

Unit 13 difficults

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Mr. Phillips has recently begun to express feelings of hostility and resentment toward his therapist, who is consistently friendly, caring, and helpful. A psychoanalyst would most likely consider Mr. Phillips's hostility to be an example of
  - A) transference.
  - B) fixation.
  - C) the placebo effect.
  - D) counterconditioning.
  - E) regression toward the mean.
  
2. Freud is to \_\_\_\_\_ as Rogers is to \_\_\_\_\_.
  - A) psychoanalysis; counterconditioning
  - B) free association; active listening
  - C) dream analysis; systematic desensitization
  - D) active listening; empathy
  - E) unconditional positive regard; transference
  
3. Humanistic therapists are most likely to
  - A) encourage clients to carefully observe the consequences of their maladaptive behaviors.
  - B) focus special attention on clients' positive and negative feelings toward their therapists.
  - C) emphasize the importance of self-awareness for psychological adjustment.
  - D) use a wide variety of psychological theories and therapeutic methods.
  - E) help clients identify a hierarchy of anxiety-arousing experiences.
  
4. As a psychotherapist, Dr. Buist does not analyze people's motives or diagnose the nature of their difficulties because he believes that they are in the best position to diagnose and solve their own problems. Dr. Buist's position is most characteristic of \_\_\_\_\_ therapy.
  - A) cognitive
  - B) psychoanalytic
  - C) operant conditioning
  - D) client-centered
  - E) biomedical
  
5. Benny's mother tries to reduce his fear of sailing by giving the 3-year-old his favorite candy as soon as they board the boat. The mother's strategy best illustrates
  - A) counterconditioning.
  - B) cognitive therapy.
  - C) transference.
  - D) aversive conditioning.
  - E) the placebo effect.
  
6. Systematic desensitization involves replacing a negative response with a positive response, whereas \_\_\_\_\_ involves replacing a positive response with a negative response.
  - A) transference
  - B) operant conditioning
  - C) aversive conditioning
  - D) electroconvulsive therapy
  - E) resistance

Unit 13 difficults

7. What would be most helpful for encouraging adults with intellectual disability to make their beds every morning?
  - A) cognitive therapy
  - B) aversive conditioning
  - C) a token economy
  - D) systematic desensitization
  - E) free association
  
8. Jenna is afraid of speaking to a large audience. Her therapist suggests that prior to a speaking engagement she should reassure herself with comments like, "Cheer up, Jenna. You know what you're talking about and your topic is really interesting!" This approach to reducing Jenna's fear most clearly illustrates
  - A) aversive conditioning.
  - B) client-centered therapy.
  - C) systematic desensitization.
  - D) stress inoculation training.
  - E) psychoanalysis.
  
9. 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.
  - E) enhances the benefits of counterconditioning.
  
10. Although Shawn felt terribly depressed when he began psychotherapy, he was much happier by the time he had completed therapy. It would be reasonable to attribute some of his improvement to
  - A) systematic desensitization.
  - B) therapeutic touch.
  - C) the double-blind procedure.
  - D) transference.
  - E) regression toward the mean.
  
11. Psychotherapy 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.
  - E) Juan from his bipolar disorder.
  
12. EMDR is most similar to a technique known as
  - A) stress inoculation training.
  - B) aversive conditioning.
  - C) systematic desensitization.
  - D) electroconvulsive therapy.
  - E) family therapy.
  
13. A common ingredient underlying the success of diverse psychotherapies is the
  - A) professional training and experience of the therapist.
  - B) escape from real-life pressures offered by psychotherapy.
  - C) length of time the client spends in psychotherapy.
  - D) client's expectation that psychotherapy will make things better.
  - E) use of of an eclectic approach to therapy.

