Chapter Test
1. The first psychotherapy, which was also the most time-consuming and expensive, was
   a. psychoanalysis
   b. psychodynamic therapy
   c. behavior therapy
   d. insight therapy
Answer: A difficulty: 1 factual
Goal 1: Knowledge Base of Psychology

2. Dream work in psychoanalysis is directed at interpreting the client’s dream content based on
   a. the patient’s memory of the actual dream content
   b. the patient’s free associations to the dream material
   c. the unconscious process of developing a dream
   d. the daily events that trigger daydreaming
Answer: B difficulty: 2 conceptual
Goal 1: Knowledge Base of Psychology

3. These therapists conduct therapy sessions much more like other modern therapists, but are rooted in psychoanalytic theory.
   a. psychodynamic therapists
   b. cognitive-behavior therapists
   c. rational-emotive therapists
   d. aversion therapists
Answer: A difficulty: 1 factual
Goal 1: Knowledge Base of Psychology

4. This behavior modification technique exposes clients to increasingly intense anxiety-provoking images known as the anxiety hierarchy.
   a. aversion therapy
   b. systematic desensitization
   c. automatic thought records
   d. progressive muscle tension
Answer: B difficulty: 2 factual
Goal 1: Knowledge Base of Psychology

5. This non-associative learning process is the basis for the effect of flooding techniques.
   a. forward conditioning
   b. habituation
   c. negative reinforcement
   d. modeling
Answer: B difficulty: 2 factual
Goal 1: Knowledge Base of Psychology

6. This form of therapy, credited to Albert Ellis, is based on the idea that human beings can be taught to control their feelings by controlling their thoughts
a. cognitive therapy
b. cognitive-behavior therapy (CBT)
c. rational-emotive behavior therapy (REBT)
d. antecedent-behavior-consequence therapy (ABCT)
Answer: C difficulty: 1 factual
Goal 1: Knowledge Base of Psychology

7. Aaron Beck’s cognitive therapy was based on his observation that people with emotional disturbances tend to experience
a. unconscious motives
b. habitual tendencies
c. automatic thoughts
d. conditioned emotions
Answer: C difficulty: 2 conceptual
Goal 1: Knowledge Base of Psychology

8. The “prescription” of self-help books by therapists as adjuncts to therapy sessions is known as
a. client-centered therapy
b. self-help therapy
c. bibliotherapy
d. ideation therapy
Answer: C difficulty: 1 factual
Goal 1: Knowledge Base of Psychology

9. The primary difference between self-help support groups and group therapy is that in a self-help group
a. the moderator or facilitator is not usually a mental help professional
b. the therapist works to help treat the variety of problems in all of the members of the group
c. there is little emphasis on the suffering of the group members
d. attendance is not as cost effective as is attending group therapy sessions
Answer: A difficulty: 2 conceptual
Goal 1: Knowledge Base of Psychology

10. The effectiveness of psychotherapy and biomedical treatments is usually tested using
a. one-on-one patient interactions
b. randomized control studies
c. placebo effect studies
d. single-group efficacy studies
Answer: B difficulty: 2 factual
Goal 1: Knowledge Base of Psychology

11. In studies of psychotherapy, an effective treatment is one that reduce symptoms of distress to a point of
12. Most psychologists agree that this therapy is the best choice for treating depression, though it is not necessarily more effective than other approaches.
   a. aversion therapy
   b. behavior therapy
   c. cognitive-behavior therapy
   d. insight therapy
   Answer: C difficulty: 2 conceptual
Goal 1: Knowledge Base of Psychology

13. In dismantling studies, the goal is to compare the effectiveness of specific techniques from a therapeutic approach with
   a. factors common to all legitimate therapies
   b. factors common to all other specific behavior therapies
   c. other techniques from the same therapeutic approach
   d. techniques from the logically opposite therapeutic position
   Answer: A difficulty: 2 conceptual
Goal 1: Knowledge Base of Psychology

14. The therapist’s intellectual commitment to the specific type of therapy he or she has chosen to practice is the basis for the common factor known as
   a. therapeutic alliance
   b. therapeutic allegiance
   c. therapeutic competence
   d. therapeutic modeling
   Answer: B difficulty: 1 factual
Goal 1: Knowledge Base of Psychology

15. In a national survey, Pope and Tabachnick (1994) found that this percentage of practicing psychotherapists were also patients of other therapists.
   a. 22%
   b. 29%
   c. 61%
   d. 84%
   Answer: D difficulty: 2 factual
Goal 2: Research Methods in Psychology

16. The short-term anxiolytics that produce mild sedation, but not total sedation, are called
   a. barbiturates
b. benzodiazepines  
c. GABA antagonists  
d. muscle relaxers  
Answer: B difficulty: 2 factual  
Goal 1: Knowledge Base of Psychology

17. Which of the following is NOT a class of antidepressant drugs?  
a. MAO inhibitors  
b. tricyclic antidepressants  
c. selective serotonin reuptake inhibitors  
d. mood stabilizers  
Answer: D difficulty: 1 factual  
Goal 1: Knowledge Base of Psychology

18. Selective serotonin reuptake inhibitors (SSRIs) differ from tricyclic antidepressants because SSRIs differ from tricyclic antidepressants  
a. affect dopamine as well as serotonin and norepinephrine  
b. affect only on serotonin  
c. affect GABA and serotonin  
d. affect serotonin and norepinephrine  
Answer: B difficulty: 2 factual  
Goal 1: Knowledge Base of Psychology

19. According to the U. S. Food and Drug Administration, which of the following populations is most at risk for increased suicidality while using antidepressants?  
a. women over 65  
b. men between the ages of 35 and 75  
c. children and adolescents  
d. men between the ages of 25 and 45  
Answer: C difficulty: 3 factual  
Goal 4: Application of Psychology

20. Thorazine and Haldol were revolutionary in their effectiveness in reducing  
a. positive symptoms of schizophrenia  
b. negative symptoms of schizophrenia  
c. manic episodes in bipolar disorder  
d. bipolar depressive periods  
Answer: A difficulty: 1 factual  
Goal 1: Knowledge Base of Psychology

21. When the authors of a study testing the effectiveness of drug treatments for disorders do little or nothing in the way of writing the article, it is called  
a. peer reviewing  
b. ghostwriting  
c. triaging  
d. extortion
Answer: B difficulty: 1 factual
Goal 5: Values in Psychology

22. The systematic exclusion of certain types of results from publication in favor of other types of results is called
a. ghostwriting
b. publication bias
c. experimenter bias
d. demand characteristics
Answer: B difficulty: 1 factual
Goal 5: Values in Psychology

23. Electroconvulsive therapy (ECT) is controversial mainly because early versions of the therapy
a. were painful and caused physical and cognitive damage
b. were conducted with strong anesthetics
c. were only given to willing patients
d. were not known as shock treatments
Answer: A difficulty: 2 factual
Goal 5: Values in Psychology

24. This biological treatment involves placing an electromagnetic coil on the scalp to send short electromagnetic pulses through the skull, gently stimulating the cerebral cortex.
   a. electromagnetogram
   b. magnetic encephalography
   c. repetitive transcranial magnetic stimulation
   d. functional magnetic resonance treatment
Answer: C difficulty: 1 factual
Goal 1: Knowledge Base of Psychology

25. In terms of overall treatment of psychological disorders, this model is probably the best.
   a. integrative treatment model
   b. psychotherapy or talking-cure
   c. bibliotherapy model
   d. biological model
Answer: A difficulty: 1 conceptual
Goal 4: Application of Psychology