

Psychology 165
Spring, 2010
Midterm 1

- 1) Which of the following pair of psychotherapeutic orientations adopt a basically optimistic view of life?
 - a) *Cognitive-behavioral and Experiential*
 - b) Cognitive-behavioral and Psychoanalysis
 - c) Experiential and Existential
 - d) Existential and Psychoanalysis

- 2) Which of the following is NOT part of Orlinsky and Howard's (1987) definition of psychotherapy:
 - a) one or more individual defined as able to provide help
 - b) a relation among persons
 - c) *one or more individual defined as sick*
 - d) the goal of improving one's functioning as a person

- 3) _____ that signal that a given response will be punished are called _____.
 - a) Unconditioned stimuli; active avoidance cues
 - b) Unconditioned stimuli; passive avoidance cues
 - c) Discriminative stimuli; active avoidance cues
 - d) *Discriminative stimuli; passive avoidance cues*

- 4) Learning that occurs when two stimuli are presented in close temporal proximity and with some degree of contingency or correlation between them is known as
 - a) *classical conditioning*
 - b) instrumental conditioning
 - c) generalization
 - d) observational learning

- 5) Which of the following is an example of extinction?
 - a) A child is rewarded with tokens for good behaviors and loses tokens for bad behaviors. His bad behaviors begin to decrease.
 - b) *A puppy begs for food at the table and is given some leftovers at the end of the meal. The puppy continues to beg during several more meals, but after receiving no more leftovers she gradually stops begging.*
 - c) A rat learns the way through a complicated maze by searching for a piece of cheese that is at the end of the maze. Eventually, the rat runs through the maze without the presence of the cheese.
 - d) After being bitten by a cat, a child fears cats, small dogs, and rabbits.

- 6) This psychologist who focused on the relationship between response and outcome, which he referred to as operant behavior.
- a) Pavlov
 - b) Watson
 - c) *Skinner*
 - d) Mowrer
- 7) The theoretical basis for systematic desensitization is
- a) reciprocal inhibition
 - b) counterconditioning
 - c) *Both A and B are correct*
 - d) None of the above is correct
- 8) Which of the following is true concerning systematic desensitization?
- a) *Many patients prefer systematic desensitization to other forms of exposure therapy.*
 - b) Systematic desensitization is an effective treatment only for specific phobias.
 - c) Patients begin with the most anxiety-provoking situation on the fear hierarchy and eventually work their way to the easiest situation.
 - d) All of the above are correct
- 9) In her work on posttraumatic stress disorder, Edna Foa refers to habituation as
- a) the learning that occurs when a specific situation is paired with a traumatic event
 - b) *a response decrement that occurs with repeated exposure to a stimulus*
 - c) how stimulus elements are stored in memory
 - d) the response that occurs after repeated exposure to a traumatic event
- 10) Modeling, assertiveness training, and role-playing are therapeutic techniques collectively known as
- a) Behavioral activation
 - b) *Behavioral training*
 - c) Behavioral rehearsal
 - d) Behavioral practice
- 11) What behavioral therapeutic technique is particularly effective in treating depression?
- a) *Behavioral activation*
 - b) Behavioral training
 - c) Behavioral rehearsal
 - d) Behavioral practice
- 12) Which is the least true of contemporary behavior therapy?
- a) The issue of the levels of self is largely irrelevant.
 - b) *Objective questionnaire measures are rarely used.*
 - c) Completion of behavioral assignments is necessary for successful treatment
 - d) The therapist is active and directive.

- 13) According to the chapter, contingency management is a behavior therapy strategy
- a) applied in cases of skills deficits.
 - b) which involves rewarding successive approximations of a target behavior.
 - c) *often used with children or residents of inpatient facilities.*
 - d) that needs to be combined with response prevention.
- 14) An individual with insomnia who stops doing all waking activities (reading, watching tv, etc.) in bed and an individual with generalized anxiety disorder who assigns himself a “worry period” at the same time and place each day are both practicing the behavior therapy strategy of
- a) extinction
 - b) *stimulus control*
 - c) skill acquisition
 - d) shaping
- 15) In behavior therapy, self-disclosure is
- a) prohibited
 - b) *appropriate when done strictly for the benefit of the patient*
 - c) appropriate when demonstrating the mastery of the therapist
 - d) appropriate at all times
- 16) Which of the following was an important difference in the early cognitive therapies of Ellis and Beck:
- a) Ellis emphasized made a direct connection between specific thought profiles and specific disorders while Beck emphasized universal principles
 - b) *Beck’s model was fundamentally scientific while Ellis’ was more philosophical*
 - c) Beck would directly challenge clients’ problematic beliefs while Ellis would explore the full ramifications of the belief
 - d) There were no major differences in the early cognitive therapies of Ellis and Beck
- 17) Which of the following is NOT a type of schema outlined by Beck:
- a) affective
 - b) *behavioral*
 - c) control
 - d) instrumental
- 18) Which of the following is the definition of a schema’s VALENCE:
- a) How positive or negative it is
 - b) How receptive to accommodation it is
 - c) It’s power as a regulatory force
 - d) *It’s level of activation at any given time*

