MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

1) Stress-inoculation therapy is one type of ______ therapy.
   A) cognitive    B) psychoanalytic
   C) client-centered D) rational-emotive

2) Showing a client how his or her irrational and self-defeating beliefs are causing problems is MOST characteristic of ______ therapy.
   A) client-centered    B) rational-emotive
   C) behavioral D) psychoanalytic

3) Jean seeks psychological help for her intense feelings of worthlessness. Her therapist confronts and challenges her feelings, arguing that it is a self-defeating way to think and is based on erroneous information about herself. Her therapist is probably a ______.
   A) client-centered therapist    B) psychoanalyst
   C) behaviorist D) rational-emotive therapist

4) Psychotherapies that emphasize changing clients’ perceptions of their life situation as a way of modifying their behavior are called ______ therapy.
   A) cognitive    B) Gestalt
   C) client-centered D) behavior

5) Beck and Ellis are both known for their work in developing ______ therapies.
   A) cognitive    B) client-centered
   C) behavioral D) Gestalt

6) Beck’s cognitive therapy is particularly effective in the treatment of ______.
   A) anxiety disorders    B) depression
   C) somatoform disorders D) schizophrenia

7) Practitioners of Beck’s cognitive therapy are much more challenging and much ______ confrontational than practitioners of rational-emotive therapy.
   A) more; more    B) more; less
   C) less; more D) less; less

8) The therapist most closely associated with the development of “cognitive therapy” is ______.
   A) Skinner    B) Wolpe
   C) Beck D) Lazarus

9) Beck’s cognitive therapy is MOST similar to ______.
   A) client-centered therapy    B) Gestalt therapy
   C) psychoanalysis D) rational-emotive therapy
10) Family therapy is a form of _______ therapy.
   A) group          B) organic          C) self-help          D) informal

11) When problems exist between parents and children, their problems are usually BEST handled by _______.
   A) individual therapy          B) psychoanalysis
   C) family therapy          D) operant conditioning

12) A primary goal of family therapy is to _______.
   A) identify and treat the person in the family who is the source of the majority of the family’s problems
   B) teach family members to remain neutral on sensitive issues
   C) improve family communication
   D) change the needs of individual family members

13) A type of psychotherapy in which clients meet regularly to help one another achieve insight into their feelings and behavior is _______ therapy.
   A) Gestalt          B) group          C) informal          D) social

14) Each of the following is a type of group therapy EXCEPT _______. p. 436–7
   A) family          B) couple          C) self-help          D) social

15) An estimated _______ million Americans suffer some kind of psychological problem.
   A) 30 — 40          B) 50 — 60          C) 10 — 20          D) 40 — 50

16) Research has found that most members of self-help groups express _______ their groups.
   A) mild support for          B) strong support for
   C) great disappointment in          D) mild disappointment in

17) Most couple therapists concentrate on _______.
   A) improving the couple’s patterns of communications and mutual expectations
   B) exploring the marital partners’ childhoods to understand the source of the current conflicts
   C) desensitization techniques to help the marital partners become more tolerant of each other
   D) changing the behavior of the person in the marriage who is the source of the couple's problems

18) A technique in which each member of a couple is taught to share inner feelings and to listen and understand the partner's feelings before responding to them is called _______.
   A) pole shifting          B) empathy training
   C) emotive therapy          D) cognitive marital therapy
19) Research on the outcome of couple therapy indicates that it _______.
   A) has the same success rate as when the wife goes to individual therapy and the husband
does not go to therapy at all
   B) is generally more successful than if the partners go to therapy separately
   C) is less successful than if both partners go to therapy separately
   D) has the same success rate as when both partners go to therapy separately

20) According to the most recent research, which of the following is true?  
   A) Psychotherapy is more effective than receiving no therapy at all.
   B) Individual psychotherapy is no more effective against neurotic disorders than no therapy
   at all.
   C) Behavior therapy is more effective than insight therapy in treating anxiety and personality
   disorders.
   D) Group therapy is more effective than individual therapy in treating a wide range of
   disorders.

21) Research indicates that psychotherapy is _______.
   A) not effective for either mild or severe disorders
   B) highly and equally effective for both mild and severe disorders
   C) more effective for severe disorders than for mild disorders
   D) more effective for mild disorders than for severe disorders

22) Each of the following is true EXCEPT _______.
   A) there is greater improvement among those who have undergone long-term therapy, than
   those who have received short-term treatments
   B) insight-oriented therapies have the most effective for most psychological problems
   C) psychotherapy seems to provide the greatest benefits for people who really want to
   change
   D) psychotherapy works best for relatively mild psychological problems

23) A Consumer Reports survey of over 180,00 subscribers found each of the following EXCEPT
   _______.
   A) marriage counselors were seen as less effective than psychiatrists, psychologists, and
   social workers
   B) longer term therapy was no more effective than shorter term therapy
   C) there were no differences in improvement between those who received therapy alone as
   opposed to those who received therapy combined with medication
   D) no differences in effectiveness were reported among the various forms of psychotherapy

