1. In which operant conditioning procedure are positive reinforcers given for desired behaviors?
   A) spontaneous recovery
   B) a token economy
   C) systematic desensitization
   D) aversive conditioning
   E) free association

2. Statistical summaries 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.
   E) cognitive therapies are incompatible with behavioral therapies.

3. Which of the following is most clearly a key contributor to the formation of the therapeutic alliance?
   A) progressive relaxation
   B) an eclectic approach
   C) patient transference
   D) an empathic therapist
   E) free association

4. “The technique reduces people to puppets controlled by therapists! It doesn’t respect human freedom.” This criticism is most likely to be directed at
   A) systematic desensitization.
   B) cognitive therapy.
   C) EMDR.
   D) psychoanalysis.
   E) a token economy.

5. To treat nail biting, one can paint a patient’s fingernails with a bitter-tasting nail polish. This procedure best illustrates
   A) free association.
   B) light exposure therapy.
   C) stress inoculation training.
   D) aversive conditioning.
   E) systematic desensitization.
6. Electroconvulsive therapy has proven to be effective in the treatment of
   A) phobias.
   B) dissociative disorders.
   C) schizophrenia.
   D) depression.
   E) mania.

7. Which of the following therapists introduced the use of free association?
   A) Carl Rogers
   B) Sigmund Freud
   C) Aaron Beck
   D) Joseph Wolpe
   E) Mary Carver Jones

8. 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
   E) psychoanalysis

9. Adelle's feelings of unhappiness, low self-esteem, and hopelessness have become so extreme that she has attempted suicide. Which of the following treatments is likely to provide her with the quickest relief from her misery?
   A) electroconvulsive therapy
   B) drug therapy
   C) psychoanalysis
   D) systematic desensitization
   E) cognitive therapy

10. Dr. Jackson reinforces depressed patients 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. Jackson's treatment approach best illustrates
    A) exposure therapy.
    B) client-centered therapy.
    C) psychodynamic therapy.
    D) cognitive-behavior therapy.
    E) free association.
11. Which of the following therapies is more concerned with removing specific troubling symptoms than with providing special insights into the personality of the client?
A) eclectic therapy
B) psychoanalysis
C) behavior therapy
D) client-centered therapy
E) cognitive therapy

12. Aerobic exercise, adequate sleep, light exposure, and social engagement are important components of
A) psychopharmacology.
B) systematic desensitization.
C) unconditional positive regard.
D) therapeutic life-style change.
E) electroconvulsive therapy.

13. Kammy vividly imagines being abused by her own mother while her therapist triggers eye movements by waving a finger in front of Kammy's eyes. The therapist is apparently using a technique known as
A) EMDR.
B) transference.
C) meta-analysis.
D) virtual reality exposure therapy.
E) systematic desensitization.

14. Dr. Byrne is a clinical psychologist who often uses operant conditioning techniques to treat her clients. She also encourages them to modify their thought patterns, and on occasion she interprets their transference behaviors. Dr. Byrne's therapeutic approach would best be described as
A) client-centered.
B) meta-analytic.
C) psychoanalytic.
D) behavioral.
E) eclectic.

15. 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
16. Systematic desensitization is a form of
   A) psychoanalysis.
   B) biomedical therapy.
   C) counterconditioning.
   D) cognitive therapy.
   E) humanistic therapy.

17. Edith, a 45-year-old journalist, alternates between extreme sadness and lethargy and extreme euphoria and overactivity. The drug most likely to prove beneficial to her is
   A) lithium.
   B) Xanax.
   C) Clozaril.
   D) Thorazine.
   E) Paxil.

18. The interpretation of dreams is most closely associated with
   A) cognitive therapy.
   B) client-centered therapy.
   C) systematic desensitization.
   D) psychoanalysis.
   E) humanistic therapy.

19. Light exposure therapy was developed to relieve symptoms of
   A) insomnia.
   B) anxiety.
   C) bulimia.
   D) depression.
   E) alcoholism.