- 19) Which of the following is NOT a type of cognitive distortion identified by Beck:
- a) *Defensive pessimism*
 - b) Personalization
 - c) Arbitrary inference
 - d) Selective abstraction
- 20) What is the ultimate goal of cognitive therapy?
- a) to alleviate mental suffering
 - b) *to uncover and change maladaptive belief systems*
 - c) to enhance interpersonal relationships
 - d) to bolster adaptive unconscious processes
- 21) Which of the following is NOT an important component of Socratic dialogue in cognitive therapy:
- a) assistance in the identification of thoughts or images
 - b) clarification or definition of problems
 - c) examination of the meaning of events for the patient
 - d) *yes/no questioning*
- 22) What does the downward arrow technique involve?
- a) getting to the unconscious motivations for specific behaviors
 - b) Discriminating Control schemas from other types of schemas
 - c) *moving the focus from automatic thoughts to schemas*
 - d) shifting to explicitly Socratic dialogue from other types of conversation
- 23) Which of the following is TRUE of the use of homework in cognitive therapy?
- a) Homework is the primary way the therapist assesses whether the client is improving.
 - b) Homework assignments are a way of covering twice as much material, since they rarely overlap with the content of the therapy session.
 - c) *Homework is viewed in a "no lose" manner because a great deal can be learned from clients' failure to complete homework assignments.*
 - d) Since the therapist is the cognitive therapy expert, homework assignments are typically designed by the therapist prior to the session, without input from the client.
- 24) Which of the following describes the primary way in which the cognitive approach is implemented within schema-focused therapy?
- a) The therapist, acting as an expert, interprets the meaning of schemas.
 - b) *The maladaptive beliefs supported by schemas are tested for their veracity.*
 - c) The client works to determine the early-childhood origins of their schemas.
 - d) Limited reparenting, with an emphasis on the therapeutic relationship, is employed to reverse maladaptive schemas.

- 25) Which of the following is true of the empirical support for cognitive therapy?
- a) *Cognitive therapy is more likely than medication to protect patients from relapse*
 - b) Cognitive therapy has not been shown to be effective in treating bulimia nervosa.
 - c) Cognitive therapy is primarily effective in treating severe psychopathology and not more mild problems like marital distress.
 - d) Cognitive therapy has only recently begun to be scientifically studied, though the vast majority of findings have shown it works.
- 26) Which of the following problems does NOT currently have a cognitive therapy manual outlining its treatment?
- a) Marital difficulties
 - b) Panic disorder
 - c) Schizophrenia
 - d) *Anorexia nervosa*
- 27) Which of the following describes the overarching philosophy among cognitive therapists toward the use of medications?
- a) Medications should not be used in conjunction with cognitive therapy.
 - b) Cognitive therapy works better when used in conjunction with medications.
 - c) In severe anxiety disorders the use of medications facilitates the success of cognitive therapy.
 - d) *There is overarching philosophy among cognitive therapists toward the use of medications.*
- 28) Which of the following is NOT one of Young's categories of early maladaptive schemas?
- a) *Incoherence and Confusion*
 - b) Impaired Autonomy and Performance
 - c) Disconnection and Rejection
 - d) Overvigilance and Inhibition
- 29) How would a cognitive therapist primarily approach the issue of perfectionism?
- a) Attempt to understand the unconscious motivation for being a perfectionist.
 - b) Attempt to form a strong therapeutic relationship where the client did not feel he/she needed to be a perfectionist.
 - c) *Attempt to identify the maladaptive beliefs the client holds surrounding his/her expectations for success and test them out.*
 - d) Attempt to teach the client about the downside of perfectionism.
- 30) How would a cognitive therapist primarily approach the issue of major depression?
- a) Attempt to point out to the client everything going well in his/her life.
 - b) *Attempt to work with the client to identify and modify the schemas making him/her depressed.*
 - c) Attempt to help the client accept the troubles he/she is having.
 - d) Attempt to use the client's transference to facilitate change.

