

## 38 Multiple choice questions

1. the study of the effects of drugs on mind and behavior

- A. Psychoanalysis
- B. Psychodynamic Therapy
- C. Psychotherapy
- D. Psychopharmacology

2. behavioral techniques, such as systematic desensitization and virtual reality exposure therapy, that treat anxieties by exposing people (in imagination or actual situations) to the things they fear and avoid

- A. Behavior Therapy
- B. Exposure Therapies
- C. Group Therapy
- D. Psychotherapy

3. in psychoanalysis, the analyst's noting supposed dream meanings, resistances, and other significant behaviors and events in order to promote insight

- A. Counterconditioning
- B. Interpretation
- C. Virtual Reality Exposure Therapy
- D. Antidepressant Drugs

4. a procedure for statistically combining the results of many different research studies

- A. Electroconvulsive Therapy (ECT)
- B. Resistance
- C. Meta-Analysis
- D. Rational-Emotive Behavior Therapy (REBT)

5. involuntary movement of facial muscles, tongue, and limbs. possible neurotoxic side effect of antipsychotic drugs that target D2 dopamine receptor

- A. tardive dyskinesia
- B. Antidepressant Drugs
- C. Aversive Conditioning
- D. Resistance

6. a confrontational cognitive therapy, developed by Albert Ellis, that vigorously challenges people's illogical, self-defeating attitudes and assumptions

- A. Meta-Analysis
- B. Rational-Emotive Behavior Therapy (REBT)
- C. Resistance
- D. Resilience

7. clinical decision-making that integrates the best available research with clinical expertise and patient characteristics and preferences.

- A. Resilience
- B. Resistance
- C. Antidepressant Drugs
- D. Evidence-Based Practice

8. treatment involving psychological techniques; consists of interactions between a trained therapist and someone seeking to overcome psychological difficulties or achieve personal growth

- A. Psychotherapy
- B. Psychopharmacology
- C. Psychosurgery
- D. Group Therapy

9. a behavior therapy procedure that used classical conditioning to evoke new responses to stimuli that are triggering unwanted behaviors; includes exposure therapies and aversive conditioning

- A. Token Economy
- B. Counterconditioning
- C. Interpretation
- D. Aversive Conditioning

10. drugs used to treat depression, anxiety disorders, obsessive-compulsive disorders, and posttraumatic stress disorder (includes selective serotonin reuptake inhibitors - SSRIs)

- A. Evidence-Based Practice
- B. Active Listening
- C. Antidepressant Drugs
- D. Antianxiety Drugs

11. surgery that removes or destroys brain tissue in an effort to change behavior

- A. Psychotherapy
- B. Psychosurgery
- C. Psychodynamic Therapy
- D. Psychopharmacology

**12.** a humanistic therapy, developed by Carl Rogers, in which the therapist uses techniques such as active listening within a genuine, accepting, empathic environment to facilitate client's growth (also called person-centered therapy)

- A. Eclectic Approach
- B. Evidence-Based Practice
- C. Cognitive Therapy
- D. Client-Centered Therapy

**13.** the tendency for extreme or unusual scores to fall back (regress) toward their average

- A. Resilience
- B. Repetitive Transcranial Magnetic Stimulation (rTMS)
- C. Cognitive Therapy
- D. Regression Toward the Mean

**14.** prescribed medications or medical procedures that act directly on the patient's physiology

- A. Insight Therapies
- B. Biomedical Therapy
- C. Cognitive Therapy
- D. Behavior Therapy

**15.** a variety of therapies that aim to improve psychological functioning by increasing a client's awareness of underlying motives and defenses

- A. Group Therapy
- B. Psychotherapy
- C. Family Therapy
- D. Insight Therapies

**16.** drugs used to treat schizophrenia and other forms of severe thought disorder

- A. Psychotherapy
- B. Antipsychotic Drugs
- C. Psychodynamic Therapy
- D. Antianxiety Drugs

**17.** the personal strength that helps most people cope with stress and recover from adversity and even trauma

- A. Lobotomy
- B. Repetitive Transcranial Magnetic Stimulation (rTMS)
- C. Transference
- D. Resilience

18. in psychoanalysis, the blocking from consciousness of anxiety-laden material

- A. Lobotomy
- B. Resilience
- C. Resistance
- D. Transference

19. empathic listening in which the listener echoes, restates, and clarifies; feature of Roger's client-centered therapy

- A. Rational-Emotive Behavior Therapy (REBT)
- B. Antidepressant Drugs
- C. tardive dyskinesia
- D. Active Listening

20. therapy deriving from the psychoanalytic tradition that views individuals as responding to unconscious forces and childhood experiences, and that seeks to enhance self-insight