24) People with a specific behavioral problem would be BEST served by ______ therapy.
   A) insight
   B) behavior
   C) group
   D) aversive

25) Allen gets extremely anxious whenever he takes a test. He would be best served by ______
   therapy.
   A) behavior
   B) group
   C) aversive
   D) insight
26) Allen has a drug abuse problem. He is MOST likely to be successfully treated by _______. (p.440)
   A) behavior therapy        B) couple therapy        C) Gestalt therapy

27) Each of the following is provided by all major types of psychotherapy EXCEPT _______.
   A) offering clients hope
   B) engaging clients in a therapeutic alliance
   C) offering clients an explanation for their problems
   D) offering clients insight

28) Allen is troubled by some aspects of his personality and would like to explore his entire personal development in an effort to gain deeper self-understanding. He would be best served by ________ therapy.
   A) group        B) behavior        C) aversive        D) insight

29) The trend in psychotherapy is toward ________.
   A) ECLECTICISM!!!!!!! : >        B) group treatment
   C) behavior therapy        D) humanistic therapy

30) The psychotherapeutic approach that recognizes the value of a broad treatment package over a rigid commitment to one particular form of therapy is ________.
   A) eclecticism        B) situationalism
   C) existentialism        D) interactionism

31) Allen is suffering from depression. He is MOST likely to successfully treat his depression with ________ therapy.
   A) behavior        B) cognitive
   C) psychoanalytic        D) Gestalt

32) Which of the following types of treatment is NOT a biological treatment method?
   A) electroconvulsive therapy        B) medication
   C) Gestalt therapy        D) psychosurgery

33) Medication, electroconvulsive therapy, and psychosurgery are all types of ________.
   A) cognitive therapy        B) biological treatment
   C) reality therapy        D) emotive therapy

34) Biological treatments are preferred when the patient is ________.
   A) elderly
   B) bothered by difficulties that are difficult to treat with psychotherapy
   C) a child or an adolescent
   D) from another culture

35) Traditionally, ________ were the only mental health professionals licensed to offer biological treatments.
   A) psychiatrists        B) psychologists        C) therapists        D) counselors
36) Drugs were not widely used to treat psychological disorders until the ________. p. 441
   A) 1930s  
   B) 1950s  
   C) 1970s  
   D) 1990s

37) In treating major depression and preventing a recurrence, _______ work(s) best.
   A) biological treatments alone
   B) psychotherapy alone
   C) letting the disorder run its course, without professional intervention
   D) biological treatments combined with psychotherapy

38) Antipsychotic drugs tend to relieve _______ of schizophrenia.
   A) the negative symptoms more than the positive symptoms
   B) the positive symptoms more than the negative symptoms
   C) neither the positive nor negative symptoms
   D) both the positive and negative symptoms

39) Hallucinations are known as _______ symptoms of schizophrenia. (Careful!! p. 442)
   A) negative  
   B) positive  
   C) lateral  
   D) translateral

40) Symptoms such as social withdrawal are considered to be _______ symptoms of schizophrenia.
   A) negative  
   B) translateral  
   C) lateral  
   D) positive

41) The most widely prescribed antipsychotic drugs are known as _______.
   A) psychostimulants  
   B) minor tranquilizers  
   C) neuroleptics  
   D) analgesics

42) Neuroleptics are a class of _______ drugs.
   A) antianxiety  
   B) antipsychotic  
   C) psychostimulant  
   D) antidepressant

43) Virtually all antipsychotic drugs work by _______.
   A) blocking dopamine receptors in the brain
   B) increasing the amount of acetylcholine in the brain
   C) increasing the amount of serotonin in the brain
   D) inhibiting the function of the hypothalamus

44) The drug _______ is used to treat depression.
   A) Valium  
   B) Tofranil  
   C) Ritalin  
   D) Prozac

45) Which of the following drugs would be the treatment of choice for schizophrenia?
   A) phenothiazine  
   B) librium  
   C) lithium  
   D) dexedrine

46) A major antipsychotic tranquilizer is _______.
   A) Miltown  
   B) Valium  
   C) phenothiazine  
   D) insulin
47) Drugs that combat depression work by _______.
A) inhibiting the function of the medulla and the pons
B) blocking dopamine receptors in the brain
C) increasing the amount of acetylcholine in the brain
D) reducing the reuptake of serotonin in the brain

48) In 1988, the new drug _______ was put on the market as the first of a new class of antidepressant drugs.
A) Halcion  B) Ecstasy  C) Thorazine  D) Prozac

49) Prozac works by _______ the uptake of _______ in the nervous system.
A) reducing; norepinephrine  B) increasing; serotonin
C) increasing; norepinephrine  D) reducing; serotonin

