | c. | person-centered therapist. | |  | d. | biomedical therapist. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 180. Most self-help and support groups focus on \_\_\_\_\_\_\_\_ illnesses.   |  |  |  | | --- | --- | --- | |  | a. | childhood | |  | b. | terminal | |  | c. | stress-induced | |  | d. | stigmatized |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 181. A group of young men and women with drug addictions meet each week to share their experiences and encourage one another in their efforts to overcome their addiction. The benefits they receive from this interaction best illustrate the value of   |  |  |  | | --- | --- | --- | |  | a. | free association. | |  | b. | a token economy. | |  | c. | self-help groups. | |  | d. | virtual reality exposure therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 182. A famous 12-step program is associated with   |  |  |  | | --- | --- | --- | |  | a. | CBT. | |  | b. | DBT. | |  | c. | EMDR. | |  | d. | AA. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 183. \_\_\_\_\_\_\_\_ is to dysfunctional behaviors as \_\_\_\_\_\_\_\_ is(are) to stressful relationships.   |  |  |  | | --- | --- | --- | |  | a. | Behavior therapy; group and family therapies | |  | b. | Psychodynamic therapy; person-centered therapy | |  | c. | Cognitive therapy; behavior therapy | |  | d. | Cognitive-behavioral therapy; psychodynamic therapy |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 184. Unconditional positive regard is to \_\_\_\_\_\_\_\_ as self-insight is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy; psychodynamic therapy | |  | b. | cognitive therapy; behavior therapy | |  | c. | group therapy; cognitive-behavioral therapy | |  | d. | family therapy; cognitive therapy |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 185. Which of the following is NOT a reason that clients tend to say they are satisfied with their therapy?   |  |  |  | | --- | --- | --- | |  | a. | Because they have improved, they need to attribute their improvement to the therapy. | |  | b. | Even if the problems remain, they want to say something positive about their therapist. | |  | c. | They want to believe the therapy was worth the effort. | |  | d. | The problems remain, and they need to find a new therapist. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 186. People often enter psychotherapy during a period of crisis in their lives. This helps us understand why they   |  |  |  | | --- | --- | --- | |  | 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. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 187. The placebo effect refers to   |  |  |  | | --- | --- | --- | |  | a. | relief from symptoms without psychotherapy. | |  | b. | the alleviation of depression and anxiety by means of aerobic exercise. | |  | c. | the use of drugs in the treatment of psychological disorders. | |  | d. | the healing power of positive expectations. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 188. Mr. Constantin mistakenly attributes his improvement in feelings of sadness and anxiety to answering a questionnaire about his personality. His immediate relief from many of his symptoms after completing the questionnaire best illustrates   |  |  |  | | --- | --- | --- | |  | a. | a randomized clinical trial. | |  | b. | evidence-based practice. | |  | c. | meta-analysis. | |  | d. | the placebo effect. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 189. Psychologists call a client’s need to believe that therapy was worth the time and money   |  |  |  | | --- | --- | --- | |  | a. | meta-analysis. | |  | b. | confirmation bias. | |  | c. | effort justification. | |  | d. | the placebo effect. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 190. Marvin spent three years in therapy after experiencing unending sorrow over the loss of a parent. Which of the following factors is most likely to lead him to exaggerate the effectiveness of his psychotherapy?   |  |  |  | | --- | --- | --- | |  | a. | evidence-based practice | |  | b. | meta-analysis | |  | c. | randomized clinical trials | |  | d. | a need to justify his investment in therapy |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 191. Clinicians’ tendency to unconsciously seek evidence that confirms their beliefs and to ignore contradictory evidence is called   |  |  |  | | --- | --- | --- | |  | a. | effort justification. | |  | b. | the placebo effect. | |  | c. | illusory correlation. | |  | d. | confirmation bias. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 192. Therapists' perceptions of the effectiveness of psychotherapy are more likely to be overly positive because clients justify   |  |  |  | | --- | --- | --- | |  | a. | entering therapy by emphasizing their financial well-being. | |  | b. | leaving therapy by emphasizing their psychological well-being. | |  | c. | entering therapy by emphasizing their psychological well-being. | |  | d. | leaving therapy by emphasizing their financial well-being. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 193. Clients often stay in touch with their psychotherapists only if satisfied with the treatment they received. This helps us understand why therapists   |  |  |  | | --- | --- | --- | |  | a. | avoid developing a therapeutic alliance. | |  | b. | prefer person-centered therapy over other forms of treatment. | |  | c. | avoid diagnosing clients' disorders during the course of therapy. | |  | d. | often overestimate the effectiveness of psychotherapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 194. Therapists may unconsciously seek evidence that supports their preconceptions and ignore or distort contradictory evidence. This is called   |  |  |  | | --- | --- | --- | |  | a. | illusory correlation. | |  | b. | confirmation bias. | |  | c. | the placebo effect. | |  | d. | meta-analysis. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 195. Dr. Larsson sent a short survey to former clients asking their opinion of his services. He kept the questionnaires with positive comments and threw out those with negative comments, assuming that the negative comments were due to client issues. Dr. Larsson concluded that he is a very effective therapist. Dr. Larsson may be influenced by   |  |  |  | | --- | --- | --- | |  | a. | the therapeutic alliance. | |  | b. | the confirmation bias. | |  | c. | effort justification. | |  | d. | illusory correlation. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 196. By seeking evidence that confirms their beliefs and ignoring contradictory evidence, therapists may perceive associations that don’t really exist. This is called   |  |  |  | | --- | --- | --- | |  | a. | illusory correlation. | |  | b. | the placebo effect. | |  | c. | effort justification. | |  | d. | meta-analysis. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 197. Dr. Payne believes that when his clients leave therapy, he has resolved their problems. Dr. Payne is \_\_\_\_\_\_\_\_ between their leaving therapy and their mental health.   |  |  |  | | --- | --- | --- | |  | a. | assuming a confirmation bias | |  | b. | making an illusory correlation | |  | c. | establishing therapeutic alliance | |  | d. | engaging in evidence-based practice  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 198. Research that summarized 24 studies of psychotherapy outcomes generated shock and a spirited debate regarding the effectiveness of psychotherapy because the researchers found that therapy appeared to be   |  |  |  | | --- | --- | --- | |  | a. | too expensive and time-consuming. | |  | b. | less beneficial than drug therapy. | |  | c. | helpful only for those with relatively mild disorders. | |  | d. | no more beneficial than no treatment at all. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 199. A summary of 24 studies of psychotherapy outcomes found that psychotherapy was not necessarily the reason that people with disorders improved. This research was criticized because   |  |  |  | | --- | --- | --- | |  | a. | the study was too expensive and time-consuming. | |  | b. | there was no control group. | |  | c. | the sample was small. | |  | d. | confounding variables were not considered. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 200. The best outcome studies for evaluating the effectiveness of psychotherapy typically use   |  |  |  | | --- | --- | --- | |  | a. | virtual reality. | |  | b. | token economies. | |  | c. | randomized clinical trials. | |  | d. | EMDR. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 201. Outcome studies in which people on a waiting list are randomly assigned to therapy or no therapy and then evaluated by others who don’t know whether therapy was given are called   |  |  |  | | --- | --- | --- | |  | a. | meta-analyses. | |  | b. | evidence-based practice. | |  | c. | randomized clinical trials. | |  | d. | a therapeutic alliance. