

BOROUGH OF MANHATTAN COMMUNITY COLLEGE

City University of New York
Department of Social Sciences

General Psychology: Psy100-1405 and 1708
Prof. Zorn, Adjunct Lecturer-FALL 2018
Quiz 5 on **Chapter 13**

Name:

ID Number:

Date:

E-mail (Optional):

Directions: This take home is due one week from today. There are 30 questions worth four points each, plus one more for good luck. **Circle** all your answers. Return it to me and begin to enjoy the next chapter. **Now relax and do your best. Remember to breath. Trust your brain and try to approach each question calmly and thoughtfully.**

Now, play with your knowledge!

1. Which of the following biomedical interventions for changing behavior is used **LEAST** often?
 - A. Aversive conditioning
 - B. Electroconvulsive therapy
 - C. Psychosurgery
 - D. Drug therapy
2. Xanax, Valium, and Librium are benzodiazepines that are commonly used drug therapies for treating _____.
 - A. mood disorders
 - B. anxiety disorders
 - C. schizophrenia
 - D. dissociative disorders
3. In addition to providing treatment for depression, antidepressant drugs may also be an effective treatment for _____.
 - A. schizophrenia
 - B. anxiety disorders and eating disorders
 - C. dissociative amnesia
 - D. antisocial personality disorder
4. Lithium is an effective _____ drug.
 - A. antipsychotic
 - B. antianxiety
 - C. barbituate
 - D. mood-stabilizing
5. Antipsychotic drugs are used to treat _____.
 - A. obsessive-compulsive disorder
 - B. major depressive disorder
 - C. schizophrenia
 - D. panic disorder

6. Neuroleptic drugs _____.
- A. are antianxiety drugs
 - B. reduce schizophrenic symptoms
 - C. effectively block serotonin activity in the brain
 - D. cure schizophrenia
7. Electroconvulsive therapy (ECT) is a treatment sometimes used for _____.
- A. dissociative identity disorder
 - B. depression
 - C. schizophrenia
 - D. obsessive-compulsive disorder
8. Which of the following statements about psychosurgery is **FALSE**?
- A. Psychosurgery is a biological therapy that involves the removal or destruction of brain tissue to improve the individual's adjustment.
 - B. A prefrontal lobotomy is a type of psychosurgery that involves severing fibers that connect the frontal lobe and the thalamus.
 - C. The effects of psychosurgery can be reversed with intensive therapy.
 - D. Present-day psychosurgery involves making just a small lesion in the amygdala or another part of the limbic system.
9. Which of the following perspectives views abnormal behavior as the result of unresolved unconscious conflicts?
- A. Psychodynamic therapy
 - B. Humanistic therapy
 - C. Social learning therapy
 - D. Biological therapy
10. The main goal of psychoanalysis is to _____.
- A. persuade clients to abandon their irrational, misery-inducing beliefs
 - B. provide clients with insight into their unconscious conflicts
 - C. train clients to avoid maladaptive patterns of behavior through modeling of appropriate behaviors
 - D. demonstrate unconditional positive regard toward the client
11. Psychoanalysts attempt to eliminate self-defeating behaviors by _____.
- A. convincing the client of the inappropriateness of the behaviors
 - B. paraphrasing the client's statements and asking for clarification
 - C. training the client in social skills
 - D. bringing unconscious material to consciousness
12. In psychoanalytic theory, the term *transference* is used to describe _____.
- A. the gradual shifting of erogenous desires from the mouth to the genitals
 - B. the phenomenon in which the patient comes to relate to the therapist in ways that resemble her or his other relationships
 - C. efforts to redirect anxiety-provoking desires into socially acceptable actions
 - D. the repression of painful memories from conscious awareness

13. According to Freudian dream interpretation, the obvious content of a person's dream hides the true meaning or content of the dream, called the _____ content.
- A. obtuse
 - B. subliminal
 - C. latent
 - D. manifest
14. You are a humanistic therapist. A potential client is unfamiliar with your school of therapy and asks you to sum it up. You tell him the primary premise of humanistic therapy is that _____.
- A. individuals possess the capacity to heal themselves
 - B. irrational thought results in negative consequences
 - C. the unconscious mind can affect conscious behavior
 - D. abnormal behavior can be manipulated in therapy
15. _____ are called insight therapies because they encourage self-awareness as the key to psychological health.
- A. Cognitive and sociocultural therapies
 - B. Behavior and humanistic therapies
 - C. Psychodynamic and humanistic therapies
 - D. Psychodynamic and behavior therapies
16. The primary goal of behavior therapy is to _____.
- A. uncover unconscious conflicts
 - B. gain self-awareness
 - C. reduce or eliminate maladaptive behavior
 - D. be sensitive to the cultural and contextual needs of the client
17. Two key assumptions of the _____ approach to therapy are that psychological disorders are learned in exactly the same way as normal behaviors are and that they can be treated by applying the basic principles of learning.
- A. biological
 - B. interpersonal
 - C. humanistic
 - D. behavioral
18. Systematic desensitization involves _____.
- A. pairing a feared stimulus with a state of deep relaxation by being exposed to feared situations in a gradual hierarchical fashion
 - B. exposing an individual to feared stimuli to an excessive degree while not allowing him or her to avoid the stimuli
 - C. gaining systematic insight into the source of your fear
 - D. using a gradual build up of self-reflective speech
19. Which of the following is **NOT** considered a form of behavior therapy?
- A. Applied behavior analysis
 - B. Aversive conditioning
 - C. Systematic desensitization
 - D. Client-centered therapy