50) Prozac is part of a class of antidepressant drugs known as _______.
A) tricyclics  B) MAO inhibitors  C) phenothiazines  D) SSRIs

51) Which of the following classes of antidepressant drugs has the fewest side effects?
A) MAO inhibitors
B) All three classes of anti-depressant drugs have side effects of similar severity.
C) SSRIs
D) tricyclics

52) Jean has been under a psychiatrist's care for schizophrenia. She has recently developed a motor disturbance that includes trouble controlling her facial muscles. While her original condition is improving, she still does not function like a fully alert and normal person. Her doctor has probably been treating her with _______.
A) tricyclic drugs  B) psychosurgery
C) phenothiazines  D) ECT

53) A disturbance of motor control, particularly of the facial muscles, that results from the use of antipsychotic drugs is _______.
A) delirium tremens  B) tardive dyskinesia
C) Korsakoff's syndrome  D) Wernicke's syndrome

54) If you wanted to produce calm and drowsiness in a client, reduce agitation and induce sleep, you would be most successful by using a(n) _______.
A) antidepressant drug  B) psychostimulant
C) sedative  D) antianxiety drug

55) Electroconvulsive therapy is most often used to alleviate _______.
A) severe depression  B) somatoform disorders
C) schizophrenia  D) anxiety
56) ECT typically consists of _______ session(s).
   A) one
   B) ten or fewer
   C) three to five
   D) eleven or more

57) Unilateral ECT produces _______ side effects and is _______ effective than traditional ECT.
   A) more; slightly more
   B) more; much less
   C) fewer; slightly less
   D) fewer; much more

58) Electroconvulsive therapy _______.
   A) often results in memory impairment
   B) is more effective in treating schizophrenic disorders than mood disorders
   C) has no side effects
   D) is most effective if administered several times a week for several weeks

59) Electroconvulsive therapy is _______ in treating depression.
   A) the first method most psychiatrists try
   B) considered a “last resort”
   C) the most common method for long-term use
   D) virtually never used today

60) Bob has been under a physician’s care for depression. Although his symptoms have completely disappeared, he has been suffering some nausea, insomnia, headaches, anxiety, and impaired sexual functioning. Bob’s doctor has probably been treating him with _______.
   A) phenothiazines
   B) lithium
   C) psychosurgery
   D) antidepressant drugs

61) Bob has been under a physician’s care for bipolar disorder. Bob’s doctor is MOST likely to prescribe which of the following to treat Bob’s disorder?
   A) Prozac
   B) tricyclics
   C) lithium
   D) Ritalin

62) Lithium is a naturally occurring _______.
   A) salt
   B) plant
   C) enzyme
   D) drug

63) Lithium appears to work by affecting _______.
   A) metabolism of proteins
   B) hormone levels in the endocrine system
   C) neurotransmitters in the brain
   D) sodium levels in the blood

64) Psychostimulants are used to treat _______.
   A) bipolar disorder
   B) manic episodes
   C) major depressive episodes
   D) attention-deficit hyperactivity disorder
65) The assumption behind performing a prefrontal lobotomy is that the frontal lobes ________ emotional impulses from the ________.
   A) intensify; lower brain centers  B) intensify; spinal cord
   C) reduce; spinal cord            D) reduce; lower brain centers

66) Which of the following treatments is LEAST likely to be used today?
   A) prefrontal lobotomy            B) drug treatment
   C) behavioral therapy             D) electroconvulsive therapy

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

67) Stress-inoculation therapy is a form of cognitive therapy. p. 434

68) Cognitive therapists are much more challenging and confrontational than rational-emotive therapists.

69) Group therapies allow both the therapist and client to observe how the person interacts with other people.

70) Couple therapy for one partner of a couple is just as effective as it is for both of them.

71) There is no difference in the effectiveness of the various psychotherapies.

72) Phenothiazines are antidepressant drugs.

73) No one knows why ECT works.

74) Psychiatrists generally prefer ECT to either drugs or psychotherapy.
Answer Key
Testname: CH 13 433-END

1) A
2) B
3) D
4) A
5) A
6) B
7) D
8) C
9) D
10) A
11) C
12) C
13) B
14) D
15) B
16) B
17) A
18) B
19) B
20) A
21) D
22) B
23) B
24) B
25) A
26) B
27) D
28) D
29) A
30) A
31) B
32) C
33) B
34) B
35) A
36) B
37) D
38) B
39) B
40) A
41) C
42) B
43) A
44) D
45) A
46) C
47) D
48) D
49) D
Answer Key
Testname: CH 13 433-END

50) D
51) C
52) C
53) B
54) C
55) A
56) B
57) C
58) A
59) B
60) D
61) C
62) A
63) C
64) D
65) A
66) A
67) TRUE
68) FALSE
69) TRUE
70) FALSE
71) TRUE
72) FALSE
73) TRUE
74) FALSE