20. The technique of systematic desensitization was refined by
   A) Sigmund Freud.
   B) Joseph Wolpe.
   C) Aaron Beck.
   D) Egas Moniz.
   E) Carl Rogers.
21. The value of light exposure therapy appears to result from its influence on people's
A) unconscious conflicts.
B) circadian rhythm.
C) self-blaming explanations.
D) social relationships.
E) visual acuity.

22. Which form of therapy would most likely help depressed patients by teaching them how
to resolve disagreements with their friends?
A) systematic desensitization
B) interpersonal psychotherapy
C) humanistic therapy
D) cognitive therapy
E) psychoanalysis

23. 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

24. A central therapeutic technique of psychoanalysis is
A) stress inoculation training.
B) systematic desensitization.
C) observational learning.
D) active listening.
E) free association.

25. Which therapeutic approach relies most heavily on patients' discovering their own ways
of effectively dealing with their difficulties?
A) psychoanalysis
B) cognitive therapy
C) systematic desensitization
D) client-centered therapy
E) meta-analysis
26. One good alternative to antidepressant drugs is
   A) aerobic exercise.
   B) psychosurgery.
   C) virtual reality exposure therapy.
   D) EMDR.
   E) Thorazine.

27. In order to help Mrs. Otsuki lose weight, her therapist first attempted to assess whether her weight loss might be personally threatening to her husband. The therapist's concern is most characteristic of a
   A) eclectic therapist.
   B) biomedical therapist.
   C) client-centered therapist.
   D) family therapist.
   E) psychoanalyst.

28. The best psychotherapy outcome studies are randomized clinical trials comparing treatment groups with ________ groups.
   A) eclectic
   B) token economy
   C) control
   D) virtual reality
   E) experimental

29. According to Freud, a patient's hesitation to free associate is most likely a sign of
   A) transference.
   B) the placebo effect.
   C) resistance.
   D) spontaneous recovery.
   E) meta-analysis.

30. 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) aversive conditioning.
   E) stress inoculation training.
31. EMDR was originally developed for the treatment of
   A) alcoholism.
   B) bulimia.
   C) depression.
   D) anxiety.
   E) schizophrenia.

32. 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.

33. 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) therapists typically blame their own therapeutic ineffectiveness on clients' resistance.
   D) clients tend to focus on their observable behavioral problems rather than on their mental and emotional abilities.
   E) therapists typically overestimate their clients' potential levels of adjustment.

34. The expression toward a therapist of feelings linked with earlier relationships is known as
   A) transference.
   B) resistance.
   C) meta-analysis.
   D) the therapeutic alliance.
   E) fixation.

35. A trained therapist who uses psychological techniques to assist someone to overcome excessive anxiety would generally be best described as a
   A) psychoanalyst.
   B) psychotherapist.
   C) psychopharmacologist.
   D) psychodynamic therapist.
   E) psychostructuralist.
36. Increasingly, insurer and government support for mental health services requires
   A) client-centered therapy.
   B) stress inoculation training.
   C) evidence-based practice.
   D) facilitated communication.
   E) eclectic therapies.

37. 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.

38. Which drugs are designed to depress central nervous system activity?
   A) antipsychotic drugs
   B) antianxiety drugs
   C) antidepressant drugs
   D) mood-stabilizing drugs
   E) dissociative drugs

39. As a therapist, Dr. Cioffi often uses systematic desensitization. She also considers active listening to be an invaluable therapeutic tool, and she frequently makes use of free association. Dr. Cioffi’s therapeutic approach would best be described as
   A) psychoanalytic.
   B) client-centered.
   C) behavioral.
   D) eclectic.
   E) meta-analytic.

40. Which of the following exemplifies exposure therapy?
   A) therapeutic touch
   B) family therapy
   C) stress inoculation training
   D) systematic desensitization
   E) repetitive transcranial magnetic stimulation
Answer Key

1. B
2. B
3. D
4. E
5. D
6. D
7. B
8. D
9. A
10. D
11. C
12. D
13. A
14. E
15. C
16. C
17. A
18. D
19. D
20. B
21. B
22. B
23. D
24. E
25. D
26. A
27. D
28. C
29. C
30. B
31. D
32. A
33. B
34. A
35. B
36. C
37. B
38. B
39. D
40. D