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| 1. Who pushed for gentler, more humane treatment of people with psychological disorders and the construction of psychiatric hospitals?   |  |  |  | | --- | --- | --- | |  | 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. In response to the harsh treatment of mentally ill patients, Philippe Pinel and Dorothea Dix   |  |  |  | | --- | --- | --- | |  | a. | emphasized the use of drug therapies. | |  | b. | encouraged Rogers’ person-centered approach. | |  | c. | focused on the humanistic perspective. | |  | d. | pushed for the construction of psychiatric hospitals. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 3. Since the 1950s, most mental health hospitals have emptied as a result of the introduction of effective   |  |  |  | | --- | --- | --- | |  | a. | drug therapies and community-based treatment programs. | |  | b. | drug therapies. | |  | c. | community-based treatment programs. | |  | d. | psychotherapy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 4. Judith receives outpatient mental health therapy for schizophrenia. This is a positive effect of   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis. | |  | b. | insight therapies. | |  | c. | deinstitutionalization. | |  | d. | psychotherapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 5. Treatment involving psychological techniques designed to assist someone to overcome a psychological disorder such as a phobia would generally be best described as   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis. | |  | b. | psychotherapy. | |  | c. | insight therapy. | |  | d. | psychodynamic therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 6. Dr. Boubaker is a clinical psychologist who uses psychological techniques to help someone achieve personal growth. Dr. Boubaker is using   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis. | |  | b. | biomedical therapy. | |  | c. | psychotherapy. | |  | d. | psychodynamic therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 7. Melinda is unwilling to develop a close relationship with any of the men she meets. She is seeing a therapist, who is exploring her relationships with her parents, as well as other aspects of her life. Melinda is undergoing   |  |  |  | | --- | --- | --- | |  | a. | counterconditioning. | |  | b. | biomedical therapy. | |  | c. | psychotherapy. | |  | d. | exposure therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 8. Which of the following is true of biomedical therapies?   |  |  |  | | --- | --- | --- | |  | a. | They aim to improve psychological functioning by increasing a person’s awareness of underlying motives and defenses. | |  | b. | They are derived from the psychoanalytic tradition. | |  | c. | They apply learning principles to the elimination of unwanted behaviors. | |  | d. | They treat serious psychological disorders with prescribed medications or medical procedures that directly influence the nervous system. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 9. The treatment of depression with ECT best illustrates   |  |  |  | | --- | --- | --- | |  | a. | biomedical therapy. | |  | b. | cognitive-behavioral therapy. | |  | c. | psychodynamic therapy. | |  | d. | person-centered therapy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 10. Prescribing antidepressant drugs for the treatment of anxiety disorders best illustrates   |  |  |  | | --- | --- | --- | |  | a. | biomedical therapy. | |  | b. | behavior therapy. | |  | c. | psychodynamic therapy. | |  | d. | cognitive therapy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 11. Judith suffers from severe depression and has been prescribed antidepressant medications as treatment. This is an example of   |  |  |  | | --- | --- | --- | |  | a. | behavior therapy. | |  | b. | cognitive therapy. | |  | c. | psychosurgery. | |  | d. | biomedical therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 12. Rebecca receives outpatient mental health therapy, which is not uncommon as \_\_\_\_\_\_\_\_ Americans also receive outpatient mental health therapy.   |  |  |  | | --- | --- | --- | |  | a. | 1 in 2 | |  | b. | 1 in 3 | |  | c. | 1 in 5 | |  | d. | 1 in 7 |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 13. When a therapist uses techniques from various types of therapy, the person is said to be using   |  |  |  | | --- | --- | --- | |  | a. | biomedical therapy. | |  | b. | unconditional positive regard. | |  | c. | psychoanalysis. | |  | d. | an eclectic approach. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 14. Dr. Bigelow uses cognitive therapy to get her clients to realize that their negative thinking colors their feelings. She also uses a form of counterconditioning to get them to change their behavior. Dr. Bigelow’s therapeutic approach would best be described as   |  |  |  | | --- | --- | --- | |  | a. | psychoanalytic. | |  | b. | person-centered. | |  | c. | behavioral. | |  | d. | eclectic. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 15. The type of psychological therapy that helped form the foundation for treating psychological disorders was   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis. | |  | b. | humanistic therapy. | |  | c. | behavioral therapy. | |  | d. | cognitive therapy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 16. Sigmund Freud introduced a form of psychotherapy known as   |  |  |  | | --- | --- | --- | |  | a. | counterconditioning. | |  | b. | active listening. | |  | c. | cognitive therapy. | |  | d. | psychoanalysis. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 17. The main goal of psychoanalysis is to bring \_\_\_\_\_\_\_\_ feelings and thoughts into conscious awareness.   |  |  |  | | --- | --- | --- | |  | a. | repressed | |  | b. | transferred | |  | c. | resisted | |  | d. | discharged |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 18. Psychoanalytic techniques are designed primarily to help patients   |  |  |  | | --- | --- | --- | |  | a. | focus on their immediate conscious feelings. | |  | b. | feel more trusting toward others. | |  | c. | become aware of their unconscious thoughts and feelings. | |  | d. | develop greater self-esteem. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 19. Freud’s technique for helping people to release previously repressed feelings is called   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis. | |  | b. | insight therapy. | |  | c. | nondirective therapy. | |  | d. | behavior therapy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 20. The underlying theme of \_\_\_\_\_\_\_\_ is to help the person reduce growth-impeding inner conflicts.   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis | |  | b. | insight therapy | |  | c. | nondirective therapy | |  | d. | behavior therapy |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 21. Which of the following therapists introduced the use of free association?   |  |  |  | | --- | --- | --- | |  | a. | Carl Rogers | |  | b. | Sigmund Freud | |  | c. | Aaron Beck | |  | d. | Mary Cover Jones |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 22. Free association involves the   |  |  |  | | --- | --- | --- | |  | a. | expression toward a therapist of feelings linked with earlier relationships. | |  | b. | repeated association of a relaxed state with anxiety-arousing stimuli. | |  | c. | uncensored reporting of any thoughts that come to mind. | |  | d. | replacement of a negative response to a harmless stimulus with a positive response. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 23. During her sessions with a psychoanalyst, Mildred lies down on a couch while the therapist sits out of her line of sight. The therapist tells her to mention anything that comes to mind. Mildred’s psychotherapist is using   |  |  |  | | --- | --- | --- | |  | a. | active listening. | |  | b. | transference. | |  | c. | free association. | |  | d. | exposure therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 24. Psychoanalysis would suggest that resistance during therapy supports and maintains the process of   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | free association. | |  | c. | dream interpretation. | |  | d. | repression. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 25. In psychoanalysis, a patient’s hesitation to free-associate is most likely to be interpreted as a sign of   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | resistance. | |  | c. | counterconditioning. | |  | d. | unconditional positive regard. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 26. Just as Carlos began telling his therapist about his father’s tendency to criticize him for every little thing, he complained of a stomachache and immediately left the therapist’s office. A therapist using psychoanalysis would most likely suggest that Carlos’ behavior is an example of   |  |  |  | | --- | --- | --- | |  | a. | resistance. | |  | b. | transference. | |  | c. | counterconditioning. | |  | d. | insight. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 27. Megan’s therapist encourages her to describe her childhood, focusing on experiences that stick out in her memory. During her discussion, however, Megan omits describing an embarrassing experience, skips information that she feels is shameful, and is unable to remember important details. According to psychoanalytic theory, Megan is demonstrating   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | resistance. | |  | c. | active listening. | |  | d. | catastrophizing. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 28. Janice is in therapy and has been asked to discuss memorable childhood experiences. During her discussion, Janice pauses before describing an embarrassing experience, omits information that seems trivial or irrelevant, and sometimes her mind goes blank. Her therapist has noted her behavior and then provides \_\_\_\_\_\_\_\_ into the meaning of her behavior.   |  |  |  | | --- | --- | --- | |  | a. | insight | |  | b. | hindsight | |  | c. | transference | |  | d. | resistance |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 29. Psychoanalytic interpretation is designed to promote   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | counterconditioning. | |  | c. | systematic desensitization. | |  | d. | insight. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 30. A psychoanalyst notes the patient’s supposed dream meanings and resistances in order to promote insight. This therapist is engaging in   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | unconditional positive regard. | |  | c. | interpretation. | |  | d. | transference. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 31. The interpretation of dreams is most closely associated with   |  |  |  | | --- | --- | --- | |  | a. | cognitive therapy. | |  | b. | person-centered therapy. | |  | c. | systematic desensitization. | |  | d. | psychoanalysis. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 32. Jesse told his psychoanalyst that he dreamed that he was clawed by a large, vicious cat. His psychoanalyst suggested that the cat symbolically represented Jesse’s mother, who frequently scolded him for no good reason when he was a child. The analyst’s suggestion best illustrates the practice of   |  |  |  | | --- | --- | --- | |  | a. | free association. | |  | b. | interpretation. | |  | c. | transference. | |  | d. | active listening. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 33. The expression toward a therapist of feelings linked with earlier relationships is known as   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | resistance. | |  | c. | free association. | |  | d. | counterconditioning. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 34. In psychoanalysis, expressing feelings transferred from earlier relationships toward the analyst helps the person to   |  |  |  | | --- | --- | --- | |  | a. | gain insight into current relationships. | |  | b. | distinguish between real events and dream images. | |  | c. | block the process of revealing repressed memories and conflicts. | |  | d. | blame those in the earlier relationships for his or her problems. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 35. Mrs. Gillman has started expressing feelings of anger and bitterness toward her therapist, who has been nothing but caring and helpful. A therapist using psychoanalysis would most likely consider Mrs. Gillman’s anger to be an example of   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | free association. | |  | c. | counterconditioning. | |  | d. | systematic desensitization. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 36. Psychoanalysis is most likely to involve   |  |  |  | | --- | --- | --- | |  | a. | attending to patients’ positive and negative feelings toward their therapists. | |  | b. | associating a patient’s undesirable behavior with unpleasant experiences. | |  | c. | repeating or rephrasing what a patient says during the course of therapy. | |  | d. | helping patients identify a set of anxiety-triggering situations. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 37. Which of the following statements is true?   |  |  |  | | --- | --- | --- | |  | a. | Traditional psychoanalysis is no longer used to help people with psychological disorders. | |  | b. | Much of the underlying theory of psychoanalysis is not supported by scientific research. | |  | c. | Psychoanalysis discounts the importance of interpreting dreams. | |  | d. | Carl Rogers was one of Freud’s earliest and most influential disciples. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 38. Which form of therapy is most likely to be described as expensive and time-consuming?   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization | |  | b. | person-centered therapy | |  | c. | psychoanalysis | |  | d. | cognitive therapy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 39. Some of Freud’s techniques and assumptions are most evident in today’s   |  |  |  | | --- | --- | --- | |  | a. | behavior therapies. | |  | b. | psychodynamic therapies. | |  | c. | biomedical therapies. | |  | d. | cognitive therapies. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 40. Which form of psychotherapy is most likely to focus on providing clients with insight into themes evident in their troubling and recurring patterns of social interaction in a variety of important relationships?   