MULTIPLE CHOICE:

_____ 1. One common element among different forms of therapy such as psychoanalysis, behavioral therapy, and drug therapy is a relationship that focuses on
A) changing behavior and mental processes.
B) reinforcing existing behavioral patterns.
C) removing the patient from existing social networks.
D) discovering the unconscious reasons behind behaviors.
E) There is no common element.

_____ 2. The word "patient" is often used by professionals who take a __________ approach.
A) humanistic
B) psychoanalytic
C) behavioral
D) cognitive
E) biological

_____ 3. Etiology refers to
A) the probable origin or history of the problem.
B) determining an appropriate label for the problem.
C) estimating the course the problem would take without treatment.
D) a type of therapy to minimize symptoms.
E) the likelihood of a disorder occurring.

_____ 4. Before deciding on the particular form of treatment for an individual, a therapist needs to
A) find out what medications the individual is taking to check for drug interactions.
B) meet with close family members to apprise them of the situation.
C) identify the problem and its causes and make a prognosis.
D) make a prognosis in consultation with a psychiatrist.
E) explore the patient's repressed issues from childhood.

_____ 5. Which of the following can prescribe drugs?
A) psychiatrist
B) clinical social worker
C) clinical psychologist
D) counseling psychologist
E) PHD Psychologist

_____ 6. Practitioners of Freudian therapy are typically considered
A) counseling psychologists.
B) social workers.
C) psychiatrists.
D) psychoanalysts.
E) clinical psychologists.
7. ________ therapies are focused on the patient's self-concept, values, and needs.
A) Social
B) Systematic
C) Behavioral
D) Biomedical
E) Humanistic insight

8. Researchers have found that paraprofessionals
A) are seldom effective.
B) are more successful than professionals.
C) have great ability with behavioral therapies.
D) are about as effective as professionals.
E) are ineffective with insight therapies.

9. If Dr. Lamping uses concepts and strategies from a variety of perspectives, he is considered to be
A) behavioral.
B) eclectic.
C) implosive.
D) systematic.
E) univariate.

10. If Dr. Gallagher believes that changing her patient's actions can correct the disorder, she is most likely a(n) ________ psychologist.
A) psychodynamic
B) behavioral
C) cognitive
D) evolutionary
E) humanistic

11. Which behavior therapy technique involves substituting a new response for an unwanted one?
A) systematic desensitization
B) aversion therapy
C) analysis of transference
D) counterconditioning
E) token economy

12. Counterconditioning is most often used to treat
A) alcohol abuse.
B) depression.
C) schizophrenia.
D) ADHD.
E) anxiety disorders.
13. Which is the correct sequence of steps in systematic desensitization?
A) practice relaxation, develop anxiety hierarchy, associate relaxation with anxieties
B) associate relaxation with anxieties, practice relaxation, develop anxiety hierarchy
C) identify thinking flaws, change emotions, change faulty ways of thinking
D) develop anxiety hierarchy, practice relaxation, associate relaxation with anxieties
E) identify thinking flaws, change thinking flaws, experience more positive emotions

14. To quit nail-biting, Rudy places a foul-tasting polish on his fingernails, so that eventually even thinking of nail-biting is unpleasant. Rudy is basically using which therapeutic technique?
A) counter conditioning
B) contingency management
C) aversion therapy
D) participant modeling
E) token economy

15. Some companies reward vacations to salespeople who have made the most sales for their company. This is an example of
A) participant modeling.
B) symbolic modeling.
C) token economy.
D) aversion therapy.
E) nondirective influence.

16. _______ therapies, which are sometimes called talk therapies, try to help patients understand the thoughts, emotions, and motives that underlie their difficulties.
A) Insight
B) Aversion
C) Psychological
D) Conditioning
E) Token

17. Which type of therapy is concerned with discovering the contents of the unconscious mind?
A) Rogerian therapy
B) insight therapy
C) psychoanalysis
D) behavioral therapy
E) reciprocal inhibition

18. What two concepts are at the heart of humanistic therapies?
A) sexual urges and destructive instincts
B) neurotransmitter balances and hormonal regulation
C) freedom to choose and the burden of responsibility
D) social consequences and observation of others' behavior
E) analysis of transference and coming to terms with one's childhood
19. Paula loves her son despite his criminal record. Paula is demonstrating
A) unconditional positive regard.
B) reflection of feeling.
C) systematic desensitization.
D) aversion therapy.
E) a token economy.

20. When it is said that humanistic therapies are nondirective, it is meant that the therapist
A) does not directly examine the unconscious mind.
B) accepts the client under any circumstance.
C) reflects the person's feelings back to him or her.
D) directly confronts the patient's transference.
E) lets the client determine what will be discussed.

