

**REVIEW TEST**  
**Chapter 13, Therapy**  
**PSY 111**

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

1. What did Hippocrates view as the cause of physical and psychological disorders?

- A. family conflict
- B. divine intervention
- C. demon possession
- D. imbalances among four humors

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2. It is time for another game of Jeopardy and the category is "Famous figures in the history of therapy." The revealed answer is "His book described the horrors of the treatment of the mentally ill near the turn of the 20<sup>th</sup> century." Right before the buzzer, what will you say?

- A. "Who is Philippe Pinel?"
- B. "Who is Clifford Beers?"
- C. "Who is Benjamin Rush?"
- D. "Who is Sigmund Freud?"

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3. What treatment evolved from Franz Anton Mesmer's technique of animal magnetism?

- A. hypnosis
- B. psychotherapy
- C. dream analysis
- D. psychoanalysis

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4. What was the focus of court rulings that played a role in deinstitutionalization?

- A. mandated payment for work done on hospital grounds
- B. insisted patients had the right to minimum levels of care
- C. banned psychotropic medication except in extreme cases
- D. expanded the criteria by which someone could be involuntarily committed

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5. I have been diagnosed as suffering from schizophrenia. I am poor, unemployed, and homeless. My plight is most likely the result of

- A. deinstitutionalization.
- B. a corrupt welfare system.
- C. an incompetent therapist.
- D. a bad childhood environment.

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6. Which of these is the most frequent form of treatment for people who suffer from psychological disorders?

- A. inpatient treatment only
- B. outpatient treatment only
- C. court ordered outpatient treatment
- D. a combination of inpatient and outpatient treatment

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7. Treatment decisions at the mental health center are made by a team of mental health professionals. Which of these groups of people is most likely to constitute one such team?
- A. psychiatrist, social worker, clinical psychologist
  - B. clinical psychologist, social worker, epidemiologist
  - C. educational psychologist, counselor, social worker
  - D. social worker, forensics psychologist, experimental psychologist

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8. Which term describes psychological treatments designed to help people resolve behavioral, emotional, and interpersonal problems and improve the quality of their lives?
- A. mental hygiene
  - B. psychiatric care
  - C. psychotherapy
  - D. psychoanalysis

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9. You let your fingers do the walking through the Yellow Pages looking for a psychotherapist. Your attention is drawn to an advertisement for a group practice described as eclectic. When you call the receptionist to ask for a description of the practice what will you be told?
- A. Our group focuses on clients' early life experiences.
  - B. Our staff uses a variety of therapeutic approaches in their work.
  - C. All the professionals in this group have training in psychoanalysis.
  - D. The practice deals with a range of problems from those due to genetic factors to those resulting from stress.

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10. After agonizing over his decision to begin therapy, Ron finally calls the mental health center to make an appointment. At his first session, the therapist asks Ron to say whatever comes to mind and not to censor anything. What technique was the therapist describing?
- A. meditation
  - B. free association
  - C. past life regression
  - D. altered state of consciousness

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11. For which type of client is psychoanalytic therapy most appropriate?
- A. 21-year-old mentally retarded woman
  - B. 65-year-old with a long history of mental illness
  - C. 6-year-old child experiencing anxiety over her parent's divorce
  - D. 30-year-old college professor depressed over the death of his father

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12. Dr. Meta indicates to his client that the reason he feels depressed is because he continually thinks about things in a negative way even when they are positive or neutral. He needs to change how he views the world to rid himself of depressive symptoms. Which type of therapy is Dr. Meta using?
- A. Gestalt
  - B. behavior
  - C. cognitive
  - D. psychoanalytic

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13. Which of these clients is the most likely candidate for Aaron Beck's form of cognitive therapy?
- A. Albert who suffers from mania
  - B. Barbara who suffers from depression
  - C. Robert who suffers from schizophrenia
  - D. Virginia who has been diagnosed with dissociative identity disorder

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14. Someone who continually reports "I'm not capable of being loved by anyone" is likely experiencing
- A. the cognitive triad.
  - B. automatic thoughts.
  - C. overgeneralization.
  - D. selective abstraction.

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15. Your friend has applied to several medical schools. After receiving one rejection letter, she concludes that she will not be admitted to any school and feels depressed. Your friend is engaging in
- A. inexact labeling.
  - B. overgeneralization.
  - C. undergeneralization.
  - D. selective abstraction.

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16. What does research comparing cognitive therapy to drug therapy for depression demonstrate about the effectiveness of these two forms of treatment?
- A. Cognitive therapy is not used to treat depression.
  - B. Cognitive therapy performed worse than drug therapy.
  - C. Cognitive therapy performed as well as drug therapy.
  - D. Cognitive therapy performed better than drug therapy.

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17. Which form of cognitive therapy helps people to cope with life's pressures that can lead to anger, anxiety, or pain?
- A. behavior modification
  - B. client-centered therapy
  - C. rational-emotive therapy
  - D. stress inoculation training

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18. What do behavior therapists see as the cause of maladaptive behaviors?
- A. learning
  - B. unconscious conflicts
  - C. distortions in thinking
  - D. discrepancy between the real self and ideal self