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 202. Dr. Jans is conducting a study in which she randomly assigns people on a waiting list to either therapy or no therapy. Other researchers who do not know which participants received the therapy assess the effectiveness of the therapy. This is an example of a(n)   |  |  |  | | --- | --- | --- | |  | a. | meta-analysis. | |  | b. | randomized clinical trial. | |  | c. | eclectic therapy. | |  | d. | behavioral conditioning therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 203. Bonnie is participating in a research study in which group assignment is completely random. Later, both groups will be compared to determine if the therapy was effective. This is an example of   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy. | |  | b. | a randomized clinical trial. | |  | c. | meta-analysis. | |  | d. | biomedical therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 204. Meta-analysis refers to   |  |  |  | | --- | --- | --- | |  | a. | a procedure for statistically combining the results of many different studies. | |  | b. | the use of a variety of therapeutic techniques in the treatment of a single client. | |  | c. | counseling and treatment of troubled individuals by friends, family, and other nonprofessionals. | |  | d. | clinical decision making that integrates the best available research with clinical experience and patient characteristics. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 205. Professor Caste is researching the effects of virtual reality exposure therapy on treating people with PTSD. She combines the results of 50 different studies on the topic to determine the therapy’s effectiveness. She is   |  |  |  | | --- | --- | --- | |  | a. | preparing a randomized clinical trial. | |  | b. | conducting a meta-analysis. | |  | c. | practicing eclectic therapy. | |  | d. | testing a behavioral intervention. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 206. After performing a meta-analysis of some 475 psychotherapy outcome studies, researchers reported that   |  |  |  | | --- | --- | --- | |  | 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. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 207. Dr. Jacobson is conducting a study in which he combines the conclusions of a large number of different studies on the effects of various forms of therapy for eating disorders. Dr. Jacobson is   |  |  |  | | --- | --- | --- | |  | a. | engaged in therapy. | |  | b. | conducting a meta-analysis. | |  | c. | practicing eclectic therapy. | |  | d. | testing a behavioral intervention. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 208. Which of the following does NOT provide an example of how psychological disorders and substance abuse are costly to society?   |  |  |  | | --- | --- | --- | |  | a. | Both are related to increased crime. | |  | b. | Both are related to increased accidents. | |  | c. | Both can lead to employment. | |  | d. | Both can lead to high costs for treatment. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 209. Psychotherapy is considered cost-effective. Why might this be?   |  |  |  | | --- | --- | --- | |  | a. | It diminishes the absenteeism of people with substance abuse disorder. | |  | b. | It boosts employees’ psychological well-being. | |  | c. | When people seek psychological treatment, their search for other medical treatment drops substantially. | |  | d. | Psychotherapy is cost-effective for all these reasons.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 210. Research has shown that clients' level of satisfaction with psychotherapy   |  |  |  | | --- | --- | --- | |  | a. | is unrelated to the level of training and experience of their therapists. | |  | b. | depends on whether they received individual treatment or group therapy. | |  | c. | depends on whether they were treated with cognitive therapy or behavior therapy. | |  | d. | depends on whether they were treated by a psychiatrist, psychologist, or social worker. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 211. In terms of the effectiveness of therapy, research has found that   |  |  |  | | --- | --- | --- | |  | a. | the more specific the problem, the more likely that the person can be cured. | |  | b. | Freud's therapy is still the most effective type of therapy. | |  | c. | there is no such thing as an effective form of therapy for psychological disorders. | |  | d. | the eclectic approach is the most preferred form of therapy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 212. Lucas suffers from posttraumatic stress disorder, and Sophia suffers from insomnia. Considering the text discussion of treatment effectiveness and specific issues, which therapy would be most effective for both Lucas and Sophia?   |  |  |  | | --- | --- | --- | |  | a. | behavioral conditioning therapies | |  | b. | psychodynamic therapy | |  | c. | person-centered therapy | |  | d. | cognitive and cognitive-behavioral therapies |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 213. Which form of therapy has been found to be especially effective in the treatment of posttraumatic stress disorder?   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy | |  | b. | psychodynamic therapy | |  | c. | cognitive-behavioral therapy | |  | d. | humanistic therapy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 214. Behavioral conditioning therapies have achieved especially favorable results in the treatment of   |  |  |  | | --- | --- | --- | |  | a. | bipolar disorders. | |  | b. | personality disorders. | |  | c. | specific phobias. | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 215. Cheker is a 25-year-old electrician who has an extreme fear of heights. The most effective way to treat Cheker’s problem would involve   |  |  |  | | --- | --- | --- | |  | a. | cognitive therapies. | |  | b. | psychoanalysis. | |  | c. | person-centered therapy. | |  | d. | behavioral conditioning therapies. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 216. Harper suffers from depression. Which therapy or therapies would NOT be effective in treating her depression?   |  |  |  | | --- | --- | --- | |  | a. | cognitive and cognitive-behavioral therapies | |  | b. | behavioral conditioning therapies | |  | c. | psychodynamic therapy | |  | d. | person-centered therapy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 217. Joyce has been diagnosed with major depressive disorder. Which of the following therapies may be most beneficial to her?   |  |  |  | | --- | --- | --- | |  | a. | conversion therapy | |  | b. | psychodynamic therapy | |  | c. | person-centered therapy | |  | d. | behavioral conditioning therapy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 218. Alonso suffers from extreme anxiety. Which therapy(ies) would probably be an effective treatment for him?   |  |  |  | | --- | --- | --- | |  | a. | conversion therapy | |  | b. | behavioral conditioning therapies | |  | c. | psychodynamic therapy and cognitive and cognitive-behavioral therapies | |  | d. | person-centered therapy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 219. Psychodynamic therapy has been found to be helpful in the treatment of   |  |  |  | | --- | --- | --- | |  | a. | depression. | |  | b. | sexual dysfunctions. | |  | c. | obsessive-compulsive disorder. | |  | d. | posttraumatic stress disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 220. Aretha is mildly depressed as a result of her break-up with her romantic partner. Which therapy(ies) has(have) proven to be effective in treating her condition?   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy | |  | b. | behavior therapy | |  | c. | conversion therapies | |  | d. | humanistic therapies |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 221. The American Psychiatric Association, the Canadian Psychological Association, and the British Psychological Society have warned against \_\_\_\_\_\_\_\_ that propose to change people’s sexual orientation.   |  |  |  | | --- | --- | --- | |  | a. | behavioral conditioning therapy | |  | b. | conversion therapies | |  | c. | psychodynamic therapy | |  | d. | nondirective counseling |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 222. Which of the following is most likely to contribute to inflated perceptions of the effectiveness of pseudotherapies?   |  |  |  | | --- | --- | --- | |  | a. | meta-analysis | |  | b. | randomized clinical trials | |  | c. | the placebo effect | |  | d. | psychoanalysis |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 223. Clinical decision making that integrates the best available research with clinical expertise and an understanding of patient characteristics best illustrates   |  |  |  | | --- | --- | --- | |  | a. | pseudotherapy. | |  | b. | meta-analysis. | |  | c. | a randomized clinical trial. | |  | d. | evidence-based practice. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 224. Dr. Bakare integrates the best available research with her clinical expertise and with the preferences and characteristics of her client. She is engaged in   |  |  |  | | --- | --- | --- | |  | a. | a randomized clinical trial. | |  | b. | evidence-based practice. | |  | c. | a meta-analysis. | |  | d. | biomedical therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 225. Dr. Gazzara has a new client with symptoms of extreme anxiety. Before beginning therapy, Dr. Gazzara makes sure that the outcomes of published randomized clinical trials support the effectiveness of the therapy she plans to use. She also makes sure that her own expertise along with the client’s characteristics and preferences warrant its implementation. Dr. Gazzara’s approach to initiating treatment best illustrates   |  |  |  | | --- | --- | --- | |  | a. | a randomized clinical trial. | |  | b. | the therapeutic alliance. | |  | c. | person-centered therapy. | |  | d. | evidence-based practice. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 226. Therapists who emphasize \_\_\_\_\_\_\_\_ may use technology to analyze information about their clients during a time of crisis.   |  |  |  | | --- | --- | --- | |  | a. | a randomized clinical trial | |  | b. | evidence-based practice | |  | c. | a meta-analysis | |  | d. | biomedical therapy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 227. Which of the following is NOT a proposed benefit of psychotherapy?   |  |  |  | | --- | --- | --- | |  | a. | hope | |  | b. | transference | |  | c. | a new perspective | |  | d. | a caring relationship |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 228. A common ingredient underlying the success of diverse psychotherapies is the   |  |  |  | | --- | --- | --- | |  | a. | professional training and experience of the therapist. | |  | b. | escape from real-life pressures offered by psychotherapy. | |  | c. | length of time the client spends in psychotherapy. | |  | d. | client's expectation that through psychotherapy things will get better. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 229. Sandor has a phobic fear of rats and is optimistic that exposure therapy will be an effective therapy for his fear. His optimism highlights how psychotherapy   |  |  |  | | --- | --- | --- | |  | a. | is ineffective. | |  | b. | is costly. | |  | c. | is evidence-based. | |  | d. | offers hope. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 230. Evidence that placebos can reduce some of the distressing symptoms of psychological disorders best illustrates the therapeutic value of   |  |  |  | | --- | --- | --- | |  | a. | meta-analysis. | |  | b. | individualism. | |  | c. | empathy. | |  | d. | hope. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 231. Clients often benefit from psychotherapy because it provides them with an explanation for their symptoms and frees them from false beliefs. This best illustrates the therapeutic value of   |  |  |  | | --- | --- | --- | |  | a. | meta-analysis. | |  | b. | a new perspective. | |  | c. | randomized clinical trials. | |  | d. | free association. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 232. Renee has always thought that she was not good enough to meet her parents’ expectations and so has been depressed for the last six months. She finally decided to try psychotherapy. The therapist has focused on reversing her negative thinking and getting her to think more about how well she is doing in school, for example. This illustrates the therapeutic value of   |  |  |  | | --- | --- | --- | |  | a. | expecting things will get better. | |  | b. | gaining a new perspective. | |  | c. | establishing a therapeutic alliance. | |  | d. | a therapist who has the same values as she has. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 233. Psychotherapies share three benefits: hope, a new perspective, and   |  |  |  | | --- | --- | --- | |  | a. | an evidence-based practice. | |  | b. | a placebo. | |  | c. | an empathic, trusting, caring relationship. | |  | d. | improvement within a short time. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 234. The therapeutic alliance refers to   |  |  |  | | --- | --- | --- | |  | a. | the transference of feelings from earlier relationships to person-therapist interactions. | |  | b. | a form of therapy conducted with groups rather than individuals. | |  | c. | a bond of trust and mutual understanding between a therapist and a client. | |  | d. | a program developed by the American Psychological Association to advance evidence-based practice. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 235. By earning a client's trust, empathic and caring therapists promote   |  |  |  | | --- | --- | --- | |  | a. | evidence-based practice. | |  | b. | a therapeutic alliance. | |  | c. | an eclectic approach. | |  | d. | meta-analysis. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 236. After several sessions, Nyra's relationship with her therapist is not going as well as she had hoped. The therapist seems to be focused on telling her how to think and feel rather than having Nyra express her feelings and thoughts. Nyra and her therapist have not developed a(n)   |  |  |  | | --- | --- | --- | |  | a. | evidence-based practice. | |  | b. | therapeutic alliance. | |  | c. | eclectic approach. | |  | d. | transference.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 237. Briefly trained caregivers are referred to as   |  |  |  | | --- | --- | --- | |  | a. | therapists. | |  | b. | psychiatrists. | |  | c. | counselors. | |  | d. | paraprofessionals. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 238. Garfield has recently recovered from substance use disorder and now wants to help other people with similar problems. Because of the common elements of the therapeutic alliance, he may be very effective in helping others. Garfield is a   |  |  |  | | --- | --- | --- | |  | a. | paraprofessional. | |  | b. | psychiatrist. | |  | c. | counselor. | |  | d. | therapist. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 239. People are less likely to need psychotherapy if they experience   |  |  |  | | --- | --- | --- | |  | a. | randomized clinical trials. | |  | b. | caring relationships. | |  | c. | meta-analysis. | |  | d. | the self-justification motive. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 240. Therapists who encourage clients to think primarily about others' expectations are likely to experience difficulty forming a strong \_\_\_\_\_\_\_\_ with clients who value individualism.   |  |  |  | | --- | --- | --- | |  | a. | meta-analysis | |  | b. | therapeutic alliance | |  | c. | psychotherapy outcome study | |  | d. | randomized clinical trial |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 241. Dr. Melendez practices various forms of psychotherapy, but all emphasize the importance of personal desires, identity, and goals. Dr. Melendez’s therapeutic practice is biased toward   |  |  |  | | --- | --- | --- | |  | a. | collectivism. | |  | b. | individualism. | |  | c. | transference. | |  | d. | resilience. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 242. In one experiment, Asian American clients were more likely to perceive counselor empathy if their counselor   |  |  |  | | --- | --- | --- | |  | a. | encouraged free association. | |  | b. | was actively religious. | |  | c. | shared the clients' cultural values. | |  | d. | practiced systematic desensitization. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 243. People living in “cultures of honor,” which prize \_\_\_\_\_\_\_\_, tend to be more reluctant to seek mental health care.   |  |  |  | | --- | --- | --- | |  | a. | academic achievement | |  | b. | strength and toughness | |  | c. | a token economy | |  | d. | unconditional positive regard |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 244. Which of the following is NOT a trouble sign that a person should seek help from a mental health professional?   |  |  |  | | --- | --- | --- | |  | a. | sexual difficulties | |  | b. | deep depression | |  | c. | sudden mood shifts | |  | d. | feeling hopeful |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 245. Nizar suffered a severe back injury. His doctor prescribed OxyContin. However, even after the pain had subsided, Nizar pretended he was still in pain and continued to take the OxyContin. His behavior is a sign that he should   |  |  |  | | --- | --- | --- | |  | a. | try a different medication. | |  | b. | go online to find other sources of OxyContin. | |  | c. | find another doctor. | |  | d. | seek a mental health professional’s help. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 246. The fact that there are more than 10,000 mental health apps suggests that   |  |  |  | | --- | --- | --- | |  | a. | online help has been more successful than in-person therapy. | |  | b. | an in-person therapeutic alliance is difficult to develop. | |  | c. | more people are seeking help online. | |  | d. | more and more people are acting as therapists. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 247. Psychologists with a Ph.D. or Psy.D. who specialize in the practice of psychotherapy are typically   |  |  |  | | --- | --- | --- | |  | a. | social workers. | |  | b. | clinical psychologists. | |  | c. | psychoanalysts. | |  | d. | psychiatrists. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 248. Dr. Tafic has a Ph.D. in psychology and specializes in cognitive-behavioral therapy. Dr. Tafic is a   |  |  |  | | --- | --- | --- | |  | a. | clinical social worker. | |  | b. | clinical psychologist. | |  | c. | psychiatrist. | |  | d. | counselor. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 249. Many professionals outside the field of psychology are prepared to offer psychotherapy in the process of completing a graduate program in   |  |  |  | | --- | --- | --- | |  | a. | law. | |  | b. | anthropology. | |  | c. | social work. | |  | d. | philosophy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 250. Mr. Martis has a master’s in social work and has participated in a supervised postgraduate program. As a clinical social worker, he is allowed to offer psychotherapy to   |  |  |  | | --- | --- | --- | |  | a. | substance abusers. | |  | b. | people with everyday personal problems. | |  | c. | people who need prescription drugs. | |  | d. | students suffering from major depressive disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 251. Psychotherapists who can prescribe drugs in treating people with serious psychological problems are   |  |  |  | | --- | --- | --- | |  | a. | clinical psychologists. | |  | b. | psychiatric social workers. | |  | c. | psychiatrists. | |  | d. | counselors. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 252. Dr. Miranda-Allen prescribes drugs for the treatment of generalized anxiety disorder, and she encourages rest and relaxation training for clients suffering from excessive anxiety. It is most likely that Dr. Miranda-Allen is a   |  |  |  | | --- | --- | --- | |  | a. | clinical social worker. | |  | b. | cognitive therapist. | |  | c. | psychiatrist. | |  | d. | person-centered therapist. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 253. According to the American Psychological Association, therapists should follow all of the following principles EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | establish a role of authority over their clients. | |  | b. | be honest, truthful, and accurate. | |  | c. | be fair and promote justice for their clients. | |  | d. | respect the dignity of their clients. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 254. Maison is currently in graduate school and aims to be a therapist when he is finished. He should be aware that there are specific principles he will be expected to follow. These principles include all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | aim to benefit his clients. | |  | b. | ensure his clients are not harmed during therapy. | |  | c. | take on an authoritative role. | |  | d. | be honest with his clients. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 255. The treatment of psychological disorders with prescription drugs, electrical stimulation of the brain, or brain surgery is called   |  |  |  | | --- | --- | --- | |  | a. | psychopharmacology. | |  | b. | biomedical therapy. | |  | c. | psychotherapy. | |  | d. | neurogenesis. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 256. Treating our mind and body as independent entities seems especially inappropriate to those who take a \_\_\_\_\_\_\_\_ approach to therapy.   |  |  |  | | --- | --- | --- | |  | a. | biopsychosocial | |  | b. | behavioral | |  | c. | psychoanalytic | |  | d. | person-centered |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 257. Professor Muddin emphasizes that recovery from major depressive disorder involves a continuous interplay among clients’ physical reactions to antidepressant drugs, their ability to learn new ways of thinking, and the support of a loving partner. The professor’s emphasis best illustrates a(n) \_\_\_\_\_\_\_\_ approach to therapy.   |  |  |  | | --- | --- | --- | |  | a. | psychodynamic | |  | b. | biomedical | |  | c. | biopsychosocial | |  | d. | operant conditioning |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 258. Leander tends to spend time rethinking the events of the day and assuming that she performed badly on her assigned tasks. Therapeutic lifestyle advocates would suggest that she redirect her negative thoughts and think more positively; that is, she should   |  |  |  | | --- | --- | --- | |  | a. | reduce her rumination. | |  | b. | become more self-aware. | |  | c. | engage in less alone time. | |  | d. | make new friends. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 259. Biomedical therapists assume that the mind and body are a unit. This means that   |  |  |  | | --- | --- | --- | |  | a. | they can easily be separated. | |  | b. | therapeutic lifestyle change would be ineffective. | |  | c. | they are interchangeable. | |  | d. | if you affect one you affect the other. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 260. In promoting therapeutic lifestyle change, researchers have noted that human brains and bodies were designed for physical activity and   |  |  |  | | --- | --- | --- | |  | a. | TMS. | |  | b. | tardive dyskinesia. | |  | c. | social engagement. | |  | d. | self-esteem. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 261. Researchers have developed training seminars that promote therapeutic lifestyle change. These seminars would likely be most effective in helping   |  |  |  | | --- | --- | --- | |  | a. | Darlene cope effectively with schizophrenia. | |  | b. | Jeremy effectively cope with antisocial personality disorder. | |  | c. | Amy effectively cope with major depressive disorder. | |  | d. | Larry effectively cope with dissociative identity disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 262. Barbara is under a lot of stress at work. To help her reduce the stress, modern researchers might suggest that she   |  |  |  | | --- | --- | --- | |  | a. | engage in outdoor physical activity in a natural setting. | |  | b. | sleep at least 10 hours each night. | |  | c. | get more alone time to think about the sources of her stress. | |  | d. | check with her doctor about physical therapies. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 263. Engaging in which of the following increases fitness and vitality and stimulates endorphins and can even rival the effectiveness of antidepressant drugs?   |  |  |  | | --- | --- | --- | |  | a. | sleeping 7 to 8 hours each night | |  | b. | sleeping 9 to 10 hours each night | |  | c. | aerobic exercise for 30 minutes a day, at least three times a week | |  | d. | aerobic exercise for 60 minutes a day, seven days a week |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 264. Fifteen to 30 minutes with a light-emitting box each morning will influence   |  |  |  | | --- | --- | --- | |  | a. | the body's arousal. | |  | b. | self-awareness. | |  | c. | animal magnetism. | |  | d. | meta-analysis. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 265. Darius spends 15 to 30 minutes each morning with a light-emitting box. According to therapeutic lifestyle change advocates, this is likely to increase his   |  |  |  | | --- | --- | --- | |  | a. | body’s arousal. | |  | b. | self-awareness. | |  | c. | ability to sleep well at night. | |  | d. | rumination. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 266. The use of a daily \_\_\_\_\_\_\_\_ supplement may promote healthy brain functioning.   |  |  |  | | --- | --- | --- | |  | a. | hormone | |  | b. | omega-3 fatty acid | |  | c. | dopamine | |  | d. | carbohydrate |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 267. Psychopharmacology involves the study of how   |  |  |  | | --- | --- | --- | |  | a. | diseases influence psychological well-being. | |  | b. | exercise alleviates depression. | |  | c. | drugs affect mind and behavior. | |  | d. | psychosurgery and ECT influence emotions. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 268. Dr. Berdos is studying the effect of drugs on mind and behavior. His area of research is called   |  |  |  | | --- | --- | --- | |  | a. | therapeutic lifestyle change. | |  | b. | tardive dyskinesia. | |  | c. | psychopharmacology. | |  | d. | neurogenesis. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 269. To evaluate any new drug’s effectiveness, researchers need to know all the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | how many people recover without treatment. | |  | b. | how quickly people recover without treatment. | |  | c. | who administered the drug. | |  | d. | whether recovery due to the drug or to the placebo effect. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 270. Dr. Zuercher believes that most psychological disorders result from chemical imbalances. In her work as a therapist, Dr. Zuercher is most likely to make use of   |  |  |  | | --- | --- | --- | |  | a. | psychosurgery. | |  | b. | TMS. | |  | c. | drug therapies. | |  | d. | lobotomies. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 271. Which form of therapy has played the greatest role in contributing to the sharp reduction in the number of residents in U.S. mental hospitals?   |  |  |  | | --- | --- | --- | |  | a. | psychosurgery | |  | b. | cognitive therapy | |  | c. | electroconvulsive therapy | |  | d. | drug therapy |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 272. When testing a new drug, researchers control for a placebo effect by using   |  |  |  | | --- | --- | --- | |  | a. | neurogenesis. | |  | b. | TMS. | |  | c. | the double-blind procedure. | |  | d. | deep brain stimulation. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 273. One group of senior citizens receives a new but untested pill for COVID-19 and a second group is given an inactive pill. Neither the citizens nor the experimental researchers know which group has received the new pill. In this experiment, the investigators are making use of   |  |  |  | | --- | --- | --- | |  | a. | deep brain stimulation. | |  | b. | neurogenesis. | |  | c. | SSRIs. | |  | d. | the double-blind procedure. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 274. Gabriel had a stomachache. His girlfriend gave him what she thought was Pepto-Bismol but was really a mint. In 30 minutes, Gabriel reported that his stomachache was gone. The “effectiveness” of the mint was due to   |  |  |  | | --- | --- | --- | |  | a. | the double-blind technique. | |  | b. | tardive dyskinesia. | |  | c. | the placebo effect. | |  | d. | resilience. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 275. Drugs used to treat schizophrenia and other forms of severe thought disorders are called \_\_\_\_\_\_\_\_ drugs.   |  |  |  | | --- | --- | --- | |  | a. | antianxiety | |  | b. | antidepressant | |  | c. | antipsychotic | |  | d. | mood-stabilizing  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 276. Jerome suffers from schizophrenia. What type of drug is he likely to be given to help reduce his symptoms?   |  |  |  | | --- | --- | --- | |  | a. | antidepressant drugs | |  | b. | antianxiety drugs | |  | c. | antipsychotic drugs | |  | d. | mood-stabilizing drugs |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 277. Thorazine is a(n) \_\_\_\_\_\_\_\_ drug that dampens responsiveness to irrelevant stimuli and is most useful for people with positive symptoms of schizophrenia.   |  |  |  | | --- | --- | --- | |  | a. | SSRI | |  | b. | antianxiety | |  | c. | antipsychotic | |  | d. | mood-stabilizing |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 278. Chlorpromazine is an antipsychotic drug that reduces paranoia and auditory hallucinations by   |  |  |  | | --- | --- | --- | |  | a. | reducing involuntary muscle movements. | |  | b. | dampening responsiveness to irrelevant stimuli. | |  | c. | decreasing the availability of norepinephrine. | |  | d. | elevating arousal and mood. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 279. Bella is experiencing auditory hallucinations related to schizophrenia. Which drug would be most effective for her?   |  |  |  | | --- | --- | --- | |  | a. | Thorazine | |  | b. | Xanax | |  | c. | Ativan | |  | d. | Paxil |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 280. James is taking l-dopa to help reduce his symptoms related to Parkinson’s disease. As a side effect, he might experience   |  |  |  | | --- | --- | --- | |  | a. | hallucinations. | |  | b. | tremors. | |  | c. | memory loss. | |  | d. | fatigue. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 281. Darren believes that his schoolmates are trying to kill him, and he hears voices telling him to kill them first. Darren’s symptoms are most likely to be relieved by \_\_\_\_\_\_\_\_ drugs.   |  |  |  | | --- | --- | --- | |  | a. | antidepressant | |  | b. | antianxiety | |  | c. | mood-stabilizing | |  | d. | antipsychotic |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 282. Antipsychotic drugs are \_\_\_\_\_\_\_\_ helpful to patients experiencing positive symptoms of schizophrenia and \_\_\_\_\_\_\_\_ effective in changing negative symptoms.   |  |  |  | | --- | --- | --- | |  | a. | most; less | |  | b. | less; less | |  | c. | most; equally | |  | d. | less; most |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 283. Which of the following is a DISADVANTAGE of antipsychotic drugs?   |  |  |  | | --- | --- | --- | |  | a. | Antipsychotics are not effective in changing symptoms such as apathy and withdrawal. | |  | b. | Antipsychotics are less likely to produce tardive dyskinesia. | |  | c. | Antipsychotics do not reduce hallucinations and delusions. | |  | d. | Antipsychotics increase the chance of developing depressive symptoms. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 284. Some antipsychotic drugs work to diminish psychotic symptoms by blocking the activity of \_\_\_\_\_\_\_\_. They do this by occupying this neurotransmitter's \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | dopamine; axons | |  | b. | serotonin; receptor sites | |  | c. | dopamine; receptor sites | |  | d. | serotonin; axons |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 285. The drugs that work by occupying the receptor sites for dopamine and blocking its activity are   |  |  |  | | --- | --- | --- | |  | a. | antianxiety drugs. | |  | b. | antidepressant drugs. | |  | c. | antipsychotic drugs. | |  | d. | mood-stabilizing drugs. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 286. Sluggishness, tremors, and twitches similar to those of Parkinson's disease are most likely to be associated with the long-term use of certain \_\_\_\_\_\_\_\_ drugs.   |  |  |  | | --- | --- | --- | |  | a. | antidepressant | |  | b. | antipsychotic | |  | c. | mood-stabilizing | |  | d. | antianxiety |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 287. Tardive dyskinesia is characterized by   |  |  |  | | --- | --- | --- | |  | a. | obsessions. | |  | b. | panic attacks. | |  | c. | auditory hallucinations. | |  | d. | involuntary muscle movements. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 288. Tardive dyskinesia is often associated with long-term use of drugs that occupy certain \_\_\_\_\_\_\_\_ receptor sites.   |  |  |  | | --- | --- | --- | |  | a. | serotonin | |  | b. | norepinephrine | |  | c. | acetylcholine | |  | d. | dopamine |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 289. Genesis has been taking antipsychotic drugs for two years and has recently noticed involuntary movements of her facial muscles. Genesis has a condition known as   |  |  |  | | --- | --- | --- | |  | a. | SSRI. | |  | b. | neurogenesis. | |  | c. | TMS. | |  | d. | tardive dyskinesia. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 290. Although the newer-generation antipsychotics have been effective in treating the symptoms of schizophrenia, they have side effects, such as   |  |  |  | | --- | --- | --- | |  | a. | addiction. | |  | b. | obesity and diabetes. | |  | c. | hypertension. | |  | d. | dizzy spells. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 291. Newer-generation antipsychotic drugs such as risperidone and olanzapine have \_\_\_\_\_\_\_\_ side effects than the first-generation antipsychotic medications. However, they increase the risk of diabetes and \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | no; tremors | |  | b. | no; twitches | |  | c. | fewer; paranoia | |  | d. | fewer; obesity |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 292. Compared with the first-generation antipsychotic medications, which of the following is an advantage of the newer antipsychotics?   |  |  |  | | --- | --- | --- | |  | a. | They are more likely to reduce the hallucination and delusions of schizophrenia. | |  | b. | They are much less likely to cause movement-related side effects such as tardive dyskinesia. | |  | c. | They increase brain levels of dopamine in more brain areas. | |  | d. | They are much better at increasing brain levels of serotonin. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 293. Aiden experiences delusions of grandeur, and extraneous sounds constantly distract him from things that require his attention. Which of the following drugs is most likely to relieve these distressing symptoms?   |  |  |  | | --- | --- | --- | |  | a. | Ativan | |  | b. | olanzapine | |  | c. | Depakote | |  | d. | Zoloft |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 294. The widespread use of antipsychotic medications resulted in   |  |  |  | | --- | --- | --- | |  | a. | a dramatic decline in the number of people who were hospitalized for mental disorders. | |  | b. | new laws requiring the shutdown of almost all state mental hospitals. | |  | c. | a surge in the number of people who were hospitalized for mental disorders. | |  | d. | a dramatic increase in the number of people showing up in emergency rooms suffering from drug overdoses. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 295. Hundreds of thousands of patients have returned to work and to near-normal lives as a result of antipsychotics combined with   |  |  |  | | --- | --- | --- | |  | a. | better hospital programs. | |  | b. | life-skills programs and family support. | |  | c. | antianxiety drugs. | |  | d. | exercise and nutritional supplements. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 296. Martha has been unable to get a job because of the hallucinations she experiences. What might a general practitioner recommend that would help Martha lead a near-normal life?   |  |  |  | | --- | --- | --- | |  | a. | Risperdal and light exposure therapy | |  | b. | Zyprexa and psychotherapy | |  | c. | Depakote and aerobic exercise | |  | d. | Zoloft and nutritional supplements |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 297. Antianxiety drugs control anxiety and agitation by   |  |  |  | | --- | --- | --- | |  | a. | increasing the availability of norepinephrine. | |  | b. | blocking the activity of dopamine. | |  | c. | prolonging the time serotonin molecules remain in the brain’s synapses. | |  | d. | depressing central nervous system activity. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 298. Which of the following is true of antianxiety drugs?   |  |  |  | | --- | --- | --- | |  | a. | They are used to treat epilepsy. | |  | b. | They depress the central nervous system. | |  | c. | They increase the availability of neurotransmitters. | |  | d. | They reduce responsiveness to irrelevant stimuli. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 299. Xanax and Ativan are \_\_\_\_\_\_\_\_ drugs.   |  |  |  | | --- | --- | --- | |  | a. | antidepressant | |  | b. | antipsychotic | |  | c. | mood-stabilizing | |  | d. | antianxiety |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 300. Xanax would most likely be prescribed in order to help   |  |  |  | | --- | --- | --- | |  | a. | Cynthia give up her irrational belief that her husband is a foreign government spy. | |  | b. | Cassius get rid of his suicidal thoughts and feelings of apathy and hopelessness. | |  | c. | Jerome overcome feelings of nervous apprehension and an inability to relax. | |  | d. | Bradan discontinue his habit of smoking more than three packs of cigarettes a day. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 301. Jayden’s psychiatrist prescribed the antianxiety drug Ativan in combination with psychotherapy. Jayden is most likely being treated for   |  |  |  | | --- | --- | --- | |  | a. | posttraumatic stress disorder. | |  | b. | bipolar disorder. | |  | c. | antisocial personality disorder. | |  | d. | schizophrenia. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 302. An antianxiety drug has been found to help relieve the symptoms of   |  |  |  | | --- | --- | --- | |  | a. | schizophrenia. | |  | b. | bipolar disorder. | |  | c. | antisocial personality. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 303. The criticism most likely to be made regarding the use of antianxiety drugs as an ongoing treatment is that they may   |  |  |  | | --- | --- | --- | |  | a. | produce involuntary movements of the facial muscles, tongue, and limbs. | |  | b. | block the normal reuptake of excess serotonin from synapses. | |  | c. | reduce symptoms without resolving underlying problems. | |  | d. | increase overreactions to distracting or irrelevant stimuli. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 304. Taking an antianxiety drug at the first sign of tension can create   |  |  |  | | --- | --- | --- | |  | a. | side effects such as tremors. | |  | b. | resilience. | |  | c. | a learned response. | |  | d. | neurogenesis. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 305. After discontinuing heavy use of an antianxiety drug, Angela experienced increased anxiety and difficulty sleeping. Angela was experiencing symptoms of   |  |  |  | | --- | --- | --- | |  | a. | withdrawal. | |  | b. | resilience. | |  | c. | tardive dyskinesia. | |  | d. | neurogenesis. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 306. In addition to their use in treating depression, antidepressant drugs are now being used to treat   |  |  |  | | --- | --- | --- | |  | a. | auditory hallucinations and delusions of persecution. | |  | b. | tardive dyskinesia and attention-deficit/hyperactivity disorder. | |  | c. | obsessive-compulsive and related disorders and posttraumatic stress disorder. | |  | d. | antisocial personality disorder and dissociative identity disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 307. Prozac is an antidepressant drug that partially blocks the reabsorption and removal of \_\_\_\_\_\_\_\_ from synapses.   |  |  |  | | --- | --- | --- | |  | a. | serotonin | |  | b. | dopamine | |  | c. | acetylcholine | |  | d. | chlorpromazine |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 308. Which of the following individuals is most likely to benefit from Prozac?   |  |  |  | | --- | --- | --- | |  | a. | Jack, who has lost his sense of identity and wandered from his home to a distant city | |  | b. | Andrea, who hears imaginary voices telling her that she will suffer a fatal accident | |  | c. | Tami, who is so addicted to cigarettes that she doesn't want to quit smoking | |  | d. | Shannon, who feels helpless and apathetic and thinks her life is meaningless and worthless |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 309. Several widely used antidepressant drugs are most often called \_\_\_\_\_\_\_\_ because they are used in treating disorders other than depression—from anxiety to strokes.   |  |  |  | | --- | --- | --- | |  | a. | placebos | |  | b. | mood-stabilizing medications | |  | c. | selective serotonin reuptake inhibitors | |  | d. | norepinephrine blockers |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 310. Pedro is taking an antidepressant drug to treat his posttraumatic stress disorder. Because the drug is used to treat disorders other than depression (such as PTSD), the drug is called a   |  |  |  | | --- | --- | --- | |  | a. | cognitive-behavioral drug. | |  | b. | newer-generation antidepressant. | |  | c. | mood stabilizer. | |  | d. | selective serotonin reuptake inhibitor. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 311. Selective serotonin reuptake inhibitors are frequently prescribed for the treatment of   |  |  |  | | --- | --- | --- | |  | a. | tardive dyskinesia. | |  | b. | schizophrenia. | |  | c. | depression. | |  | d. | mania. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 312. Some antidepressants block the reuptake or breakdown of both serotonin and another neurotransmitter, norepinephrine. These antidepressants are called   |  |  |  | | --- | --- | --- | |  | a. | antipsychotic drugs. | |  | b. | mood-stabilizing drugs. | |  | c. | dual-action drugs. | |  | d. | ECTs. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 313. One possible explanation for the delayed effect of antidepressant drugs is that the increased availability of serotonin seems to promote   |  |  |  | | --- | --- | --- | |  | a. | increased metabolic rates. | |  | b. | tardive dyskinesia. | |  | c. | decreased norepinephrine levels. | |  | d. | neurogenesis. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 314. Which of the following is an experimental drug that researchers believe may prove to be a quicker-acting antidepressant compared with other drugs being used to treat depression?   |  |  |  | | --- | --- | --- | |  | a. | Thorazine | |  | b. | ketamine | |  | c. | Ativan | |  | d. | Paxil |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 315. Ketamine is being explored as a quick-acting \_\_\_\_\_\_\_\_ drug that blocks receptor sites for the neurotransmitter glutamate.   |  |  |  | | --- | --- | --- | |  | a. | antipsychotic | |  | b. | antianxiety | |  | c. | antidepressant | |  | d. | mood-stabilizing |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 316. Judith suffers from depression and has been given a medication that can help her in as little as one hour. She was given   |  |  |  | | --- | --- | --- | |  | a. | Thorazine. | |  | b. | Risperdal. | |  | c. | Zyprexa. | |  | d. | ketamine. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 317. One good alternative to antidepressant drugs is   |  |  |  | | --- | --- | --- | |  | a. | aerobic exercise. | |  | b. | a lobotomy. | |  | c. | exposure therapy. | |  | d. | Thorazine. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 318. Sixteen-year-old Moira has been depressed during this last semester, but she doesn’t want to take drugs. An alternative way for her to lift her spirits is to   |  |  |  | | --- | --- | --- | |  | a. | see a person-centered therapist. | |  | b. | undergo electroconvulsive therapy. | |  | c. | engage in aerobic exercise. | |  | d. | eat a more balanced diet. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 319. Lanny suffers from mild depression. Considering some of the negative effects of antidepressant medications, which of the following would most likely be suggested as an alternative treatment?   |  |  |  | | --- | --- | --- | |  | a. | humanistic therapy | |  | b. | aerobic exercise and CBT | |  | c. | group therapy | |  | d. | antianxiety medications |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 320. Cognitive therapy works, top down, by changing thought processes. Antidepressant drugs work, bottom up, on the emotion-forming   |  |  |  | | --- | --- | --- | |  | a. | brainstem. | |  | b. | cerebellum. | |  | c. | limbic system. | |  | d. | sensory cortex. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 321. David has been diagnosed with major depressive disorder. His psychiatrist, who has prescribed Zoloft, is also likely to use \_\_\_\_\_\_\_\_ therapy to change David’s habitual negative thinking.   |  |  |  | | --- | --- | --- | |  | a. | person-centered | |  | b. | virtual reality | |  | c. | cognitive-behavioral | |  | d. | exposure |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 322. Compared with placebos, antidepressant drugs provide \_\_\_\_\_\_\_\_ benefits to patients with severe symptoms of depression and \_\_\_\_\_\_\_\_ benefits to patients with mild symptoms of depression.   |  |  |  | | --- | --- | --- | |  | a. | minimal; substantial | |  | b. | substantial; minimal | |  | c. | minimal; minimal | |  | d. | substantial; substantial |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 323. Originally used to treat epilepsy, \_\_\_\_\_\_\_\_ seems to be especially helpful in treating the manic episodes of bipolar disorders.   |  |  |  | | --- | --- | --- | |  | a. | Thorazine | |  | b. | Depakote | |  | c. | Prozac | |  | d. | lithium |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 324. When lithium failed to reduce Carrie's manic episodes, her doctor tried a drug originally used to treat epilepsy called   |  |  |  | | --- | --- | --- | |  | a. | Prozac. | |  | b. | Depakote. | |  | c. | Thorazine. | |  | d. | Paxil. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 325. Which of the following drugs has been found to be effective in treating the manic episodes associated with bipolar disorders?   |  |  |  | | --- | --- | --- | |  | a. | Thorazine | |  | b. | l-dopa | |  | c. | Ativan | |  | d. | Depakote |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 326. Lithium is often an effective \_\_\_\_\_\_\_\_ drug.   |  |  |  | | --- | --- | --- | |  | a. | antipsychotic | |  | b. | antianxiety | |  | c. | antidepressant | |  | d. | mood-stabilizing |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 327. The simple salt \_\_\_\_\_\_\_\_ effectively levels the emotional highs and lows of bipolar disorders.   |  |  |  | | --- | --- | --- | |  | a. | Depakote | |  | b. | lithium | |  | c. | Zoloft | |  | d. | Paxil |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 328. Avery, a 35-year-old editor, alternates between extreme sadness and weariness and extreme excitement and overactivity. The drug most likely to prove beneficial to her is   |  |  |  | | --- | --- | --- | |  | a. | lithium. | |  | b. | Xanax. | |  | c. | Zoloft. | |  | d. | Thorazine. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 329. Lithium correlates with a lower risk of \_\_\_\_\_\_\_\_ among people with bipolar disorders.   |  |  |  | | --- | --- | --- | |  | a. | obesity | |  | b. | suicide | |  | c. | long-term potentiation | |  | d. | tardive dyskinesia |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 330. Electroconvulsive therapy for treating severely depressed patients involves   |  |  |  | | --- | --- | --- | |  | a. | the application of repeated pulses of magnetic energy to the brain. | |  | b. | using the double-blind procedure. | |  | c. | sending a brief electrical current through the brain of an anesthetized patient. | |  | d. | destruction of brain tissue. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 331. Which of the following procedures is associated with some memory loss for the treatment period but no apparent brain damage?   |  |  |  | | --- | --- | --- | |  | a. | TMS | |  | b. | the double-blind procedure | |  | c. | long-term potentiation | |  | d. | electroconvulsive therapy |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 332. Lizbeth has attempted suicide twice in the last year due to severe depression that is not responding to antidepressants. Her psychiatrist has recommended electroconvulsive therapy, which involves   |  |  |  | | --- | --- | --- | |  | a. | a brief electric current through the brain of an anesthetized patient. | |  | b. | repeated pulses surge through a magnetic coil held close to a person's skull. | |  | c. | injecting the patient with insulin or another chemical that induces a seizure. | |  | d. | the surgical implantation of a device in the chest wall that delivers intermittent electrical stimulation to the brainstem. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 333. Electroconvulsive therapy has proven to be effective in the treatment of   |  |  |  | | --- | --- | --- | |  | a. | phobias. | |  | b. | dissociative disorders. | |  | c. | schizophrenia. | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 334. Savannah’s feelings of worthlessness, sadness, and hopelessness have become so severe that she is considering suicide. Which of the following treatments is likely to provide her with the quickest effective relief from her anguish?   |  |  |  | | --- | --- | --- | |  | a. | electroconvulsive therapy | |  | b. | antipsychotic drugs | |  | c. | a lobotomy | |  | d. | antianxiety drugs |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 335. \_\_\_\_\_\_\_\_ has(have) been found to stimulate neurogenesis and new synaptic connections.   |  |  |  | | --- | --- | --- | |  | a. | Mood-stabilizing medications | |  | b. | ECT | |  | c. | Antianxiety drugs | |  | d. | Psychosurgery |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 336. Electroconvulsive therapy is most effective if the patient   |  |  |  | | --- | --- | --- | |  | a. | is on the verge of committing suicide. | |  | b. | is not given an anesthetic. | |  | c. | also receives antidepressant drugs. | |  | d. | experiences convulsions. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 337. With transcranial direct current stimulation (tDCS), the therapist administers \_\_\_\_\_\_\_\_ of electricity to the scalp of a depressed person.   |  |  |  | | --- | --- | --- | |  | a. | 700–800 milliamps | |  | b. | 50–60 milliamps | |  | c. | 1–2 milliamps | |  | d. | 10–20 milliamps |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 338. With \_\_\_\_\_\_\_\_, the therapist administers a 1- to 2-milliamp electric current to the scalp; with \_\_\_\_\_\_\_\_, repeated pulses surge through a magnetic coil held close to the skull.   |  |  |  | | --- | --- | --- | |  | a. | electroconvulsive therapy; deep brain stimulation | |  | b. | electroconvulsive therapy; transcranial magnetic stimulation | |  | c. | transcranial direct current stimulation; transcranial magnetic stimulation | |  | d. | transcranial electrical stimulation; deep brain stimulation |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 339. Sharat is being treated for his depression. The therapist, who administers a 1- to 2-milliamp electric current to Sharat’s scalp, is using \_\_\_\_\_\_\_\_; Drago’s therapist, on the other hand, is applying \_\_\_\_\_\_\_\_, in which repeated pulses surge through a magnetic coil held close to the skull.   |  |  |  | | --- | --- | --- | |  | a. | electroconvulsive therapy; deep brain stimulation | |  | b. | electroconvulsive therapy; transcranial magnetic stimulation | |  | c. | transcranial direct current stimulation; transcranial magnetic stimulation | |  | d. | transcranial electrical stimulation; deep brain stimulation |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 340. Which treatment procedure involves the application of repeated pulses of magnetic energy to the brain?   |  |  |  | | --- | --- | --- | |  | a. | TMS | |  | b. | psychosurgery | |  | c. | long-term potentiation | |  | d. | the double-blind procedure |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 341. Which of the following individuals is most likely to benefit from TMS?   |  |  |  | | --- | --- | --- | |  | a. | Jaydon, who suffers from an excessive fear of needles and the sight of blood | |  | b. | Anissa, whose depressive episodes have been increasing in both length and frequency | |  | c. | Zackory, who engages in aggressive sexual behavior and has been diagnosed with antisocial personality disorder | |  | d. | Elena, who experiences auditory hallucinations and delusions of persecution |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 342. Which of the following biomedical treatments provides some of the benefits of ECT without triggering memory loss or other serious side effects?   |  |  |  | | --- | --- | --- | |  | a. | the lobotomy | |  | b. | transcranial magnetic stimulation | |  | c. | antipsychotic medication | |  | d. | psychosurgery |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 343. According to some research, the effectiveness of transcranial magnetic stimulation (TMS) comes from   |  |  |  | | --- | --- | --- | |  | a. | manipulating electrodes that have been placed in the brain. | |  | b. | electrical signals sent to the scalp. | |  | c. | energizing the left frontal lobe of the brain. | |  | d. | electrically shocking the brain. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 344. A possible explanation for the effectiveness of \_\_\_\_\_\_\_\_ is that it may reduce depression by causing nerve cells to form new functioning brain circuits through the process of long-term potentiation.   |  |  |  | | --- | --- | --- | |  | a. | tDCS | |  | b. | transcranial magnetic stimulation (TMS) | |  | c. | chlorpromazine | |  | d. | psychosurgery |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 345. It has been suggested that the effectiveness of TMS results from nerve cells forming new functioning circuits through the process of   |  |  |  | | --- | --- | --- | |  | a. | therapeutic lifestyle change. | |  | b. | psychopharmacology. | |  | c. | long-term potentiation. | |  | d. | neurogenesis. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 346. Ivy suffers from schizophrenia, such as social apathy and memory loss. Which of the following may help reduce her symptoms?   |  |  |  | | --- | --- | --- | |  | a. | TMS | |  | b. | DBS | |  | c. | psychosurgery | |  | d. | psychodynamic therapy |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 347. Helen Mayberg and her colleagues have used \_\_\_\_\_\_\_\_ to manipulate activity in a neural hub that bridges the frontal lobes and the limbic system.   |  |  |  | | --- | --- | --- | |  | a. | psychosurgery | |  | b. | antipsychotic drugs | |  | c. | deep brain stimulation | |  | d. | neurogenesis |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 348. Deep brain stimulation involves the implantation of \_\_\_\_\_\_\_\_ into the brain.   |  |  |  | | --- | --- | --- | |  | a. | SSRIs | |  | b. | lithium | |  | c. | electrodes | |  | d. | new nerve cells |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 349. Deep brain stimulation has been reported to provide relief from   |  |  |  | | --- | --- | --- | |  | a. | dissociative disorders. | |  | b. | phobias. | |  | c. | schizophrenia. | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 350. Ethan received a diagnosis of major depressive disorder several years ago. His psychiatrist tried treating him with Zoloft, but Ethan’s depression has not responded, so the psychiatrist has suggested applying a pacemaker that activates implanted electrodes in a brain area that functions as the neural “sadness center.” Ethan’s psychiatrist is recommending   |  |  |  | | --- | --- | --- | |  | a. | a lobotomy. | |  | b. | TMS. | |  | c. | ECT. | |  | d. | DBS. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 351. The LEAST-used biomedical intervention for changing thoughts and behavior is   |  |  |  | | --- | --- | --- | |  | a. | TMS. | |  | b. | electroconvulsive therapy. | |  | c. | psychosurgery. | |  | d. | drug therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 352. Psychosurgery involves   |  |  |  | | --- | --- | --- | |  | a. | passing an electric current through the entire brain. | |  | b. | injecting lithium directly into the limbic system. | |  | c. | removing or destroying brain tissue. | |  | d. | all of these procedures. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 353. Who developed the surgical procedure known as lobotomy?   |  |  |  | | --- | --- | --- | |  | a. | Stephen Ilardi | |  | b. | Egas Moniz | |  | c. | John Cade | |  | d. | Sigmund Freud |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 354. Egas Moniz found that he could calm uncontrollably emotional and violent patients by   |  |  |  | | --- | --- | --- | |  | a. | stimulating neurogenesis. | |  | b. | injecting lithium directly into the limbic system. | |  | c. | cutting the nerves connecting the frontal lobes with the emotion-controlling centers of the brain. | |  | d. | activating neurons that inhibit negative activity. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 355. Inserting a medical instrument through each eye socket was part of a procedure known as   |  |  |  | | --- | --- | --- | |  | a. | ECT. | |  | b. | TMS. | |  | c. | the double-blind procedure. | |  | d. | a lobotomy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 356. Between 1936 and 1954, lobotomies were most likely to be performed on patients who were   |  |  |  | | --- | --- | --- | |  | a. | severely disturbed. | |  | b. | hopelessly depressed. | |  | c. | notably overweight. | |  | d. | consistently forgetful. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 357. MRI-guided precision surgery is occasionally done to cut the brain circuits involved in severe cases of   |  |  |  | | --- | --- | --- | |  | a. | obsessive-compulsive disorder. | |  | b. | bipolar disorders. | |  | c. | schizophrenia. | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 358. Trevor suffers from OCD. Which type of brain stimulation therapy might be effective in treating his OCD symptoms?   |  |  |  | | --- | --- | --- | |  | a. | a lobotomy | |  | b. | deep brain stimulation | |  | c. | transcranial magnetic stimulation | |  | d. | microscale psychosurgery |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 359. \_\_\_\_\_\_\_\_ is to depression as \_\_\_\_\_\_\_\_ is(are) to brain malfunction.   |  |  |  | | --- | --- | --- | |  | a. | Therapeutic lifestyle change; drug therapies | |  | b. | Brain stimulation; psychosurgery | |  | c. | Psychosurgery; drug therapies | |  | d. | Therapeutic lifestyle change; psychosurgery |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 360. Stress and an unhealthy lifestyle is to \_\_\_\_\_\_\_\_ as brain malfunction is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | deep brain stimulation; drug therapy | |  | b. | therapeutic lifestyle change; psychosurgery | |  | c. | drug therapy; therapeutic lifestyle change | |  | d. | therapeutic lifestyle change; brain stimulation |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 361. Identifying and eliminating the socially stressful conditions that contribute to psychological disorders is of most central interest to the advocates of   |  |  |  | | --- | --- | --- | |  | a. | exposure therapy. | |  | b. | the biomedical therapies. | |  | c. | preventive mental health. | |  | d. | cognitive therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 362. Boosting parents' and teachers' skills at nurturing children's achievements and resulting self-esteem best illustrates   |  |  |  | | --- | --- | --- | |  | a. | neurogenesis. | |  | b. | biomedical therapy. | |  | c. | psychopharmacology. | |  | d. | preventive mental health. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 363. Dr. Hodgson is convinced that psychological disorders are understandable responses to a disturbing and stressful world rather than disturbances within the individual personality. Dr. Hodgson’s belief is most consistent with the assumptions that underlie the work of   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysts. | |  | b. | cognitive psychologists. | |  | c. | exposure therapists. | |  | d. | community psychologists. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 364. The personal strength that enables people to cope with stress and recover from adversity is called   |  |  |  | | --- | --- | --- | |  | a. | resilience. | |  | b. | individualism. | |  | c. | neurogenesis. | |  | d. | long-term potentiation. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 365. Most combat-stressed veterans do not later exhibit posttraumatic stress disorder. This best illustrates   |  |  |  | | --- | --- | --- | |  | a. | resistance. | |  | b. | resilience. | |  | c. | withdrawal. | |  | d. | tardive dyskinesia. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 366. Positive psychological changes that result from struggling with extremely challenging life crises demonstrate   |  |  |  | | --- | --- | --- | |  | a. | TMS. | |  | b. | a double-blind procedure. | |  | c. | posttraumatic growth. | |  | d. | psychopharmacology. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 367. Contisa is a breast cancer survivor and now reports a greater appreciation for life and more meaningful relationships. She is experiencing   |  |  |  | | --- | --- | --- | |  | a. | cognitive decline. | |  | b. | posttraumatic growth. | |  | c. | a therapeutic lifestyle change. | |  | d. | person-centered growth. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 368. After surviving the loss of family members to the horrors of war, Jacinda developed an enlarged capacity to empathize with those who suffer and to care for those in need. Her response to stressful life circumstances best illustrates   |  |  |  | | --- | --- | --- | |  | a. | long-term potentiation. | |  | b. | posttraumatic growth. | |  | c. | tardive dyskinesia. | |  | d. | neurogenesis. |  |  |  | | --- | --- | | *ANSWER:* | b | |