- A. Psychosurgery
- B. Psychodynamic Therapy
- C. Psychoanalysis
- D. Psychopharmacology

21. in psychoanalysis, the patient's transfer to the analyst of emotions linked with other relationships (such as love or hatred for a parent)

- A. Resistance
- B. Transference
- C. Token Economy
- D. Resilience

22. therapy that teaches people new, more adaptive ways of thinking and acting; based on the assumption that thoughts intervene between events and our emotional reactions

- A. Behavior Therapy
- B. Cognitive Therapy
- C. Cognitive-Behavioral Therapy (CBT)
- D. Exposure Therapies

23. therapy conducted with several people rather than individuals, permitting therapeutic benefits from group interaction

- A. Group Therapy
- B. Family Therapy
- C. Exposure Therapies
- D. Psychotherapy

**24.** a popular integrative therapy that combines cognitive therapy (changing self-defeating thinking) with behavior therapy (changing behavior)

- A. Cognitive-Behavioral Therapy (CBT)
- B. Cognitive Therapy
- C. Resilience
- D. Repetitive Transcranial Magnetic Stimulation (rTMS)

**25.** a now-rare psychosurgical procedure once used to calm uncontrollably emotional or violent patients; the procedure cut the nerves connecting the frontal lobes to the emotion-controlling centers of the inner brain

- A. Lobotomy
- B. Psychotherapy
- C. Resistance
- D. Token Economy

**26.** an operant conditioning procedure in which people earn a token of some sort for exhibiting a desired behavior and can later exchange the tokens for various privileges or treats

- A. Transference
- B. Counterconditioning
- C. Lobotomy
- D. Token Economy

**27.** Sigmund Freud's therapeutic technique; Freud believed the patient's free associations, resistances, dreams, and transferences - and the therapist's interpretations of them - released previously repressed feelings, allowing the patient to gain self-insight

- A. Psychoanalysis
- B. Psychosurgery
- C. Meta-Analysis
- D. Psychodynamic Therapy

**28.** a caring, accepting, nonjudgmental attitude, which Carl Rogers believed would help clients to develop self-awareness and self-acceptance

- A. Unconditional Positive Regard
- B. Cognitive Therapy
- C. Cognitive-Behavioral Therapy (CBT)
- D. Group Therapy

**29.** therapy that applies learning principles to the elimination of unwanted behaviors

- A. Family Therapy
- B. Psychotherapy
- C. Behavior Therapy
- D. Exposure Therapies

**30.** therapy that treats the family as a system; views an individual's unwanted behaviors as influenced by, or directed at, other family members

- A. Insight Therapies
- B. Group Therapy
- C. Family Therapy
- D. Behavior Therapy

**31.** a biomedical therapy for severely depressed patients in which a brief electric current is sent through the brain of an anesthetized patient

- A. Counterconditioning
- B. Eclectic Approach
- C. Psychoanalysis
- D. Electroconvulsive Therapy (ECT)

**32.** an anxiety treatment that progressively exposes people to electronic simulations of their greatest fears, such as airplane flying, spiders, or public speaking

- A. Group Therapy
- B. Virtual Reality Exposure Therapy
- C. Aversive Conditioning
- D. Resilience

**33.** a type of counterconditioning that associates an unpleasant state (such as nausea) with an unwanted behavior (such as drinking alcohol)

- A. Virtual Reality Exposure Therapy
- B. tardive dyskinesia
- C. Counterconditioning
- D. Aversive Conditioning

**34.** the application of repeated pulses of magnetic energy to the brain; used to stimulate or suppress brain activity

- A. Cognitive Therapy
- B. Resilience
- C. Repetitive Transcranial Magnetic Stimulation (rTMS)
- D. Cognitive-Behavioral Therapy (CBT)

**35.** a bond of trust and mutual understanding between a therapist and client, who work together constructively to overcome the client's problem

- A. Eclectic Approach
- B. Therapeutic Alliance
- C. Unconditional Positive Regard
- D. Transference

**36.** a type of exposure therapy that associates a pleasant relaxed state with gradually increasing anxiety-triggering stimuli; commonly used to treat phobias

- A. Eclectic Approach
- B. Systematic Desensitization
- C. Client-Centered Therapy
- D. Resistance

**37.** drugs used to control anxiety and agitation

- A. Transference
- B. Antianxiety Drugs
- C. Antipsychotic Drugs
- D. Antidepressant Drugs

**38.** an approach to psychotherapy that, depending on the client's problems, uses techniques from various forms of therapy

- A. Cognitive Therapy
- B. Interpretation
- C. Eclectic Approach
- D. Therapeutic Alliance