20. Aversive conditioning can be an effective treatment for _____.
A. schizophrenia and panic disorder
B. depression
C. smoking, overeating, and drinking alcohol
D. generalized anxiety disorder
21. As part of a smoking cessation program, Paul receives an injection of a nausea-inducing drug and then is asked to smoke a cigarette. Even though he knows he is receiving the drug, it is hoped that Paul will associate the nausea symptoms with smoking and will thus smoke less. This example best demonstrates the procedures typically used in _____.
A. aversive conditioning
B. behavior modification
C. rational emotive therapy
D. systematic desensitization
22. _____ therapy is based on the assumption that abnormal behavior is due to faulty ways of thinking and believing.
A. Humanistic
B. Cognitive
C. Gestalt
D. Psychoanalytic
23. A therapist who uses cognitive restructuring believes that _____ are the causes of abnormal behavior.
A. parental relationships
B. maladaptive beliefs
C. chemical imbalances
D. childhood experiences
24. A psychologist who practices cognitive therapy might try to help a patient who suffers from a major depressive disorder by _____.
A. using systematic desensitization to replace depression with relaxation
B. trying to get the patient to stop having irrational thoughts and dysfunctional attitudes
C. analyzing unconscious conflicts from the patient's past
D. involving the patient in satisfying social activities
25. _____ suggests that psychological disorders are the result of irrational and self-defeating beliefs.
A. Psychoanalysis
B. Humanistic therapy
C. Rational-emotive behavior theory
D. Integrative therapy
26. _____ is an example of a cognitive therapy.
A. Rational-emotive therapy
B. Client-centered therapy
C. Family therapy
D. Psychoanalysis

27. Beck's cognitive therapy focuses on _____.
- A. illogical thoughts
 - B. resistance
 - C. positive reinforcement
 - D. the relationship between therapist and client
28. _____ is an important aspect of cognitive-behavior therapy.
- A. Self-efficacy
 - B. Insight
 - C. Self-awareness
 - D. Cultural sensitivity
29. Research shows that cognitive therapy can be a promising treatment for _____.
- A. depression
 - B. panic disorder
 - C. post-traumatic stress disorder
 - D. All of these
30. Integrative therapy is most compatible with the _____ model of abnormal behavior.
- A. psychodynamic
 - B. humanistic
 - C. biopsychosocial
 - D. cognitive

And a couple more for good luck...

31. One goal of cognitive therapy may be to help individuals gain control over automatic emotional reactions in the _____ with control processes originating in the _____.
- A. amygdala / prefrontal cortex
 - B. prefrontal cortex / amygdala
 - C. cerebrum / hypothalamus
 - D. amygdala / hypothalamus
32. A major advantage to group therapy is that _____.
- A. clients have more opportunity to develop social skills
 - B. clients can get more undivided attention from the therapist
 - C. the therapist has less work to do because the clients do most of the work
 - D. it is better suited to clients with severe problems
33. Validation, reframing, structural change, and detriangulation are techniques commonly used in _____.
- A. psychoanalysis
 - B. cognitive therapy
 - C. family therapy
 - D. behavioral therapy

34. Which of the following forms of treatment relies on paraprofessionals?

- A. Family therapy
- B. Couples therapy
- C. Self-help groups
- D. Humanistic therapy

35. Researchers have found that when there is an ethnic match between the therapist and the client and when ethnic-specific services are provided, _____.

- A. clients are more likely to drop out of therapy early
- B. clients have better treatment outcomes
- C. treatment outcomes are the same as when there is no ethnic match
- D. both the client and therapist typically show evidence of bias or prejudice against other groups

Thanks for studying so hard, thinking together and reading!

Note: Remember to send me your quotes (for extra credit!)

Have a great break!