21. Of the approximately 260 million people in the United States, about how many attend self-help
groups every week?
A) 1 million
B) 15 million
C) 30 million
D) 75 million
E) 100 million

22. Who is considered the grandfather of Cognitive therapies.
A) Ralph Waldo Emerson
B) Sigmund Freud
C) Albert Ellis
D) Aaron Beck
E) none of the above.

23. Beck's cognitive therapy uses which of the following techniques?
A) reattributing blame to situational factors rather than to the patient's incompetence
B) modeling non-depressed behavior
C) uncovering unconscious conflicts
D) reinforcing non-depressed behaviors and extinguishing depressed ones
E) confronting fears after learning relaxation

24. Ellis would say that it is irrational to believe that
A) you can succeed.
B) you are honest.
C) others are competent.
D) you can change your beliefs.
E) you should always be treated fairly.

25. Clinical researchers believe that the key "placebo" effect in therapy is
A) a negative attitude toward chemotherapy.
B) the failure of the patient to self-actualize.
C) the patient's belief that therapy will help.
D) the therapist's psychotherapy skills.
E) the understanding of one's childhood.
26. Using meta-analysis techniques to evaluate many studies at once, researchers have found that
A) other insight therapies were far less effective than cognitive therapies.
B) less than half the people are helped by any type of therapy.
C) therapy could help with specific issues like phobias and enuresis but little else.
D) a caring and hopeful relationship must exist between clinician and client.
E) therapy has few benefits when compared to not getting help.

27. Who is considered the father of Psychoanalytic therapies.
A) David Henry Thoreau
B) Sigmund Freud
C) Albert Ellis
D) Aaron Beck
E) none of the above.

28. The most common place people seek help when they are suffering from mental problems is
with
A) friends.
B) a clinical psychologist.
C) their doctor.
D) a psychiatrist.
E) a scientist.

29. Which drugs alter the psychotic symptoms of delusions, hallucinations, social withdrawal, and occasional agitation?
A) antipsychotics
B) antidepressants
C) antioxidants
D) anti-inflammatories
E) antianxiety medications

30. ______________ treats psychotic symptoms by blocking dopamine receptors.
A) Benzodiazepine
B) Haloperidol
C) Lithium
D) Propanediol
E) Valium

31. Drugs such as Thorazine, Haldol, and Clozaril are successful in treating the __________
associated with schizophrenia.
A) social distancing
B) jumbled thoughts
C) poor attention span
D) lack of sleep
E) hallucinations
32. Which of the following is a known side-effect of antipsychotic drugs?
A) disturbance of muscle control
B) high abuse potential
C) agranulocytosis
D) schizophrenia
E) delusional thoughts

33. Which drugs work by increasing the activity of the neurotransmitters norepinephrine and serotonin?
A) antidepressants
B) antipsychotics
C) sleeping pills
D) anti-inflammatories
E) anti-anxiety medications

34. Many anti-anxiety drugs work by
A) treating the cause of the anxiety.
B) sedating the user.
C) uncovering the source of unconscious conflicts.
D) creating feelings of euphoria.
E) increasing nervous system activity.

35. Oddly enough, __________ are often used to treat attention-deficit/hyperactivity disorder (ADHD).
A) anti-anxiety medications
B) antidepressants
C) antipsychotic medications
D) Prozac and Valium
E) stimulants

36. __________ involves severing the nerve fibers connecting the frontal lobes with the deep brain structures, especially the thalamus and the hypothalamus.
A) Interleukon
B) Prefrontal lobotomy
C) Diencephalotomy
D) Electroconvulsive therapy
E) TMS

37. Electroconvulsive therapy has proven successful in treating
A) schizophrenia.
B) general anxiety disorder.
C) obsessive-compulsive disorder.
D) severe depression.
E) ADHD.
38. One of the down sides to the community mental health movement was that
A) it was never fully funded.
B) about 10% of the homeless had mental health problems.
C) about 85% of the patients needed to be rehospitalized.
D) families were overly involved with treatment.
E) most patients overmedicated themselves.

TRUE OR FALSE:

39. Using modern techniques, treatment for schizophrenia is usually short-term.

40. The essence of therapy is a trusting relationship.

41. Psychiatrists have earned their MD degrees and are medical specialists.

42. Professionals are consistently found to be more effective than paraprofessionals in psychology.

43. Reciprocal inhibition and systematic desensitization are behavioral techniques used to treat fears.

44. Self-help groups must be directed by health care professionals.

45. Typically, couples therapy is more effective than individual therapy for resolving marital problems.

46. Hans Eysenck found that most people with non-psychotic problems spontaneously recover within two years of the onset of the problem.

47. Active listening basically involves providing advice.

48. Lithium carbonate is a highly effective treatment for bipolar disorder.

49. Mental hospitals almost exclusively use medication to treat patients and rarely engage in psychotherapy.