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy | |  | b. | systematic desensitization | |  | c. | psychodynamic therapy | |  | d. | behavior modification |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 41. The type of therapy in which the therapist tries to help clients understand their current symptoms by focusing on important relationships and events is   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis. | |  | b. | psychodynamic therapy. | |  | c. | humanistic therapy. | |  | d. | cognitive therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 42. Therapist David Shapiro reported helping a patient to realize that he couldn’t say “I love you” to his wife because it would feel soft and unmanly. The therapist’s efforts to restore the patient’s awareness of his wishes and his reactions against these wishes best illustrate   |  |  |  | | --- | --- | --- | |  | a. | exposure therapy. | |  | b. | stress inoculation training. | |  | c. | psychodynamic therapy. | |  | d. | counterconditioning. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 43. A psychodynamic approach to therapy is most likely to involve   |  |  |  | | --- | --- | --- | |  | a. | training patients in progressive relaxation. | |  | b. | suggesting interpretive insights regarding patients’ difficulties. | |  | c. | recommending the use of drugs during the process of psychotherapy. | |  | d. | encouraging depressed patients to take more responsibility for their failures. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 44. Doug’s therapist wants to help him recognize his mixed feelings of love and hate for his wife and to realize that he experienced the same feelings for his sisters during his childhood. 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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| 45. Instead of focusing on the cure of psychological disorders, \_\_\_\_\_\_\_\_ therapies seek to promote personal growth and self-fulfillment.   |  |  |  | | --- | --- | --- | |  | a. | psychodynamic | |  | b. | biomedical | |  | c. | behavior | |  | d. | humanistic |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 46. The psychodynamic and humanistic therapies are often referred to as   |  |  |  | | --- | --- | --- | |  | a. | behavior therapies. | |  | b. | biomedical therapies. | |  | c. | insight therapies. | |  | d. | eclectic therapies. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 47. Increasing clients’ awareness of their own motives and defenses is a central goal of   |  |  |  | | --- | --- | --- | |  | a. | exposure therapies. | |  | b. | token economies. | |  | c. | progressive relaxation. | |  | d. | insight therapies. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 48. Dr. Vaughn is a humanistic therapist. This means that all of the following are goals of her therapy EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | boosting her client’s self-fulfillment by helping them grow in self-awareness and self-acceptance. | |  | b. | believing that past experiences are more important than present experiences. | |  | c. | focusing on promoting growth. | |  | d. | believing that conscious thoughts are more important than unconscious thoughts. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 49. Humanistic therapies aim to boost people’s self-fulfillment by helping them to grow in   |  |  |  | | --- | --- | --- | |  | a. | progressive relaxation. | |  | b. | systematic desensitization. | |  | c. | a token economy. | |  | d. | self-acceptance. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 50. Humanistic therapies are most likely to involve   |  |  |  | | --- | --- | --- | |  | a. | encouraging clients to carefully observe the consequences of their maladaptive behaviors. | |  | b. | focusing special attention on clients’ positive and negative feelings toward their therapists. | |  | c. | emphasizing the importance of self-awareness for psychological adjustment. | |  | d. | helping clients identify a set of anxiety-triggering situations. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 51. Which of the following is NOT a way in which humanistic therapies differ from psychodynamic therapies?   |  |  |  | | --- | --- | --- | |  | a. | For humanistic therapies, promoting growth is the focus of therapy. | |  | b. | For humanistic therapies, the path to growth involves uncovering hidden causes for one’s problems. | |  | c. | For humanistic therapies, conscious thoughts are more important than the unconscious. | |  | d. | For humanistic therapies, the present and future are more important than the past. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 52. Psychodynamic therapy is to \_\_\_\_\_\_\_\_ as humanistic therapy is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | present; future | |  | b. | past; present | |  | c. | present; past | |  | d. | past; future |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 53. Freud is to \_\_\_\_\_\_\_\_ as Rogers is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis; counterconditioning | |  | b. | free association; active listening | |  | c. | dream analysis; systematic desensitization | |  | d. | active listening; empathy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 54. Carl Rogers is known for the development of   |  |  |  | | --- | --- | --- | |  | a. | the token economy. | |  | b. | cognitive-behavioral therapy. | |  | c. | person-centered therapy. | |  | d. | systematic desensitization. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 55. Which of the following is considered to be the most nondirective form of therapy?   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy | |  | b. | cognitive therapy | |  | c. | psychoanalysis | |  | d. | systematic desensitization |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 56. One important goal of a person-centered therapist is to   |  |  |  | | --- | --- | --- | |  | a. | create conditions that allow the client to direct the focus of therapy. | |  | b. | actively guide and make decisions for the client. | |  | c. | uncover the client’s unconscious conflicts. | |  | d. | challenge the client’s irrational beliefs and values. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 57. Carl Rogers believed that several qualities of the therapist are critical in producing beneficial changes in person-centered therapy. Which of the following is NOT one of those qualities?   |  |  |  | | --- | --- | --- | |  | a. | The therapist should display genuineness by openly and honestly sharing his or her thoughts with the client. | |  | b. | The therapist should strive to create an atmosphere of conditional acceptance so that the client is motivated to change his or her behavior to gain the therapist’s approval. | |  | c. | The therapist should communicate empathic understanding by reflecting back both the content and personal meaning of what the client is saying. | |  | d. | The therapist should be nondirective to allow the client to direct the focus of therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 58. According to Rogers, genuineness, acceptance, and empathy   |  |  |  | | --- | --- | --- | |  | a. | are needed for therapists to foster growth in their clients. | |  | b. | are the cornerstones of psychoanalysis. | |  | c. | are the precursors to biomedical therapy. | |  | d. | lay the foundation for understanding that problem behaviors are the problem. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 59. When therapists demonstrate \_\_\_\_\_\_\_\_ toward their clients, they help them feel freer and more open to positive change.   |  |  |  | | --- | --- | --- | |  | a. | sympathy | |  | b. | genuineness | |  | c. | acceptance | |  | d. | empathy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 60. Potokar is seeing a person-centered therapist as directed by the courts after his arrest for petty larceny. His therapist does not focus on Potokar’s arrest but instead on Potokar’s good qualities and his potential. Potokar’s therapist is using the person-centered technique of   |  |  |  | | --- | --- | --- | |  | a. | genuineness. | |  | b. | empathy. | |  | c. | transference. | |  | d. | acceptance. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 61. In person-centered therapy, therapists are honest about their own feelings in an effort to encourage clients to likewise express their true feelings. The therapists are demonstrating   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | empathy. | |  | c. | genuineness. | |  | d. | acceptance. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 62. Wilbur tells his person-centered therapist that he feels like he will never be able to make friends with his new co-workers. His therapist responds, “I felt the same way when I was a college freshman. It took me a few weeks before I found some friends.” Wilbur’s therapist is demonstrating the person-centered technique of   |  |  |  | | --- | --- | --- | |  | a. | genuineness. | |  | b. | empathy. | |  | c. | transference. | |  | d. | acceptance. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 63. In person-centered therapy, therapists sense and reflect their clients’ feelings. The therapists are demonstrating   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | empathy. | |  | c. | genuineness. | |  | d. | acceptance. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 64. Chacko explains to his therapist that he feels like he is a disappointment to his employer. His person-centered therapist responds, “I am hearing that you feel you have let your boss down and would like to change that.” Chacko’s therapist is demonstrating   |  |  |  | | --- | --- | --- | |  | a. | genuineness. | |  | b. | empathy. | |  | c. | transference. | |  | d. | acceptance. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 65. Elvira tells her person-centered therapist about her unhappiness with the dating scene and her inability to meet someone with whom she can develop a serious relationship. Elvira’s therapist says, “I am hearing that you are lonely, and you are wondering what you can do to meet a person who is right for you.” Elvira’s therapist’s response demonstrates his use of   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | resistance. | |  | c. | empathy. | |  | d. | counterconditioning. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 66. As practiced by a humanistic psychologist, active listening involves   |  |  |  | | --- | --- | --- | |  | a. | searching for the unconscious motives behind the client’s behavior. | |  | b. | allowing the client to spontaneously talk about their childhood. | |  | c. | curing the client’s illness. | |  | d. | echoing, restating, and seeking clarification of a client’s words. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 67. During therapy sessions, KaLoo’s person-centered therapist echoes and restates KaLoo’s words and often responds by reflecting back the personal meaning of what KaLoo seems to be saying. KaLoo’s therapist is   |  |  |  | | --- | --- | --- | |  | a. | engaging in active listening. | |  | b. | fostering transference. | |  | c. | using systematic desensitization. | |  | d. | trying to counteract Allison’s negative cognitive bias. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 68. Dr. Meurer is a psychotherapist who emphasizes people’s innate potential for self-fulfillment. Clients are encouraged to lead the discussion while Dr. Meurer echoes, restates, and seeks clarification of what the client expresses verbally or nonverbally. Dr. Meurer’s position is most characteristic of \_\_\_\_\_\_\_\_ therapy.   |  |  |  | | --- | --- | --- | |  | a. | cognitive | |  | b. | psychodynamic | |  | c. | operant conditioning | |  | d. | person-centered |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 69. Letting another person know that you sense and understand the feelings he or she is expressing to you best demonstrates   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | progressive relaxation. | |  | c. | active listening. | |  | d. | free association. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 70. Derick tells his therapist that his romantic partner prevents him from making his own decisions. The therapist acknowledges Derick’s apparent frustration and anger and asks him to clarify exactly what his partner does to trigger such strong feelings in him. The therapist’s technique best illustrates   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | active listening. | |  | c. | interpretation. | |  | d. | free association. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 71. Person-centered therapy is most likely to involve   |  |  |  | | --- | --- | --- | |  | a. | helping clients to associate anxiety-arousing stimuli with a pleasant state of relaxation. | |  | b. | encouraging clients to carefully observe the consequences of their maladaptive behaviors. | |  | c. | restating and clarifying what clients say during the course of therapy. | |  | d. | vigorously challenging clients’ self-defeating thoughts. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 72. Which approach emphasizes the importance of providing patients with feelings of unconditional positive regard?   |  |  |  | | --- | --- | --- | |  | a. | cognitive therapy | |  | b. | psychoanalysis | |  | c. | person-centered therapy | |  | d. | systematic desensitization |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 73. A therapist who nonjudgmentally accepts and values a client even when aware of the client’s personal failings most clearly demonstrates   |  |  |  | | --- | --- | --- | |  | a. | progressive relaxation. | |  | b. | free association. | |  | c. | unconditional positive regard. | |  | d. | transference. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 74. Priscilla has always felt completely loved by her grandmother. No matter what Priscilla did or said, or the mistakes she made, she could always count on her grandmother to support her, help her, and love her. This is an example of   |  |  |  | | --- | --- | --- | |  | a. | active listening. | |  | b. | unconditional positive regard. | |  | c. | resistance. | |  | d. | empathy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 75. Stephanie would like to improve her communication with her significant other. Which of the following is NOT something that Carl Rogers would say that she can do when talking to her significant other?   |  |  |  | | --- | --- | --- | |  | a. | summarize what her significant other has said | |  | b. | invite clarification of her significant other’s statements | |  | c. | reflect on the feelings of her significant other | |  | d. | ignore the opinions of her significant other |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 76. Which of the following therapies is more concerned with removing specific troubling symptoms than with facilitating new ways of thinking?   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis | |  | b. | behavior therapy | |  | c. | person-centered therapy | |  | d. | cognitive therapy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 77. Kathy told her therapist that she thought her drinking problem might be a symptom of unconscious anger with her romantic partner. Her therapist chuckled and said, “No, Kathy, your problem isn’t unconscious anger; your problem is drinking.” It sounds like Kathy’s therapist is applying principles of \_\_\_\_\_\_\_\_ therapy.   |  |  |  | | --- | --- | --- | |  | a. | behavior | |  | b. | humanistic | |  | c. | cognitive | |  | d. | psychodynamic |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 78. \_\_\_\_\_\_\_\_ assume that people’s problems are their problem behaviors.   |  |  |  | | --- | --- | --- | |  | a. | Humanistic therapies | |  | b. | Behavior therapies | |  | c. | Psychodynamic therapies | |  | d. | Cognitive therapies |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 79. Principles derived from psychologists’ understanding of classical conditioning have most directly influenced the development of   |  |  |  | | --- | --- | --- | |  | a. | humanistic therapies. | |  | b. | cognitive therapies. | |  | c. | psychodynamic therapies. | |  | d. | behavior therapies. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 80. Repeatedly pairing a conditioned stimulus that triggers distress with an unconditioned stimulus that triggers pleasure best illustrates   |  |  |  | | --- | --- | --- | |  | a. | free association. | |  | b. | counterconditioning. | |  | c. | dialectical behavior therapy. | |  | d. | unconditional positive regard. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 81. Counterconditioning techniques were derived from principles first developed by   |  |  |  | | --- | --- | --- | |  | a. | Ivan Pavlov. | |  | b. | Carl Rogers. | |  | c. | B. F. Skinner. | |  | d. | Sigmund Freud. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 82. O. H. Mowrer trained children to discontinue bed-wetting by arranging for an alarm to sound each time they wet their beds. This technique best illustrates a therapeutic application of   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | cognitive-behavioral therapy. | |  | c. | psychodynamic therapy. | |  | d. | classical conditioning. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 83. Therapists implementing \_\_\_\_\_\_\_\_ for treatment of a client’s fear of confined spaces pair the trigger stimulus with a new response that cannot coexist with fear.   |  |  |  | | --- | --- | --- | |  | a. | psychotherapy | |  | b. | humanistic therapy | |  | c. | counterconditioning | |  | d. | brain stimulation |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 84. Exposure therapies and aversive conditioning are both examples of   |  |  |  | | --- | --- | --- | |  | a. | biomedical therapy. | |  | b. | humanistic therapy. | |  | c. | counterconditioning. | |  | d. | brain stimulation. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 85. To reduce his 2-year-old son’s fear of the dark, Mr. Crivelente would hug and gently rock him immediately after turning off the lights at bedtime. Mr. Crivelente’s strategy best illustrates the technique of   |  |  |  | | --- | --- | --- | |  | a. | resistance. | |  | b. | transference. | |  | c. | free association. | |  | d. | counterconditioning. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 86. Mary Cover Jones was the first behavioral psychologist to use   |  |  |  | | --- | --- | --- | |  | a. | aversion therapy. | |  | b. | exposure therapy. | |  | c. | unconditional positive regard. | |  | d. | free association. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 87. In treating a 3-year-old child named Peter, Mary Cover Jones   |  |  |  | | --- | --- | --- | |  | a. | used unconditional positive acceptance and empathic understanding to help Peter overcome his fear of rabbits. | |  | b. | was the first behavior therapist to use virtual reality therapy to eliminate a phobia. | |  | c. | conditioned a response that was incompatible with a previously learned response of fear in the presence of a tame rabbit. | |  | d. | used operant conditioning techniques to eliminate the child’s fear of rabbits. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 88. Repeatedly introducing people to things they fear and avoid is most characteristic of   |  |  |  | | --- | --- | --- | |  | a. | dialectical behavior therapy. | |  | b. | exposure therapies. | |  | c. | cognitive-behavioral therapy. | |  | d. | transference. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 89. The exposure therapies used today were refined by   |  |  |  | | --- | --- | --- | |  | a. | Sigmund Freud. | |  | b. | Joseph Wolpe. | |  | c. | Aaron Beck. | |  | d. | Carl Rogers. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 90. Which of the following techniques is derived from classical conditioning principles?   |  |  |  | | --- | --- | --- | |  | a. | the token economy | |  | b. | systematic desensitization | |  | c. | interpretation | |  | d. | free association |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 91. 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; counterconditioning |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 92. Operant conditioning is to a token economy as \_\_\_\_\_\_\_\_ is to systematic desensitization.   |  |  |  | | --- | --- | --- | |  | a. | psychodynamic therapy | |  | b. | cognitive-behavioral therapy | |  | c. | classical conditioning | |  | d. | humanistic therapy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 93. With \_\_\_\_\_\_\_\_, the therapist replaces a fearful response with a relaxation response.   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization | |  | b. | free association | |  | c. | aversive conditioning | |  | d. | transference |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 94. The repeated association of pleasant, relaxing states with stimuli that arouse fear is a central feature of   |  |  |  | | --- | --- | --- | |  | a. | humanistic therapy. | |  | b. | systematic desensitization. | |  | c. | cognitive therapy. | |  | d. | dialectical behavior therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 95. Creating a list of anxiety-triggering situations and training in relaxation are important aspects of   |  |  |  | | --- | --- | --- | |  | a. | aversive conditioning. | |  | b. | systematic desensitization. | |  | c. | dialectical behavior therapy. | |  | d. | person-centered therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 96. Which of the following is true of an anxiety hierarchy constructed in the process of systematic desensitization?   |  |  |  | | --- | --- | --- | |  | a. | It involves situations that are too embarrassing to re-create. | |  | b. | It lists situations that involve increasing amounts of anxiety. | |  | c. | It requires taking more personal responsibility for self-defeating behaviors. | |  | d. | It associates unwanted behaviors with unpleasant feelings. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 97. Jeeves has a terrible fear of spiders. To eliminate this fear, his therapist first instructs him to relax and then to imagine looking at a photo of a spider. The therapist is using   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy. | |  | b. | cognitive therapy. | |  | c. | systematic desensitization. | |  | d. | aversive conditioning. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 98. Systematic desensitization involves the use of   |  |  |  | | --- | --- | --- | |  | a. | aversive conditioning. | |  | b. | free association. | |  | c. | unconditional positive regard. | |  | d. | progressive relaxation. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 99. Marisol is feeling stressed and is trying to calm down. She begins releasing tension in one muscle group after another until she achieves a comfortable, complete state of relaxation. Marisol is demonstrating   |  |  |  | | --- | --- | --- | |  | a. | aversive conditioning. | |  | b. | counterconditioning. | |  | c. | unconditional positive regard. | |  | d. | progressive relaxation. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 100. Gustavo is terrified of being home alone, even during the day. The behavior therapy most likely to be used to reduce this fear would be   |  |  |  | | --- | --- | --- | |  | a. | free association. | |  | b. | systematic desensitization. | |  | c. | a token economy. | |  | d. | aversive conditioning. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 101. Mr. Stephenson is so afraid of the dark that he sleeps with the lights on. Using systematic desensitization, the therapist is most likely to first ask him to   |  |  |  | | --- | --- | --- | |  | a. | progressively relax his muscles. | |  | b. | develop an anxiety hierarchy. | |  | c. | imagine himself in a very dark room. | |  | d. | imagine himself turning off all the lights in his bedroom. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 102. The type of behavior therapy that has been used to help people overcome a fear of particular animals because anxiety-arousing situations involving the animals are too difficult to re-create is   |  |  |  | | --- | --- | --- | |  | a. | aversive conditioning. | |  | b. | transference. | |  | c. | virtual reality exposure therapy. | |  | d. | a token economy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 103. The type of therapy used when the anxiety-arousing situation is too expensive, difficult, or embarrassing to re-create is called   |  |  |  | | --- | --- | --- | |  | a. | unconditional positive regard. | |  | b. | dialectical behavior therapy. | |  | c. | virtual reality exposure therapy. | |  | d. | free association. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 104. Which of the following is best described as a form of counterconditioning?   |  |  |  | | --- | --- | --- | |  | a. | unconditional positive regard | |  | b. | dialectical behavior therapy | |  | c. | virtual reality exposure therapy | |  | d. | free association |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 105. Virtual reality exposure therapy is most likely to prove effective in the treatment of   |  |  |  | | --- | --- | --- | |  | a. | hallucinations. | |  | b. | obsessions. | |  | c. | depression. | |  | d. | specific phobias. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 106. Joan is terribly afraid of driving on highways where cars are moving at high speeds. During treatment sessions her therapist has her wear a headset that projects a three-dimensional experience of situations that involve her driving on a highway. Joan is experiencing   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | behavior modification. | |  | c. | person-centered therapy. | |  | d. | virtual reality exposure therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 107. Monica suffers from social anxiety. Because it’s difficult to observe her in natural social settings, her problem would probably be treated with   |  |  |  | | --- | --- | --- | |  | a. | virtual reality exposure therapy. | |  | b. | cognitive therapy. | |  | c. | psychoanalysis. | |  | d. | group therapy. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 108. Aversive conditioning involves   |  |  |  | | --- | --- | --- | |  | a. | replacing a negative response to a harmless stimulus with a positive response. | |  | b. | identifying a set of anxiety-triggering situations. | |  | c. | associating unwanted behaviors with unpleasant experiences. | |  | d. | systematically controlling the consequences of patients’ maladaptive behaviors. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 109. To treat Ernie’s habit of vaping, his therapist delivers a shock to his leg every time he picks up his  e-cigarette. This procedure best illustrates   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | cognitive therapy. | |  | c. | aversive conditioning. | |  | d. | systematic desensitization. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 110. To treat compulsive nail biting, one can paint a person’s fingernails with a nasty-tasting nail polish. This procedure best illustrates   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | light exposure therapy. | |  | c. | aversive conditioning. | |  | d. | systematic desensitization. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 111. Whenever 4-year-old Jonathan drives his go-cart into the street, his father immediately sends him to a time-out. The father’s technique most closely resembles the procedure known as   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | free association. | |  | c. | aversive conditioning. | |  | d. | dialectical behavior therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 112. If therapy clients repeatedly imbibe an alcoholic drink mixed with a nausea-producing drug, an alcoholic drink without the drug is likely to become a(n) \_\_\_\_\_\_\_\_ for feelings of nausea.   |  |  |  | | --- | --- | --- | |  | a. | US | |  | b. | UR | |  | c. | CS | |  | d. | CR |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 113. Mrs. Pollak is a heavy drinker. To reduce her attraction to this damaging activity, a behavior therapist would most likely use   |  |  |  | | --- | --- | --- | |  | a. | unconditional positive regard. | |  | b. | systematic desensitization. | |  | c. | a token economy. | |  | d. | aversive conditioning. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 114. Which of the following is true of aversive conditioning?   |  |  |  | | --- | --- | --- | |  | a. | It is very effective in permanently stopping a person from drinking alcohol. | |  | b. | It associates the unwanted behavior with pleasant feelings. | |  | c. | It is the most successful of the behavioral therapies. | |  | d. | Our thoughts can override conditioning processes. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 115. Principles of operant conditioning have most directly influenced the development of   |  |  |  | | --- | --- | --- | |  | a. | cognitive therapies. | |  | b. | humanistic therapies. | |  | c. | behavior therapies. | |  | d. | psychodynamic therapies. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 116. Which of the following is true of behavior modification?   |  |  |  | | --- | --- | --- | |  | a. | It involves reinforcing desired behaviors and withholding reinforcement for undesired behaviors. | |  | b. | It involves disclosing unconscious memories. | |  | c. | It uses unconditional positive regard to enhance one’s self-concept. | |  | d. | It involves the use of systematic desensitization to remove anxiety. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 117. The practice of \_\_\_\_\_\_\_\_ is based on the application of operant conditioning principles.   |  |  |  | | --- | --- | --- | |  | a. | unconditional positive regard | |  | b. | systematic desensitization | |  | c. | free association | |  | d. | behavior modification |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 118. Influencing patients by therapeutically controlling the consequences of their actions illustrates an application of   |  |  |  | | --- | --- | --- | |  | a. | humanistic therapy. | |  | b. | classical conditioning. | |  | c. | systematic desensitization. | |  | d. | operant conditioning. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 119. Rossen is a schizophrenia patient who has been taught to interact calmly with other patients in the hospital. His therapist most likely used   |  |  |  | | --- | --- | --- | |  | a. | operant conditioning. | |  | b. | psychoanalysis. | |  | c. | insight therapy. | |  | d. | classical conditioning. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 120. In one treatment program, parents spent 40 hours a week attempting to shape the behavior of their uncommunicative 3-year-olds with ASD. This program most clearly involved   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy. | |  | b. | behavior therapy. | |  | c. | psychodynamic therapy. | |  | d. | cognitive therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 121. What would be most helpful for encouraging adults with severe disabilities to make their beds every morning?   |  |  |  | | --- | --- | --- | |  | a. | cognitive therapy | |  | b. | aversive conditioning | |  | c. | a token economy | |  | d. | systematic desensitization |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 122. In which operant conditioning procedure are positive reinforcers given for desired behaviors?   |  |  |  | | --- | --- | --- | |  | a. | a token economy | |  | b. | systematic desensitization | |  | c. | aversive conditioning | |  | d. | free association |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 123. Mr. Melgar, a sixth-grade teacher, rewards students who receive 90 or above on a vocabulary test with a gold star. At the end of the semester, students can exchange their stars for prizes. Mr. Melgar’s strategy illustrates an application of   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | operant conditioning. | |  | c. | systematic desensitization. | |  | d. | counterconditioning. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 124. Which of the following is most often criticized for violating clients’ rights to personal freedom and self-determination?   |  |  |  | | --- | --- | --- | |  | a. | cognitive therapy | |  | b. | person-centered therapy | |  | c. | behavior modification | |  | d. | systematic desensitization |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 125. Proponents of \_\_\_\_\_\_\_\_ have defended its use with the argument that maintaining appropriate behaviors with positive rewards is more humane than relying on punishment.   |  |  |  | | --- | --- | --- | |  | a. | exposure therapy | |  | b. | aversive conditioning | |  | c. | a token economy | |  | d. | free association |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 126. Cognitive therapies are most likely to focus on the extent to which emotional disturbances result from   |  |  |  | | --- | --- | --- | |  | a. | self-blaming and overgeneralized explanations of bad events. | |  | b. | chemical abnormalities within the brain. | |  | c. | overly permissive child-raising practices. | |  | d. | poverty, unemployment, racism, and sexism. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 127. \_\_\_\_\_\_\_\_ assume that our thinking has an impact on our emotions and emotional reactions.   |  |  |  | | --- | --- | --- | |  | a. | Humanistic therapies | |  | b. | Behavior therapies | |  | c. | Psychodynamic therapies | |  | d. | Cognitive therapies |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 128. Teaching people to stop blaming themselves for failures and negative circumstances beyond their control is of most direct concern to \_\_\_\_\_\_\_\_ therapy.   |  |  |  | | --- | --- | --- | |  | a. | psychodynamic | |  | b. | cognitive | |  | c. | person-centered | |  | d. | behavior |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 129. Which form of therapy is most likely to highlight the fact that excessive anxiety often arises from a conscious “attention bias to threat”?   |  |  |  | | --- | --- | --- | |  | a. | behavior therapy | |  | b. | cognitive therapy | |  | c. | humanistic therapy | |  | d. | psychoanalysis |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 130. Ethan has earned high grades in college. However, he feels he could do even better, a belief that has caused him to feel depressed. His therapist has asked him to write about how his good grades resulted from his own hard work and intelligence. This therapeutic procedure is most characteristic of \_\_\_\_\_\_\_\_ therapy.   |  |  |  | | --- | --- | --- | |  | a. | behavior | |  | b. | cognitive | |  | c. | psychodynamic | |  | d. | humanistic |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 131. Cognitive therapy for the treatment of depression is most likely to focus on helping people to   |  |  |  | | --- | --- | --- | |  | a. | associate unwanted behaviors with unpleasant experiences. | |  | b. | reverse clients’ negativity about themselves, their situations, and their futures. | |  | c. | associate a pleasant, relaxed state with anxiety-arousing stimuli. | |  | d. | use free association to extinguish distressing emotions. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 132. The therapist who used cognitive therapy to reverse clients’ negativity about themselves, their situations, and their futures was   |  |  |  | | --- | --- | --- | |  | a. | Ivan Pavlov. | |  | b. | Aaron Beck. | |  | c. | Mary Cover Jones. | |  | d. | Albert Ellis. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 133. Aaron Beck has used gentle questioning intended to reveal depressed clients’ irrational thinking. His therapeutic approach best illustrates   |  |  |  | | --- | --- | --- | |  | a. | unconditional positive regard. | |  | b. | systematic desensitization. | |  | c. | cognitive therapy. | |  | d. | free association. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 134. Persuading depressed patients to reverse their catastrophizing beliefs about themselves and their futures is most characteristic of   |  |  |  | | --- | --- | --- | |  | a. | Rogers’ person-centered therapy. | |  | b. | Beck’s cognitive therapy. | |  | c. | Wolpe’s exposure therapy. | |  | d. | Freud’s psychoanalysis. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 135. Psychologists define catastrophizing as   |  |  |  | | --- | --- | --- | |  | a. | fear of social interactions. | |  | b. | relentless, overgeneralized, self-blaming behavior. | |  | c. | the development of anxiety-provoking stimuli. | |  | d. | repeated reactions to aversive stimuli. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 136. Calphus received a C+ on his physics exam, which was lower than the class average, so he concluded that he was too stupid to be in college, that he would fail the course, and that he would fail in everything he attempted in life. Calphus’ conclusions best illustrate   |  |  |  | | --- | --- | --- | |  | a. | a token economy. | |  | b. | systematic desensitization. | |  | c. | catastrophizing. | |  | d. | transference. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 137. Which of the following is a form of cognitive therapy?   |  |  |  | | --- | --- | --- | |  | a. | behavior modification | |  | b. | systematic desensitization | |  | c. | stress inoculation training | |  | d. | transference |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 138. Werner fears giving a speech to his sports club. His therapist suggests that before the speech he should reassure himself with comments like, “Be cool, Werner. You’re a star athlete and you know what you’re talking about!” This approach to reducing Werner’s fear most clearly illustrates   |  |  |  | | --- | --- | --- | |  | a. | aversive conditioning. | |  | b. | person-centered therapy. | |  | c. | dialectical behavior therapy. | |  | d. | stress inoculation therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 139. By examining the actual consequences associated with anxiety-provoking situations, cognitive therapy clients usually find that the consequences are not as bad as they had imagined. This most directly helps to   |  |  |  | | --- | --- | --- | |  | a. | reattribute responsibility. | |  | b. | decatastrophize thinking. | |  | c. | rank emotions and thoughts. | |  | d. | promote transference. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 140. Counteracting self-blame by reattributing responsibility for past negative outcomes is a cognitive therapy technique designed to   |  |  |  | | --- | --- | --- | |  | a. | reveal beliefs. | |  | b. | test beliefs. | |  | c. | change beliefs. | |  | d. | rank beliefs. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 141. Cognitive-behavioral therapy is an integrative therapy that aims to   |  |  |  | | --- | --- | --- | |  | a. | alter people’s self-defeating thinking with gentle questioning. | |  | b. | create a negative response to a harmful stimulus. | |  | c. | eliminate problem behaviors by exposing people to the stimuli they fear. | |  | d. | modify both self-defeating thinking and maladaptive actions. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 142. Dr. Alexander reinforces depressed clients for their participation in pleasant activities and trains them to take increasingly more credit for the rewards they gain from engaging in those activities. Dr. Alexander’s treatment approach best illustrates   |  |  |  | | --- | --- | --- | |  | a. | exposure therapy. | |  | b. | person-centered therapy. | |  | c. | psychodynamic therapy. | |  | d. | cognitive-behavioral therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 143. Which therapy would be most effective for someone suffering from OCD?   |  |  |  | | --- | --- | --- | |  | a. | group therapy | |  | b. | CBT | |  | c. | exposure therapy | |  | d. | psychoanalysis |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 144. Cognitive-behavioral therapy (CBT) has been proven to be an effective treatment for all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | OCD and related disorders. | |  | b. | substance use disorders. | |  | c. | phobias. | |  | d. | PTSD. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 145. Maxine suffers from OCD and is currently undergoing cognitive-behavioral therapy. Since starting her treatment, her OCD-related symptoms have decreased. This is likely because   |  |  |  | | --- | --- | --- | |  | a. | she sees her therapist three times a week. | |  | b. | her therapist is implementing Rogers’ person-centered therapy. | |  | c. | she has relabeled her obsessive thoughts, preventing her compulsive behaviors. | |  | d. | she is taking medications to help reduce hallucinations associated with OCD. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 146. In one classic study, people were taught to prevent their compulsive behaviors by relabeling their obsessive thoughts as the result of abnormal brain functioning. Instead of giving in to an urge, they participated in an enjoyable, alternative activity that helped “unstick” the brain by shifting attention. This strategy for dealing with their difficulty best illustrates   |  |  |  | | --- | --- | --- | |  | a. | systematic desensitization. | |  | b. | cognitive-behavioral therapy. | |  | c. | biomedical therapy. | |  | d. | psychodynamic therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 147. Which therapeutic approach combines cognitive tactics for tolerating distress and regulating emotions with social skills training and mindfulness meditation?   |  |  |  | | --- | --- | --- | |  | a. | psychodynamic therapy | |  | b. | systematic desensitization | |  | c. | dialectical behavior therapy | |  | d. | person-centered therapy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 148. Michael is encouraged by his therapist to accept and tolerate some of his feelings of distress while also learning to regulate and minimize unhelpful emotional reactions. The therapist’s approach best illustrates   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy. | |  | b. | dialectical behavior therapy. | |  | c. | psychodynamic therapy. | |  | d. | exposure therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 149. A useful feature of group therapy is that it   |  |  |  | | --- | --- | --- | |  | a. | ensures that therapists will become more emotionally involved in clients’ real-life problems. | |  | b. | eliminates the possibility that clients will experience anxiety during therapy. | |  | c. | encourages clients to improve their communication skills. | |  | d. | enables severely disturbed individuals to quickly regain normal social functioning. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 150. Deborah suffers from substance use disorder and meets once each week with a small group of people who also suffer from substance use disorder, along with a therapist. Deborah is engaging in   |  |  |  | | --- | --- | --- | |  | a. | family therapy. | |  | b. | humanistic therapy. | |  | c. | behavior therapy. | |  | d. | group therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 151. Dr. Sassano practices \_\_\_\_\_\_\_\_. She views the family as a system in which each person’s actions trigger reactions from others and so her goal is to change negative interactions among members of the family.   |  |  |  | | --- | --- | --- | |  | a. | family therapy | |  | b. | humanistic therapy | |  | c. | behavior therapy | |  | d. | group therapy |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 152. The belief that no person is an island, that we live and grow in relation to others, is the fundamental assumption of   |  |  |  | | --- | --- | --- | |  | a. | family therapy. | |  | b. | person-centered therapy. | |  | c. | cognitive therapy. | |  | d. | systematic desensitization. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 153. Which form of treatment is especially likely to focus on the goal of healing social relationships?   |  |  |  | | --- | --- | --- | |  | a. | behavior therapy | |  | b. | psychoanalysis | |  | c. | family therapy | |  | d. | cognitive therapy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 154. To help Mr. Upadana stop drinking, the therapist first attempted to assess whether Mr. Upadana’s drinking might be a reaction to the misbehavior of his three children. The therapist’s concern is most characteristic of   |  |  |  | | --- | --- | --- | |  | a. | biomedical therapy. | |  | b. | person-centered therapy. | |  | c. | family therapy. | |  | d. | psychodynamic therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 155. Many self-help groups have emulated the use of \_\_\_\_\_\_\_\_ by Alcoholics Anonymous.   |  |  |  | | --- | --- | --- | |  | a. | free association | |  | b. | progressive relaxation | |  | c. | a 12-step program | |  | d. | systematic desensitization |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 156. AA participants whose personal stories include a \_\_\_\_\_\_\_\_ narrative are more often successful in sustaining sobriety.   |  |  |  | | --- | --- | --- | |  | a. | death-anxiety | |  | b. | redemptive | |  | c. | social connection | |  | d. | self-victimization |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 157. \_\_\_\_\_\_\_\_ aims to reduce anxiety through self-insight, whereas \_\_\_\_\_\_\_\_ aim(s) to heal relationships.   |  |  |  | | --- | --- | --- | |  | a. | Behavior therapy; group and family therapies | |  | b. | Psychodynamic therapy; group and family therapies | |  | c. | Cognitive-behavioral therapy; psychodynamic therapy | |  | d. | Psychodynamic therapy; person-centered therapy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 158. Which type of therapy(ies) focus(es) on understanding social systems?   |  |  |  | | --- | --- | --- | |  | a. | psychodynamic therapy | |  | b. | person-centered therapy | |  | c. | group and family therapies | |  | d. | cognitive therapy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 159. Research on the effectiveness of psychotherapy indicates that   |  |  |  | | --- | --- | --- | |  | a. | clients are generally satisfied with the effectiveness of therapy. | |  | b. | clients’ perceptions are the best evidence available for the effectiveness of therapy. | |  | c. | clients tend to underestimate how much they have improved as a result of therapy. | |  | d. | therapy is no more effective than having a friend to talk to. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 160. The healing power resulting from a client’s expectation that a psychotherapeutic treatment will be effective best illustrates   |  |  |  | | --- | --- | --- | |  | a. | the therapeutic alliance. | |  | b. | evidence-based practice. | |  | c. | meta-analysis. | |  | d. | the placebo effect. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 161. The healing power of positive expectations is referred to as   |  |  |  | | --- | --- | --- | |  | a. | effort justification. | |  | b. | confirmation bias. | |  | c. | the therapeutic alliance. | |  | d. | the placebo effect. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 162. Mrs. Paliwal wrongly thought that completing a personality test was therapy for her depression, so she felt relief for several weeks following the test. Mrs. Paliwal’s reaction best illustrates   |  |  |  | | --- | --- | --- | |  | a. | confirmation bias. | |  | b. | an illusory correlation. | |  | c. | the placebo effect. | |  | d. | a randomized clinical trial. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 163. Because he frequently ran away from home and was caught using alcohol, 14-year-old Bob received a court order to participate in an intervention program. As an adult, Bob notes that the intervention probably saved his life because without it he probably would be in prison by now. Interestingly, some of Bob’s friends, who also behaved badly but did not participate in the intervention program, did not end up in prison. This is related to the fact that   |  |  |  | | --- | --- | --- | |  | a. | people often enter therapy during a crisis. | |  | b. | clients generally speak kindly of their therapists. | |  | c. | clients want to believe that therapy was worth the effort. | |  | d. | therapists convince clients that therapy is effective. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 164. Clients’ perceptions of the effectiveness of psychotherapy are often misleading because clients   |  |  |  | | --- | --- | --- | |  | a. | typically underestimate how much they have improved as a result of therapy. | |  | b. | tend to focus on their behavioral changes rather than on changes in their attitudes and emotions. | |  | c. | often need to convince themselves that they didn’t waste their time and money on therapy. | |  | d. | are often angry about the time-consuming nature of therapy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 165. Mr. Karkera is no longer in therapy, but his obsessive-compulsive behavior remains. When asked about his therapist, however, Mr. Karkera has nothing but positive things to say about his therapist. Mr. Karkera’s need to rationalize the time and money he spent on therapy is called   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | effort justification. | |  | c. | the placebo effect. | |  | d. | confirmation bias. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 166. Therapists’ perceptions of the effectiveness of psychotherapy are likely to be misleading because   |  |  |  | | --- | --- | --- | |  | a. | therapists typically minimize the seriousness of their clients’ symptoms when therapy begins. | |  | b. | clients typically emphasize their problems at the start of therapy and their well-being at the end of therapy. | |  | c. | clients tend to focus on their observable behavioral problems rather than on their mental and emotional abilities. | |  | d. | therapists typically overestimate their clients’ potential levels of adjustment. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 167. Dr. Heider keeps a record of clients who have ended therapy but stayed in touch because their problems have been resolved. He hears nothing from and does not seek out clients who have moved on to a new therapist. Dr. Heider may be   |  |  |  | | --- | --- | --- | |  | a. | assuming a confirmation bias. | |  | b. | making an illusory correlation. | |  | c. | establishing resilience. | |  | d. | creating transference. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 168. Which cognitive error(s) are therapists vulnerable to experiencing?   |  |  |  | | --- | --- | --- | |  | a. | the placebo effect and effort justification | |  | b. | evidence-based practice | |  | c. | both confirmation bias and illusory correlation | |  | d. | a therapeutic alliance |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 169. Believing in their own professional competence, psychotherapists are often more likely to notice and remember their treatment successes than their failures. This best illustrates a vulnerability to   |  |  |  | | --- | --- | --- | |  | a. | meta-analysis. | |  | b. | confirmation bias. | |  | c. | collectivism. | |  | d. | the placebo effect. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 170. When a client ends therapy with Dr. Stranks, he assumes it is because their problems have been resolved. Making the association between the ending of therapy and problem resolution, Dr. Stranks may be   |  |  |  | | --- | --- | --- | |  | a. | assuming a confirmation bias. | |  | b. | making an illusory correlation. | |  | c. | establishing resilience. | |  | d. | creating transference. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 171. A summary of 24 early psychotherapy outcome studies was disturbing because it suggested that patient improvement was not necessarily the result of   |  |  |  | | --- | --- | --- | |  | a. | animal magnetism. | |  | b. | the placebo effect. | |  | c. | psychotherapy. | |  | d. | transference. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 172. The best psychotherapy outcome studies are randomized clinical trials that compare treatment groups with \_\_\_\_\_\_\_\_ groups.   |  |  |  | | --- | --- | --- | |  | a. | eclectic | |  | b. | token economy | |  | c. | control | |  | d. | virtual reality |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 173. When researchers randomly assign people on a waiting list to therapy or no therapy, they are conducting   |  |  |  | | --- | --- | --- | |  | a. | meta-analyses. | |  | b. | placebo trials. | |  | c. | randomized clinical trials. | |  | d. | evidence-based practice. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 174. Dr. Dobrynski is testing a new therapy and he randomly assigns people to either therapy or no therapy. His research assistants, who are unaware which participants received the therapy, perform assessments of the clients in order to determine the effectiveness of the therapy. This is an example of a   |  |  |  | | --- | --- | --- | |  | a. | meta-analysis. | |  | b. | randomized clinical trial. | |  | c. | cognitive therapy. | |  | d. | behavioral conditioning therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 175. Amit is taking part in a study to determine the effectiveness of behavioral therapy in treating fear of dogs. There are two groups, one that receives the therapy and one that does not. Amit’s study is a(n)   |  |  |  | | --- | --- | --- | |  | a. | meta-analysis. | |  | b. | randomized clinical trial. | |  | c. | evidence-based practice. | |  | d. | therapeutic alliance. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 176. A statistical digest of the results of many different psychotherapy outcome studies is called a(n)   |  |  |  | | --- | --- | --- | |  | a. | therapeutic alliance. | |  | b. | randomized clinical trial. | |  | c. | meta-analysis. | |  | d. | evidence-based practice. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 177. Ira is a third-year psychology student who is conducting research on whether cognitive therapy is an effective treatment for posttraumatic stress disorder. To combine the results of numerous published studies on this issue, Ira should use a technique called   |  |  |  | | --- | --- | --- | |  | a. | the placebo effect. | |  | b. | effort justification. | |  | c. | evidence-based practice. | |  | d. | meta-analysis. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 178. Miguel is currently in therapy and is between treatment sessions. He has experienced a sudden reduction in his depression symptoms. This \_\_\_\_\_\_\_\_ bodes well for long-term improvement.   |  |  |  | | --- | --- | --- | |  | a. | effort justification | |  | b. | sudden gain | |  | c. | placebo effect | |  | d. | confirmation bias |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 179. Which of the following statements about the effectiveness of psychotherapy is true?   |  |  |  | | --- | --- | --- | |  | a. | Most people with psychological symptoms seek help from a mental health professional. | |  | b. | Research has consistently shown that most people must be in psychotherapy for a year or longer before any significant improvements occur. | |  | c. | The gains that people make as a result of psychotherapy, including brief forms of psychotherapy, tend to be long-lasting with less chance of relapse. | |  | d. | As a general rule, the benefits of psychotherapy are minimal when compared with the almost identical improvement rates of untreated people with psychological problems. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 180. Nicole has just finished her last therapy session for treatment of depression. Which of the following is she NOT likely to experience?   |  |  |  | | --- | --- | --- | |  | a. | a more outgoing personality after therapy | |  | b. | a more patient personality after therapy | |  | c. | improved insight and emotional awareness | |  | d. | an increase in her level of depression |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 181. Meta-analyses of psychotherapy outcome studies indicate that   |  |  |  | | --- | --- | --- | |  | a. | psychotherapy is no more effective than talking to a friend. | |  | b. | no single form of therapy proves consistently superior to the others. | |  | c. | psychotherapy actually harms just as many people as it helps. | |  | d. | it is impossible to measure the effectiveness of psychotherapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 182. A *Consumer Reports* survey found that the level of satisfaction with psychotherapy among clients   |  |  |  | | --- | --- | --- | |  | a. | was strongly linked to whether their therapists had extensive training and experience. | |  | b. | was unrelated to whether they were seen by therapists in a group or in an individual context. | |  | c. | depended on whether they had been treated by a psychiatrist or psychologist, rather than by a social worker. | |  | d. | was greatest among those who had also received drug therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 183. Behavioral conditioning therapy is most likely to be effective in freeing   |  |  |  | | --- | --- | --- | |  | a. | Sharon from the feeling that her life is meaningless and worthless. | |  | b. | Portia from her delusions of persecution and auditory hallucinations. | |  | c. | Jim from an excessive fear of giving speeches in public. | |  | d. | Luther from his antisocial personality disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 184. Cognitive therapies have achieved especially favorable results in the treatment of   |  |  |  | | --- | --- | --- | |  | a. | phobias. | |  | b. | depression. | |  | c. | compulsions. | |  | d. | bed-wetting. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 185. Jeroen has always experienced insomnia as part of his depression. Which therapy(ies) might help Jeroen?   |  |  |  | | --- | --- | --- | |  | a. | cognitive and cognitive-behavioral therapies | |  | b. | behavioral conditioning therapies | |  | c. | psychodynamic therapy | |  | d. | person-centered therapy |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 186. Marla, who is a war veteran, was released from the military with the diagnosis of posttraumatic stress disorder. Marla is likely to find the most success with \_\_\_\_\_\_\_\_ therapy.   |  |  |  | | --- | --- | --- | |  | a. | person-centered | |  | b. | psychodynamic | |  | c. | cognitive-behavioral | |  | d. | behavioral conditioning |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 187. Which two therapies may be equally effective in reducing depression?   |  |  |  | | --- | --- | --- | |  | a. | behavioral therapy and person-centered counseling | |  | b. | behavioral conditioning therapies and psychodynamic therapies | |  | c. | group and family therapies and cognitive-behavioral therapies | |  | d. | psychodynamic and cognitive-behavioral therapies |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 188. Behavioral conditioning therapies have achieved especially favorable results in the treatment of   |  |  |  | | --- | --- | --- | |  | a. | phobias. | |  | b. | anxiety. | |  | c. | insomnia. | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 189. Pablo is 4 years old and experiences bed-wetting. Which therapy(ies) would be best to treat his problem?   |  |  |  | | --- | --- | --- | |  | a. | cognitive and cognitive-behavioral therapies | |  | b. | behavioral conditioning therapies | |  | c. | psychodynamic therapy | |  | d. | person-centered therapy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 190. Lim suffers from a specific phobia related to snakes. Which therapy(ies) would likely help him?   |  |  |  | | --- | --- | --- | |  | a. | cognitive and cognitive-behavioral therapies | |  | b. | behavioral conditioning therapies | |  | c. | psychodynamic therapy | |  | d. | person-centered therapy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 191. Because Sharon is afraid of contracting infectious diseases, she compulsively avoids shaking people’s hands or touching doorknobs. Research suggests that an especially effective treatment for her difficulty would involve   |  |  |  | | --- | --- | --- | |  | a. | person-centered therapy. | |  | b. | psychodynamic therapy. | |  | c. | cognitive therapy. | |  | d. | behavioral conditioning therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 192. At a local community meeting with friends, Jim heard dozens of personal testimonials regarding the amazing relief from depression produced by an over-the-counter herbal supplement. Before committing to purchase this herbal remedy, Jim should first determine whether studies of the effectiveness of this remedy had properly controlled for   |  |  |  | | --- | --- | --- | |  | a. | meta-analysis. | |  | b. | exposure therapy. | |  | c. | the placebo effect. | |  | d. | a token economy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 193. Marko is reenacting the trauma of his birth as part of his therapy for depression. This type of therapy   |  |  |  | | --- | --- | --- | |  | a. | works only on certain types of people. | |  | b. | is very popular among the younger generation. | |  | c. | has no scientific support. | |  | d. | integrates the best available research with clinical expertise. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 194. Unscientific therapies that aim to enable those with the same-sex attractions to change their sexual orientation are called   |  |  |  | | --- | --- | --- | |  | a. | behavioral conditioning therapies. | |  | b. | conversion therapies. | |  | c. | psychodynamic therapies. | |  | d. | nondirective counseling. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 195. Which of the following best explains why conversion therapy does not work?   |  |  |  | | --- | --- | --- | |  | a. | Conversion therapy has clients reenact trauma of being born. | |  | b. | Conversion therapy manipulates client’s invisible energy fields. | |  | c. | Conversion therapy is used to “repair” something that is not a mental illness. | |  | d. | Conversion therapy does work. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 196. Which of the following have been found to be not only ineffective but also harmful to clients?   |  |  |  | | --- | --- | --- | |  | a. | Scared Straight | |  | b. | conversion therapy | |  | c. | both Scared Straight and conversion therapy | |  | d. | neither Scared Straight nor conversion therapy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 197. Ideal clinical decision making is a three-legged stool upheld by clinical expertise, knowledge of the patient, and   |  |  |  | | --- | --- | --- | |  | a. | transference. | |  | b. | a token economy. | |  | c. | research evidence. | |  | d. | a 12-step program. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 198. Dr. Sklar is a therapist who integrates current research with his clinical expertise and the preferences and characteristics of his clients. He 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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| 199. With evidence-based practice, clinicians can use \_\_\_\_\_\_\_\_ to help them analyze information about their clients, which enables them to offer personalized therapeutic solutions.   |  |  |  | | --- | --- | --- | |  | a. | meta-analysis | |  | b. | outcome research | |  | c. | computer programs | |  | d. | randomized clinical trials |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 200. Dr. Benson is developing a personalized therapeutic solution for a client by using \_\_\_\_\_\_\_\_ to analyze client information.   |  |  |  | | --- | --- | --- | |  | a. | therapeutic alliance | |  | b. | exposure therapy | |  | c. | randomized clinical trials | |  | d. | computer programs |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 201. Three benefits attributed to all psychotherapies are   |  |  |  | | --- | --- | --- | |  | a. | evidence-based practice, nondirective treatment, and meta-analysis. | |  | b. | hope, a new perspective, and a caring relationship. | |  | c. | exposure, desensitization, and relaxation. | |  | d. | insight, independence, and a placebo effect. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 202. The psychotherapeutic value of hope is best illustrated by   |  |  |  | | --- | --- | --- | |  | a. | meta-analysis. | |  | b. | the placebo effect. | |  | c. | desensitization. | |  | d. | empathy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 203. When therapy clients \_\_\_\_\_\_\_\_, they may approach life with a new attitude and may be open to making changes in their behaviors and in how they view themselves.   |  |  |  | | --- | --- | --- | |  | a. | experience evidence-based practice | |  | b. | are in a crisis | |  | c. | believe that therapy will be ineffective | |  | d. | gain a new perspective |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 204. Lea has a new understanding of the root cause of her anxiety. Based on this new understanding, she is trying to change her behavior, as well as how she views herself. It is clear that Lea   |  |  |  | | --- | --- | --- | |  | a. | has stopped going to therapy. | |  | b. | has gained a new perspective. | |  | c. | is receiving evidence-based practice. | |  | d. | has a good relationship with her therapist. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 205. In one analysis of a dozen studies, a strong therapeutic alliance predicted all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | less frequent suicidal thoughts. | |  | b. | an increase in depressive symptoms. | |  | c. | fewer self-harming behaviors. | |  | d. | fewer suicidal attempts. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 206. Kristen has been in therapy for several months. She and her psychotherapist have developed a bond of trust and mutual agreement in each other and agree about the treatment outcomes they are working to achieve. Kristen and her therapist have most clearly developed a(n)   |  |  |  | | --- | --- | --- | |  | a. | evidence-based practice. | |  | b. | randomized clinical trial. | |  | c. | therapeutic alliance. | |  | d. | meta-analysis. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 207. Which of the following is most clearly a key contributor to the formation of the therapeutic alliance?   |  |  |  | | --- | --- | --- | |  | a. | meta-analysis | |  | b. | evidence-based practice | |  | c. | randomized clinical trials | |  | d. | an empathic therapist |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 208. Briefly trained caregivers, who may be recovered former clients, may be able to assist troubled people effectively because they also provide the common elements of a therapeutic alliance. These people are called   |  |  |  | | --- | --- | --- | |  | a. | paraprofessionals. | |  | b. | psychiatrists. | |  | c. | counselors. | |  | d. | therapists. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 209. Colton is a very caring and thoughtful person and wants to help people with mental health problems. After receiving some training, he is eligible to become a   |  |  |  | | --- | --- | --- | |  | a. | paraprofessional. | |  | b. | psychiatrist. | |  | c. | counselor. | |  | d. | therapist. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 210. In North America, Europe, and Australia, for example, many psychotherapists reflect the majority culture’s \_\_\_\_\_\_\_\_, which often gives priority to personal desires and identity.   |  |  |  | | --- | --- | --- | |  | a. | transference | |  | b. | individualism | |  | c. | free association | |  | d. | collectivist perspective |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 211. Minerva is from New Zealand and is looking for a psychotherapist who believes in the importance of establishing a personal identity. She is looking for a therapist who emphasizes   |  |  |  | | --- | --- | --- | |  | a. | collectivism. | |  | b. | individualism. | |  | c. | transference. | |  | d. | evidence. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 212. Therapists who encourage clients to think only of their own psychological well-being are especially likely to experience difficulty developing a strong therapeutic alliance with clients who value   |  |  |  | | --- | --- | --- | |  | a. | individualism. | |  | b. | competence. | |  | c. | personal responsibility. | |  | d. | a collectivist perspective. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 213. Immigrants from Asia would most likely experience difficulty as clients of American psychotherapists who emphasize the value of   |  |  |  | | --- | --- | --- | |  | a. | marital fidelity. | |  | b. | individualism. | |  | c. | forgiveness. | |  | d. | humility. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 214. Researchers have found that matching Asian American clients with counselors who share their cultural values facilitates   |  |  |  | | --- | --- | --- | |  | a. | the therapeutic alliance. | |  | b. | an eclectic approach. | |  | c. | evidence-based practice. | |  | d. | meta-analysis. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 215. Dr. Kunchipudi practices various forms of psychotherapy but all emphasize the importance of social and family responsibilities, harmony, and group goals. His therapeutic practice is biased toward   |  |  |  | | --- | --- | --- | |  | a. | collectivism. | |  | b. | individualism. | |  | c. | transference. | |  | d. | resilience. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 216. Which of the following is NOT a trouble sign of when to seek help from a mental health professional?   |  |  |  | | --- | --- | --- | |  | a. | self-destructive behavior | |  | b. | disruptive fears | |  | c. | suicidal thoughts | |  | d. | overly optimistic views |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 217. Many clinical psychologists have a Ph.D. degree, which indicates that they   |  |  |  | | --- | --- | --- | |  | a. | have a medical license. | |  | b. | underwent research training. | |  | c. | majored in psychoanalysis. | |  | d. | had to undergo drug therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 218. A physician who specializes in the treatment of psychological disorders is called a   |  |  |  | | --- | --- | --- | |  | a. | clinical psychologist. | |  | b. | behavioral neuroscientist. | |  | c. | cognitive therapist. | |  | d. | psychiatrist. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 219. Although Dr. Lawrence uses systematic desensitization for the treatment of phobias, he prescribes antianxiety drugs as well. It is most likely that Dr. Lawrence is a   |  |  |  | | --- | --- | --- | |  | a. | psychoanalyst. | |  | b. | person-centered therapist. | |  | c. | cognitive therapist. | |  | d. | psychiatrist. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 220. Which of the following is NOT an ethical principle that guides psychotherapy?   |  |  |  | | --- | --- | --- | |  | a. | seek to benefit clients | |  | b. | be truthful to clients | |  | c. | recognize clients’ right to privacy | |  | d. | maintain a flexible role as therapist |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 221. Dr. Gordon is conducting research on treatment for ADHD. Which of the following is NOT something he should apply in his research?   |  |  |  | | --- | --- | --- | |  | a. | be honest and truthful | |  | b. | maintain an authoritarian role | |  | c. | never expose participants to experiences that can harm them | |  | d. | aim to benefit others |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 222. Antianxiety drugs, a strong therapeutic alliance, and improved relationships with significant others all contributed to helping Aiden recover from generalized anxiety disorder. An integrated understanding of Aiden’s recovery process is best provided by   |  |  |  | | --- | --- | --- | |  | a. | TMS. | |  | b. | biomedical therapy. | |  | c. | a biopsychosocial approach. | |  | d. | preventive mental health. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 223. Biomedical therapy is the treatment of psychological disorders with   |  |  |  | | --- | --- | --- | |  | a. | a therapeutic alliance. | |  | b. | prescription drugs, electrical stimulation of the brain, brain surgery, or lifestyle change. | |  | c. | psychotherapeutic techniques. | |  | d. | free association and transference. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 224. Dr. Harper believes that most psychological disorders originate in the brain. He uses drugs, electrical stimulation, and magnetic pulses to treat various psychological disorders. Dr. Harper uses   |  |  |  | | --- | --- | --- | |  | a. | a biopsychosocial approach. | |  | b. | biomedical therapy. | |  | c. | psychotherapy. | |  | d. | TMS. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 225. Aerobic exercise, adequate sleep, light exposure, and social engagement are important components of   |  |  |  | | --- | --- | --- | |  | a. | psychopharmacology. | |  | b. | mood stabilizing medication. | |  | c. | TMS. | |  | d. | therapeutic lifestyle change. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 226. Layla is a 25-year-old who is under a lot of stress because of the high cost and heavy workload associated with being a full-time university student. Which of the following would most likely help her to avoid or reduce feelings of depression?   |  |  |  | | --- | --- | --- | |  | a. | the double-blind procedure | |  | b. | therapeutic lifestyle change | |  | c. | mood-stabilizing medications | |  | d. | antipsychotic drugs |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 227. Everything psychological is also biological and both affect our mental health. This view is the basis for   |  |  |  | | --- | --- | --- | |  | a. | psychopharmacology. | |  | b. | preventive mental health. | |  | c. | TMS. | |  | d. | therapeutic lifestyle change. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 228. Advocates of therapeutic lifestyle change recommend the use of a daily supplement of \_\_\_\_\_\_\_\_ to reduce aggressive behavior.   |  |  |  | | --- | --- | --- | |  | a. | hormone | |  | b. | omega-3 fatty acid | |  | c. | dopamine | |  | d. | carbohydrate |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 229. Katerina has been extremely moody lately and tired. Which of the following would boost her immunity and increase her energy, alertness, and mood?   |  |  |  | | --- | --- | --- | |  | a. | get 7 to 8 hours of sleep each night | |  | b. | take a daily fish oil supplement | |  | c. | reduce rumination | |  | d. | engage in two social activities each month |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 230. Which of the following has been demonstrated to provide relief for those experiencing symptoms of depression?   |  |  |  | | --- | --- | --- | |  | a. | lobotomy | |  | b. | Thorazine | |  | c. | Ativan | |  | d. | light exposure |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 231. The value of light exposure appears to result in part from its influence on people’s   |  |  |  | | --- | --- | --- | |  | a. | hormones. | |  | b. | negative thinking. | |  | c. | sense of body balance. | |  | d. | visual acuity. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 232. Which of the following is NOT a lifestyle change that can have a positive effect on mental health?   |  |  |  | | --- | --- | --- | |  | a. | exercise | |  | b. | nutrition | |  | c. | recreation | |  | d. | personal control |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 233. The biomedical treatment most widely used today is   |  |  |  | | --- | --- | --- | |  | a. | electroconvulsive therapy. | |  | b. | psychosurgery. | |  | c. | drug therapy. | |  | d. | TMS. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 234. The study of the effect of drugs on mind and behavior is called   |  |  |  | | --- | --- | --- | |  | a. | psychosurgery. | |  | b. | psychobiology. | |  | c. | ECT. | |  | d. | psychopharmacology. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 235. Drug therapy has played a large role in the decreased use of   |  |  |  | | --- | --- | --- | |  | a. | hospital confinement in the United States. | |  | b. | antidepressant medications. | |  | c. | antipsychotic medications. | |  | d. | therapeutic lifestyle change. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 236. A research method in which neither patients nor health care staff know whether a given patient is receiving a drug or a placebo is called   |  |  |  | | --- | --- | --- | |  | a. | SSRI. | |  | b. | the double-blind procedure. | |  | c. | a placebo effect. | |  | d. | psychopharmacology. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 237. Double-blind studies enable researchers to assess the extent to which the effectiveness of a drug is attributable to   |  |  |  | | --- | --- | --- | |  | a. | deep brain stimulation. | |  | b. | tardive dyskinesia. | |  | c. | a placebo effect. | |  | d. | TMS. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 238. The double-blind procedure involves   |  |  |  | | --- | --- | --- | |  | a. | using drug therapy on one patient and brain stimulation on another. | |  | b. | a research method in which neither patients nor health care staff know whether a particular patient is receiving a drug or a placebo. | |  | c. | the simultaneous use of two or more therapeutic treatments in the hope that at least one will be effective. | |  | d. | administering deep brain stimulation to those whose depression has resisted drug therapy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 239. Dr. Zuniga is conducting research to determine whether a new antidepressant medication is effective because of the drug’s action or because of the user’s expectations. Dr. Zuniga is most likely to use a method known as   |  |  |  | | --- | --- | --- | |  | a. | the double-blind technique. | |  | b. | resilience. | |  | c. | TMS. | |  | d. | ECT. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 240. Thorazine would be most effective for patients   |  |  |  | | --- | --- | --- | |  | a. | experiencing positive symptoms of schizophrenia. | |  | b. | with an impaired theory of mind. | |  | c. | experiencing negative symptoms of schizophrenia. | |  | d. | with chronic schizophrenia. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 241. Which drug dampens responsiveness to irrelevant stimuli in patients with schizophrenia who display positive symptoms?   |  |  |  | | --- | --- | --- | |  | a. | lithium | |  | b. | Zoloft | |  | c. | chlorpromazine | |  | d. | Ativan |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 242. Antipsychotic drugs have proved helpful in the treatment of   |  |  |  | | --- | --- | --- | |  | a. | dissociative disorders. | |  | b. | schizophrenia. | |  | c. | depression. | |  | d. | anxiety disorders. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 243. Of the following individuals, who is most likely to benefit from therapeutic drugs that block receptor sites for dopamine?   |  |  |  | | --- | --- | --- | |  | a. | Amir, who complains about feeling tense and fearful most of the time but doesn’t know why | |  | b. | Matthew, who feels hopeless and lethargic after losing his job | |  | c. | Betsy, who hears imaginary voices telling her she will soon be killed | |  | d. | Marcella, who is so obsessed with fear of a heart attack that she frequently counts her heartbeats aloud |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 244. George has Parkinson’s disease and is taking l-dopa to help reduce his symptoms. l-dopa is effective in treating these symptoms because its use   |  |  |  | | --- | --- | --- | |  | a. | increases the production of dopamine. | |  | b. | decreases the production of serotonin. | |  | c. | increases the production of serotonin. | |  | d. | decreases the production of dopamine. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 245. One problem with the first-generation antipsychotic medications was that they   |  |  |  | | --- | --- | --- | |  | a. | were physically addictive. | |  | b. | could produce involuntary movements of the facial muscles (such as grimacing), tongue, and limbs. | |  | c. | could cause major depressive disorder. | |  | d. | had to be taken for several months before symptoms began to improve. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 246. Long-term use of certain antipsychotic drugs can produce involuntary movements of the facial muscles, tongue, and limbs. This condition is known as   |  |  |  | | --- | --- | --- | |  | a. | serotonin reuptake inhibition. | |  | b. | tardive dyskinesia. | |  | c. | Parkinson’s disease. | |  | d. | neurogenesis. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 247. Timothy has been diagnosed with schizophrenia. His psychiatrist has prescribed Thorazine, but Timothy has recently been exhibiting involuntary movements of his facial muscles. Timothy is experiencing what is known as   |  |  |  | | --- | --- | --- | |  | a. | convulsions. | |  | b. | tardive dyskinesia. | |  | c. | long-term potentiation. | |  | d. | reuptake. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 248. Craig’s psychiatrist has prescribed an antipsychotic to treat his schizophrenia. To reduce the chance of Craig developing \_\_\_\_\_\_\_\_, the psychiatrist is likely to prescribe a newer-generation antipsychotic drug such as \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | tardive dyskinesia; Thorazine | |  | b. | Parkinson’s disease; Ativan | |  | c. | tardive dyskinesia; olanzapine | |  | d. | bipolar disorder; lithium |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 249. Although many of the newer-generation antipsychotics, such as Risperdal, are less likely to produce disturbing tremors and twitches, these drugs may increase the risk of   |  |  |  | | --- | --- | --- | |  | a. | bipolar disorder. | |  | b. | memory loss. | |  | c. | panic disorder. | |  | d. | obesity. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 250. Which drugs are designed to depress central nervous system activity?   |  |  |  | | --- | --- | --- | |  | a. | antipsychotic drugs | |  | b. | antianxiety drugs | |  | c. | antidepressant drugs | |  | d. | mood-stabilizing drugs |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 251. Dr. Gonzales plans to use cognitive-behavioral therapy in combination with drug therapy to help a client overcome his trouble sleeping because of recurring nightmares. Which of the following drugs would Dr. Gonzales be most likely to prescribe?   |  |  |  | | --- | --- | --- | |  | a. | lithium | |  | b. | Depakote | |  | c. | Ativan | |  | d. | Thorazine |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 252. Which of the following individuals is most likely to benefit from Ativan?   |  |  |  | | --- | --- | --- | |  | a. | Mary, who is being treated with exposure therapy to overcome a fear of flying | |  | b. | Mark, who is receiving psychodynamic therapy to improve his relationship with his wife | |  | c. | June, who is being treated with aversive conditioning to overcome alcohol use disorder | |  | d. | Aaron, who is receiving cognitive therapy to overcome major depressive disorder |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 253. To enhance exposure therapy’s extinction of learned fears and to help relieve the symptoms of a person’s phobia, a psychiatrist is most likely to prescribe a(n) \_\_\_\_\_\_\_\_ drug.   |  |  |  | | --- | --- | --- | |  | a. | antipsychotic | |  | b. | antidepressant | |  | c. | mood-stabilizing | |  | d. | antianxiety |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 254. Some critics fear that antianxiety drugs may reduce symptoms without resolving underlying problems. Taking a Xanax at any sign of anxiety can   |  |  |  | | --- | --- | --- | |  | a. | cause tardive dyskinesia. | |  | b. | create a learned response. | |  | c. | create withdrawal symptoms. | |  | d. | stabilize the person’s moods. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 255. Dionata has been prescribed Ativan as a treatment for the anxiety she experiences whenever she has to socialize with large groups of people. Now, she takes a pill any time she feels a bit tense. Taking Ativan has   |  |  |  | | --- | --- | --- | |  | a. | become a learned response. | |  | b. | selective serotonin reuptake inhibition. | |  | c. | produced tardive dyskinesia. | |  | d. | dampened her responsiveness to irrelevant stimuli. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 256. Unpleasant withdrawal symptoms following the discontinued use of an antianxiety drug are indicative of   |  |  |  | | --- | --- | --- | |  | a. | TMS. | |  | b. | neurogenesis. | |  | c. | tardive dyskinesia. | |  | d. | addiction. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 257. One criticism regarding the use of antianxiety drugs as an ongoing treatment is that they   |  |  |  | | --- | --- | --- | |  | a. | may cause dry mouth, weight gain, hypertension, or dizzy spells. | |  | b. | may block the normal reuptake of excess serotonin from synapses. | |  | c. | can also be addictive. | |  | d. | may increase overreactions to distracting or irrelevant stimuli. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 258. Drugs that are now used to treat depressive disorders, anxiety disorders, obsessive-compulsive and related disorders, and posttraumatic stress disorders are called   |  |  |  | | --- | --- | --- | |  | a. | antipsychotic drugs. | |  | b. | antianxiety drugs. | |  | c. | antidepressant drugs. | |  | d. | mood-stabilizing medications. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 259. Arcanjo served in the army during the Vietnam war. When he returned home, he suffered from haunting memories and nightmares from his experiences during the war. The drug most likely to prove beneficial to him is   |  |  |  | | --- | --- | --- | |  | a. | Ativan. | |  | b. | Zoloft. | |  | c. | Xanax. | |  | d. | Thorazine. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 260. Increasing the availability of norepinephrine and serotonin helps relieve depression because these neurotransmitters   |  |  |  | | --- | --- | --- | |  | a. | reduce tardive dyskinesia. | |  | b. | increase appetite. | |  | c. | elevate arousal. | |  | d. | occupy dopamine receptor sites. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 261. Prozac, Zoloft, and Paxil are called   |  |  |  | | --- | --- | --- | |  | a. | antipsychotic drugs. | |  | b. | mood-stabilizing drugs. | |  | c. | antianxiety drugs. | |  | d. | SSRIs. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 262. Selective serotonin reuptake inhibitors are prescribed to   |  |  |  | | --- | --- | --- | |  | a. | reduce involuntary muscle movements. | |  | b. | reduce hallucinations and paranoia. | |  | c. | elevate arousal and mood. | |  | d. | decrease the availability of norepinephrine. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 263. Several widely used antidepressant drugs are most often called selective serotonin reuptake inhibitors because they   |  |  |  | | --- | --- | --- | |  | a. | prolong the time serotonin molecules remain in the brain’s synapses. | |  | b. | are mood stabilizers. | |  | c. | are used in treating disorders other than depression—from anxiety to strokes. | |  | d. | enhance neurogenesis. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 264. SSRIs work by   |  |  |  | | --- | --- | --- | |  | a. | speeding recovery from delusions and hallucinations. | |  | b. | blocking the normal reuptake of serotonin from synapses. | |  | c. | successfully leveling the emotional highs and lows of bipolar disorder. | |  | d. | stimulating the release of norepinephrine into the bloodstream. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 265. Alex feels so hopeless and depressed that he has recently thought about taking his own life. The drug most likely to prove beneficial to him is   |  |  |  | | --- | --- | --- | |  | a. | Ativan. | |  | b. | Prozac. | |  | c. | Xanax. | |  | d. | Thorazine. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 266. Dual-action antidepressant drugs work by increasing the availability of   |  |  |  | | --- | --- | --- | |  | a. | dopamine and acetylcholine. | |  | b. | serotonin and dopamine. | |  | c. | acetylcholine and norepinephrine. | |  | d. | norepinephrine and serotonin. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 267. The increased availability of serotonin promotes the birth of new brain cells, which helps explain the   |  |  |  | | --- | --- | --- | |  | a. | increased production of dopamine. | |  | b. | delayed effect of antipsychotic medications. | |  | c. | decreased production of dopamine. | |  | d. | delayed effect of antidepressant medications. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 268. Neurogenesis refers to the   |  |  |  | | --- | --- | --- | |  | a. | increased production of dopamine. | |  | b. | growth of new synapses. | |  | c. | decreased production of dopamine. | |  | d. | birth of new cells. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 269. Researchers are exploring the possible use of quicker-acting antidepressants such as ketamine, which blocks hyperactive receptors for the neurotransmitter   |  |  |  | | --- | --- | --- | |  | a. | serotonin. | |  | b. | norepinephrine. | |  | c. | dopamine. | |  | d. | glutamate. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 270. Theresa is at an increased risk for suicide. Which of the following quicker-acting antidepressants may be helpful for her?   |  |  |  | | --- | --- | --- | |  | a. | ketamine | |  | b. | Depakote | |  | c. | Ativan | |  | d. | Xanax |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 271. Anna suffers from depression but does not like to take antidepressant medications. Which of the following may be a good alternative?   |  |  |  | | --- | --- | --- | |  | a. | aerobic exercise | |  | b. | a lobotomy | |  | c. | exposure therapy | |  | d. | Thorazine |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 272. \_\_\_\_\_\_\_\_, by helping people reverse their habitual negative thinking style, can boost drug-aided relief from depression.   |  |  |  | | --- | --- | --- | |  | a. | Behavior therapy | |  | b. | Systematic desensitization | |  | c. | Cognitive therapy | |  | d. | Aversion therapy |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 273. Stephanie’s mother just passed away and Stephanie believes that she is now all alone. She has become extremely depressed since her mother’s passing. She is seeing a therapist, who is treating her with drugs and \_\_\_\_\_\_\_\_, which can reduce posttreatment relapses.   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis | |  | b. | psychodynamic therapy | |  | c. | behavior therapy | |  | d. | cognitive therapy |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 274. Dr. Johnson is considering the negative side effects of antidepressant medications. She is likely to advise clients to   |  |  |  | | --- | --- | --- | |  | a. | receive psychotherapy only. | |  | b. | begin psychotherapy before introducing antidepressant medications. | |  | c. | take their antidepressant medications every other day. | |  | d. | receive no treatment for their diagnosed psychological disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 275. Antidepressant drugs have been found to be less effective than originally thought in large part because patient improvement often results from both natural recovery and   |  |  |  | | --- | --- | --- | |  | a. | the double-blind procedure. | |  | b. | the placebo effect. | |  | c. | neurogenesis. | |  | d. | long-term potentiation. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 276. Depakote, a drug originally used to treat epilepsy, has been found to be effective in the control of   |  |  |  | | --- | --- | --- | |  | a. | tardive dyskinesia. | |  | b. | auditory hallucinations. | |  | c. | manic episodes. | |  | d. | phobias. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 277. Gemma has recently been diagnosed with a bipolar disorder. Which of the following may be useful in treating her manic episodes?   |  |  |  | | --- | --- | --- | |  | a. | Depakote | |  | b. | ECT | |  | c. | Prozac | |  | d. | Paxil |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 278. Lithium has been found to be especially effective in the treatment of   |  |  |  | | --- | --- | --- | |  | a. | anxiety disorders. | |  | b. | schizophrenia. | |  | c. | dissociative disorders. | |  | d. | bipolar disorders. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 279. Mr. Stengel’s excessive feelings of helplessness and despondency are periodically interrupted by episodes in which he experiences extreme feelings of personal power and a grandiose optimism about his future. Which drug would most likely be prescribed to alleviate his symptoms?   |  |  |  | | --- | --- | --- | |  | a. | Ativan | |  | b. | Thorazine | |  | c. | Xanax | |  | d. | lithium |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 280. Naturally occurring \_\_\_\_\_\_\_\_ in drinking water has correlated with lower suicide rates across 18 Japanese cities and towns.   |  |  |  | | --- | --- | --- | |  | a. | chlorpromazine | |  | b. | risperidone | |  | c. | lithium | |  | d. | olanzapine |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 281. A biomedical treatment for severe depression in which a brief electrical current is sent through the brain of an anesthetized patient is   |  |  |  | | --- | --- | --- | |  | a. | a lobotomy. | |  | b. | the double-blind procedure. | |  | c. | electroconvulsive therapy. | |  | d. | TMS. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 282. Which of the following treatments is most likely to be used only with severely depressed patients who have not responded to drug therapy?   |  |  |  | | --- | --- | --- | |  | a. | a lobotomy | |  | b. | electroconvulsive therapy | |  | c. | exposure therapy | |  | d. | the double-blind procedure |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 283. Which of the following individuals is most likely to benefit from electroconvulsive therapy?   |  |  |  | | --- | --- | --- | |  | a. | Mark, who feels so depressed that he recently tried to commit suicide | |  | b. | Mary, who suffers from amnesia and has lost her sense of identity | |  | c. | Jim, who experiences visual hallucinations and suffers from a delusion that enemy spies are following him | |  | d. | Luke, who suffers from a compulsion to wash his hands at least once every 15 minutes |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 284. A biomedical treatment that involves administering only a 1- to 2-milliamp current to the scalp has been shown to be modestly effective in treating depression, schizophrenia, and obsessive-compulsive disorder. This neurostimulation therapy is called   |  |  |  | | --- | --- | --- | |  | a. | electroconvulsive therapy. | |  | b. | transcranial magnetic stimulation. | |  | c. | transcranial direct current stimulation. | |  | d. | a lobotomy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 285. Daniel, who suffers from depression, recently received a treatment in which a 1- to 2-milliamp current was administered to his scalp. The treatment he received was   |  |  |  | | --- | --- | --- | |  | a. | tDCS. | |  | b. | TMS. | |  | c. | ECT. | |  | d. | DBS. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 286. Transcranial magnetic stimulation involves   |  |  |  | | --- | --- | --- | |  | a. | the application of repeated pulses of magnetic energy to the brain. | |  | b. | the administration of a 1- to 2-milliamp current to the scalp. | |  | c. | activating neurons that inhibit negative activity in the brain. | |  | d. | sending a brief electric current through the brain. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 287. Hernando suffers from depression. If he is like 30 to 40 percent of the people suffering from depression, \_\_\_\_\_\_\_\_ will work but will be less effective than \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | TMS; ECT | |  | b. | tDCS; TMS | |  | c. | ECT; tDCS | |  | d. | ECT; TMS |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 288. Some studies have found that for 30 to 40 percent of people suffering from depression, \_\_\_\_\_\_\_\_ works as an effective treatment.   |  |  |  | | --- | --- | --- | |  | a. | mood-stabilizing medications | |  | b. | transcranial magnetic stimulation | |  | c. | antianxiety drugs | |  | d. | psychosurgery |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 289. Transcranial magnetic stimulation is a painless procedure performed on wide-awake patients being treated for   |  |  |  | | --- | --- | --- | |  | a. | schizophrenia. | |  | b. | phobias. | |  | c. | depression. | |  | d. | PTSD. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 290. Jack’s episodes of depression have not been relieved by antidepressant drugs or psychotherapy. If physicians decide, as a last resort, to administer the safest and least-invasive brain stimulation therapy to treat Jack, they should recommend   |  |  |  | | --- | --- | --- | |  | a. | deep brain stimulation. | |  | b. | a lobotomy. | |  | c. | TMS. | |  | d. | ECT. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 291. It has been suggested that the effectiveness of \_\_\_\_\_\_\_\_ results from energizing the left frontal lobe of the brain.   |  |  |  | | --- | --- | --- | |  | a. | a lobotomy | |  | b. | TMS | |  | c. | Xanax | |  | d. | the double-blind procedure |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 292. The researcher who has used deep brain stimulation in the treatment of depression is   |  |  |  | | --- | --- | --- | |  | a. | Egas Moniz. | |  | b. | Helen Mayberg. | |  | c. | George Albee. | |  | d. | John Cade. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 293. Helen Mayberg was the first to use deep brain stimulation in the treatment of   |  |  |  | | --- | --- | --- | |  | a. | Parkinson’s tremors. | |  | b. | depression. | |  | c. | anxiety. | |  | d. | psychosis. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 294. Jess is suffering from depression and is undergoing a treatment in which his psychiatrist is trying to calm the sadness centers of his brain by stimulating electrodes that are implanted in those areas. This is an example of   |  |  |  | | --- | --- | --- | |  | a. | ECT. | |  | b. | tDCS. | |  | c. | TMS. | |  | d. | DBS. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 295. The use of deep brain stimulation for treating depression involves manipulating activity in a neural hub that bridges the frontal lobes to the   |  |  |  | | --- | --- | --- | |  | a. | thalamus. | |  | b. | temporal lobes. | |  | c. | reticular formation. | |  | d. | limbic system. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 296. Deep brain stimulation is a form of   |  |  |  | | --- | --- | --- | |  | a. | psychodynamic therapy. | |  | b. | cognitive therapy. | |  | c. | behavior therapy. | |  | d. | biomedical therapy. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 297. Which biomedical therapy is administered via electrodes implanted in the brain?   |  |  |  | | --- | --- | --- | |  | a. | electroconvulsive therapy | |  | b. | deep brain stimulation | |  | c. | tardive dyskinesia | |  | d. | transcranial magnetic stimulation |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 298. The biomedical procedure that involves removing or destroying brain tissue is called   |  |  |  | | --- | --- | --- | |  | a. | TMS. | |  | b. | DBS. | |  | c. | psychosurgery. | |  | d. | tDCS. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 299. Though not performed today, lobotomies provide a historical example of   |  |  |  | | --- | --- | --- | |  | a. | psychosurgery. | |  | b. | psychopharmacology. | |  | c. | electroconvulsive therapy. | |  | d. | neurogenesis. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 300. Surgically cutting the nerves connecting the frontal lobes to the emotion-controlling centers of the inner brain is called   |  |  |  | | --- | --- | --- | |  | a. | psychopharmacology. | |  | b. | neurogenesis. | |  | c. | a lobotomy. | |  | d. | ECT. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 301. Which psychosurgical procedure was designed to calm uncontrollably emotional or violent patients?   |  |  |  | | --- | --- | --- | |  | a. | electroconvulsive therapy | |  | b. | the double-blind technique | |  | c. | lobotomy | |  | d. | TMS |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 302. Which of the following procedures has typically resulted in patients becoming permanently lethargic?   |  |  |  | | --- | --- | --- | |  | a. | deep brain stimulation | |  | b. | electroconvulsive therapy | |  | c. | a lobotomy | |  | d. | transcranial magnetic stimulation |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 303. \_\_\_\_\_\_\_\_ is to stress and unhealthy lifestyle as \_\_\_\_\_\_\_\_ is(are) to neurotransmitter malfunction.   |  |  |  | | --- | --- | --- | |  | a. | Therapeutic lifestyle change; drug therapies | |  | b. | Brain stimulation; psychosurgery | |  | c. | Psychosurgery; drug therapies | |  | d. | Therapeutic lifestyle change; psychosurgery |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 304. Preventive mental health is based on the assumption that psychological disorders result from   |  |  |  | | --- | --- | --- | |  | a. | repressed impulses and conflicts. | |  | b. | stressful social situations. | |  | c. | abnormal personality traits. | |  | d. | long-term potentiation. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 305. Which approach would attempt to minimize psychological disorders by working to alleviate the conditions that cause child mistreatment and illiteracy in society?   |  |  |  | | --- | --- | --- | |  | a. | biomedical therapy | |  | b. | psychopharmacology | |  | c. | preventive mental health | |  | d. | psychosurgery |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 306. Research and social action designed to create environments that support psychological health best defines the focus of   |  |  |  | | --- | --- | --- | |  | a. | psychiatry. | |  | b. | community psychology. | |  | c. | psychopharmacology. | |  | d. | clinical psychology. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 307. Dr. Muddin conducts research on how people interact with their environment, with a focus on creating environments that support psychological health. She hopes to help people’s sense of competence, personal health, and well-being. Dr. Muddin’s area of research is   |  |  |  | | --- | --- | --- | |  | a. | behavior therapy. | |  | b. | community psychology. | |  | c. | biomedical therapy. | |  | d. | resistance. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 308. More than 9 in 10 New Yorkers, although stunned and grief-stricken by the 9/11 terrorist attack, did not have a dysfunctional stress reaction. This best illustrates   |  |  |  | | --- | --- | --- | |  | a. | neurogenesis. | |  | b. | tardive dyskinesia. | |  | c. | psychopharmacology. | |  | d. | resilience. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 309. Scarlett, an army captain who was captured and tortured by the Vietnamese, has gone on to become a thriving member of her community. Scarlett is demonstrating   |  |  |  | | --- | --- | --- | |  | a. | neurogenesis. | |  | b. | resilience. | |  | c. | mood stabilization. | |  | d. | resistance. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 310. People whose life history includes some adversity often come to enjoy better mental health and well-being than those who have never faced any significant adversity. This best illustrates the importance of   |  |  |  | | --- | --- | --- | |  | a. | a placebo effect. | |  | b. | psychopharmacology. | |  | c. | tardive dyskinesia. | |  | d. | posttraumatic growth. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 311. Penelope, who has survived breast cancer, now enjoys every day with her husband, her children, and her friends. Her behavior best illustrates   |  |  |  | | --- | --- | --- | |  | a. | resistance. | |  | b. | tardive dyskinesia. | |  | c. | posttraumatic growth. | |  | d. | long-term potentiation. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 312. Cancer survivors who develop a fresh delight in their children and who begin to savor the joy of each new day best illustrate   |  |  |  | | --- | --- | --- | |  | a. | psychopharmacology. | |  | b. | tardive dyskinesia. | |  | c. | posttraumatic growth. | |  | d. | long-term potentiation. |  |  |  | | --- | --- | | *ANSWER:* | c | |