Unit 13 difficults

14. Although Albert Ellis and Allen Bergin disagree about the value of self-sacrifice and marital fidelity, as professional therapists they both agree that
- A) psychotherapists should not reveal their personal values to clients.
  - B) personal values do not affect professional assessments of therapeutic outcomes.
  - C) psychological research should not be used to inform therapists' values.
  - D) psychotherapists' personal values influence their practice of therapy.
  - E) psychotherapists should combine cognitive and biomedical therapies.
15. Dr. Volz is a researcher who wants to distinguish between the direct effects of a new antianxiety medication and effects arising from expectations of the drug's effectiveness. Dr. Volz is most likely to use
- A) the double-blind procedure.
  - B) meta-analysis.
  - C) EMDR.
  - D) virtual reality exposure therapy.
  - E) systematic desensitization.
16. Which drug has provided the most help to schizophrenia patients experiencing auditory hallucinations and paranoia?
- A) lithium
  - B) Xanax
  - C) Thorazine
  - D) Prozac
  - E) Ativan
17. Which drug dampens responsiveness to irrelevant stimuli in schizophrenia patients with positive symptoms?
- A) lithium
  - B) D-cycloserine
  - C) chlorpromazine
  - D) clozapine
  - E) Xanax
18. Which drug sometimes helps patients exhibiting negative symptoms of schizophrenia such as apathy and withdrawal?
- A) Clozaril
  - B) Prozac
  - C) Xanax
  - D) lithium
  - E) Paxil
19. Xanax would most likely be prescribed in order to help
- A) Cynthia give up her irrational belief that her husband is a foreign government spy.
  - B) Cassius get rid of his suicidal thoughts and feelings of apathy and hopelessness.
  - C) Jerome overcome feelings of nervous apprehension and an inability to relax.
  - D) Bradan discontinue his habit of smoking more than three packs of cigarettes a day.
  - E) Martha channel her fearlessness in more productive directions.
20. D-cycloserine helps relieve the symptoms of
- A) schizophrenia.
  - B) bipolar disorder.
  - C) antisocial personality.
  - D) obsessive-compulsive disorder.
  - E) major depressive disorder.

Unit 13 difficults

21. Prozac, Zoloft, and Paxil are called
- A) antipsychotic drugs.
  - B) mood-stabilizing drugs.
  - C) antianxiety drugs.
  - D) SSRIs.
  - E) lithium derivatives.
22. Mr. McCardle'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) Valium
  - B) Thorazine
  - C) Xanax
  - D) lithium
  - E) Paxil
23. Depakote, a drug originally used to treat epilepsy, more recently has been found to be effective in the control of
- A) tardive dyskinesia.
  - B) auditory hallucinations.
  - C) manic episodes.
  - D) phobias.
  - E) personality disorders.
24. MRI-guided precision surgery is occasionally done to cut the brain circuits involved in severe cases of
- A) obsessive-compulsive disorder.
  - B) bipolar disorder.
  - C) schizophrenia.
  - D) depression.
  - E) post-traumatic stress disorder.
25. Compared with ECT, rTMS is \_\_\_\_\_ likely to produce seizures and \_\_\_\_\_ likely to produce memory loss.
- A) just as; more
  - B) less; less
  - C) more; just as
  - D) less; more
  - E) just as; just as
26. Repetitive transcranial magnetic stimulation shows greatest promise for the treatment of
- A) schizophrenia.
  - B) depression.
  - C) alcohol dependency.
  - D) phobias.
  - E) bulimia.
27. Deep-brain stimulation involves the implantation of \_\_\_\_\_ into the cortex.
- A) DNA
  - B) lithium
  - C) electrodes
  - D) stem cells
  - E) rTMS

Unit 13 difficults

28. Treating the mind and body as independent entities seems especially inappropriate to those who take a \_\_\_\_\_ approach to therapy.
- A) biopsychosocial
  - B) classical conditioning
  - C) psychoanalytic
  - D) client-centered
  - E) cognitive-behavioral
29. 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) regression toward the mean.
  - E) prenatal developmental factors.

**Answer Key**

1. A
2. B
3. C
4. D
5. A
6. C
7. C
8. D
9. C
10. E
11. C
12. C
13. D
14. D
15. A
16. C
17. C
18. A
19. C
20. D
21. D
22. D
23. C
24. A
25. B
26. B
27. C
28. A
29. B