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19. Which of these treatments have the closest historical links?
- A. extinction and modeling
  - B. token economy and covert sensitization
  - C. counterconditioning and systematic desensitization
  - D. stress inoculation training and aversive conditioning
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20. For which of these problems would systematic desensitization most likely be used?
- A. Joe has been depressed for two years.
  - B. Joe is sexually attracted to young children.
  - C. As a result of schizophrenia, Joe does not interact with members of his family.
  - D. A fear of heights restricts Joe's enrollment to classes that meet on the first floor.
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21. Tess is about to undergo a treatment called systematic desensitization. Which of the following is a component of that treatment?
- A. She will learn to associate relaxation with scenes related to the phobia.
  - B. She will learn new methods of self talk that she can use when confronting phobic stimuli.
  - C. She will use visual imagery to guide her movements as she approaches a feared stimulus.
  - D. She will learn to administer a small dose of an antianxiety drug in order to reduce her level of discomfort.
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22. What technique would you use if you wanted to reward patients in a mental hospital instantly for showing appropriate behaviors?
- A. extinction
  - B. shaping
  - C. token economy
  - D. systematic desensitization
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23. Ray attended a summer camp where the counselors gave campers a pin when they did something good and took away a pin when they did something bad. Later, the pins could be spent at the camp store. What technique were the counselors using?
- A. extinction
  - B. punishment
  - C. token economy
  - D. systematic desensitization
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24. On the door of the refrigerator is a sheet of paper with check marks on it. Every time Alice cleans her room properly and makes her bed she receives a check mark. When she accumulates 100 check marks, she can get the new video game she wants. What type of behavioral program are Alice's parents using?
- A. modeling
  - B. negative reinforcement
  - C. token economy
  - D. systematic desensitization
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25. John and his wife are having trouble communicating and getting along with one another. What type of therapy are they most likely to consider?
- A. family therapy
  - B. marital therapy
  - C. self-help group
  - D. systematic desensitization

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26. Clients who improve without receiving treatment are demonstrating
- A. client expectations.
  - B. the regression effect.
  - C. spontaneous remission.
  - D. a self-fulfilling prophecy.

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27. The year is 1952 and you have just read Eysenck's study of the effectiveness of psychotherapy. A friend who has been thinking of beginning therapy asks your advice one last time. What do you tell her?
- A. "Try group therapy because it is more effective than individual therapy."
  - B. "Don't waste your time with therapy; you would do just as well without it."
  - C. "Make sure your therapist has advanced training in the use of psychoanalysis."
  - D. "Go for it; psychotherapy has been shown to be effective in treating neurotic disorders like yours."

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28. What is the most important reason minority groups find therapy to be inadequate?
- A. traditional therapy costs too much
  - B. therapists' stereotypes of ethnic clients
  - C. their cultures "frown up" self-disclosure to strangers
  - D. therapists do not provide culturally responsive forms of therapy

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29. According to Jack Engler and Daniel Goleman, what reason should be considered when deciding whether to seek therapy?
- A. history of previous treatment
  - B. family history of mental illness
  - C. age when symptoms first occurred
  - D. distress is affecting your personal life

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30. What is the major class of antianxiety drugs such as Valium?
- A. tricyclics
  - B. lithium family
  - C. phenothiazines
  - D. benzodiazepines

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31. A physician prescribes a benzodiazepine drug to help alleviate your anxiety. Which drug might you be taking?

- A. Xanax
- B. Prozac
- C. Elavil
- D. Thorazine

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32. Which neurotransmitter is affected by antianxiety drugs such as Valium and Librium?

- A. GABA
- B. dopamine
- C. serotonin
- D. norepinephrine

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33. What are some common side effects of antianxiety drugs?

- A. dizziness and dry mouth
- B. delusions and hallucinations
- C. drowsiness and impaired memory
- D. severe depression and weight loss

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34. How do MAO inhibitors work?

- A. block the activity of dopamine
- B. cause more inhibitory neurons to fire
- C. reduce the reuptake of serotonin and norepinephrine
- D. prevent the breakdown of serotonin and norepinephrine

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35. John is taking an antidepressant and is warned to avoid eating aged cheese, beans, liver, and yogurt. What type of drug is he taking?

- A. lithium
- B. tricyclic
- C. MAO inhibitor
- D. benzodiazepine

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36. How do most antipsychotic drugs seem to work?

- A. block the activity of dopamine
- B. cause more excitatory neurons to fire
- C. reduce the reuptake of serotonin and norepinephrine.
- D. prevent serotonin and norepinephrine from being broken down.

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37. Given an equal dose of a drug, women generally have higher levels in their bloodstreams. Although this is a common finding, what factor complicates the picture and makes research on sex differences in drug response complicated?
- A. Estrogen and progesterone slow the emptying of the stomach.
  - B. Differing diets actually account for the large differences in blood levels of drugs.
  - C. Higher rates of alcohol use by men are responsible for differing blood levels of drugs.
  - D. The difference in bloodstream levels of drugs between men and women results from differences in adherence to specified treatments.

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38. What have follow-up studies of patients on antipsychotic drugs found that can influence future treatment?
- A. It is unethical and poor treatment to stop the use of drugs because patients inevitably relapse.
  - B. Because half of patients do not relapse, patients should be tapered to the lowest effective dosage.
  - C. Most patients should be switched from antipsychotic drugs to antianxiety drugs as soon as possible.
  - D. Patients should be rapidly switched from one drug to another so they do not develop the symptoms of tolerance and withdrawal.

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39. An alien arrives at the local medical center and you are asked to escort him on a tour. The tour takes you to the psychiatric wing where you explain why a patient is about to receive a dose of electricity equal to the amount required to light a 20-watt bulb for 2 seconds. The alien asks why such punishment is administered. You explain that what looks like punishment is actually an effective treatment for
- A. severe depression.
  - B. paranoid schizophrenia.
  - C. dissociative identity disorder.
  - D. antisocial personality disorder.

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40. Why does administration of electroconvulsive therapy (ECT) often cause memory loss?
- A. It disrupts the process of consolidation.
  - B. It increases the speed of information processing.
  - C. It destroys brain areas responsible for memory storage.
  - D. It causes a release of stress hormones that initiate a process of repression.

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

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25. B

26. C

27. B

28. D

29. D

30. D

31. A

32. A

33. C

34. D

35. C

36. A

37. A

38. B

39. A

40. A