

Ch. 16

1. Which drugs appear to produce therapeutic effects by blocking receptor sites for dopamine?
 - A) antianxiety drugs
 - B) antidepressant drugs
 - C) antipsychotic drugs
 - D) antimanic drugs

2. In order to help him overcome his fear of flying, Duane's therapist has him construct a hierarchy of anxiety-triggering stimuli and then learn to associate each with a state of deep relaxation. Duane's therapist is using the technique called:
 - A) systematic desensitization.
 - B) aversive conditioning.
 - C) shaping.
 - D) free association.

3. Cognitive therapists are most likely to encourage depressed clients to:
 - A) sense and express their own real moment-to-moment feelings of depression.
 - B) carefully observe the negative consequences of their depression.
 - C) take more personal responsibility for their own negative feelings and actions.
 - D) stop blaming themselves for negative circumstances beyond their control.
 - E) identify a hierarchy of anxiety-arousing experiences.

4. Meta-analysis refers to:
 - A) a procedure for statistically combining the results of many different studies.
 - B) the use of a variety of therapeutic techniques in the treatment of a single client.
 - C) counseling and treatment of troubled individuals by friends, family, and other nonprofessional helpers.
 - D) a procedure for identifying the common factors that underlie many different disorders.
 - E) the technique of simply rephrasing much of what a client says during the course of therapy.

5. Electroconvulsive therapy is most useful in the treatment of:
 - A) schizophrenia.
 - B) depression.
 - C) personality disorders.
 - D) anxiety disorders.
 - E) bipolar disorder.

6. After performing a meta-analysis of some 475 psychotherapy outcome studies, Smith and her colleagues reported in 1980 that:
 - A) evidence overwhelmingly supports the efficacy of psychotherapy.
 - B) psychotherapy is no more effective than talking to a friend.
 - C) psychotherapy harms just as many people as it helps.
 - D) it is impossible to measure the effectiveness of psychotherapy.

7. Dr. Genscher believes that most psychological disorders result from chemical abnormalities within the brain. In her work as a therapist, Dr. Genscher is most likely to make use of:
 - A) psychosurgery.
 - B) meta-analysis.
 - C) systematic desensitization.
 - D) drug therapies.
 - E) electroconvulsive therapy.

8. Which type(s) of psychotherapy would be most likely to use the interpretation of dreams as a technique for bringing unconscious feelings into awareness?
- A) psychoanalysis
 - B) psychodynamic therapy
 - C) cognitive therapy
 - D) all of the above
 - E) both a. and b.
9. An important feature of client-centered therapy is:
- A) interpretation.
 - B) systematic desensitization.
 - C) transference.
 - D) free association.
 - E) active listening.
10. According to psychoanalysts, resistance refers to the:
- A) expression toward a therapist of feelings linked with earlier relationships.
 - B) blocking from consciousness of anxiety-laden material during therapy.
 - C) replacement of a genuine concern for others with self-centeredness.
 - D) conversion of psychological conflicts into physical and behavioral disorders.
11. Which of the following therapists would most likely try to understand an adult's psychological disorder by exploring that person's childhood experiences?
- A) a psychoanalyst
 - B) a behavior therapist
 - C) a humanistic therapist
 - D) a cognitive therapist
12. Systematic desensitization is based on the idea that _____ facilitates the elimination of fear.
- A) the placebo effect
 - B) movement of the eyes
 - C) therapeutic touch
 - D) relaxation
 - E) active listening
13. Principles of operant conditioning underlie which of the following techniques?
- A) counterconditioning
 - B) systematic desensitization
 - C) flooding
 - D) aversive conditioning
 - E) the token economy
14. During a marriage counseling session with Mr. and Mrs. Armstrong, the therapist suggested that each partner, before responding to the other person's comment, should restate the comment exactly. The therapist was applying a technique most closely associated with:
- A) EMDR.
 - B) psychoanalysis.
 - C) cognitive-behavior therapy.
 - D) systematic desensitization.
 - E) client-centered therapy.

15. Behavior therapy is to token economy as psychosurgery is to _____.
- A) aversive conditioning
 - B) drug therapy
 - C) lobotomy
 - D) electroconvulsive therapy
16. Replacing a negative response with a positive response is to systematic desensitization as replacing a positive response with a negative response is to:
- A) transference.
 - B) operant conditioning.
 - C) aversive conditioning.
 - D) eclectic therapy.
 - E) electroconvulsive therapy.
17. Psychopharmacology involves the study of how:
- A) diseases influence psychological well-being.
 - B) exercise alleviates depression.
 - C) drugs affect mind and behavior.
 - D) physical relaxation reduces anxiety.
 - E) psychosurgery and ECT influence emotions.
18. Wilma, 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) Valium.
 - C) Clozaril.
 - D) Thorazine.
19. In one massive experiment, potentially delinquent boys were assigned to a 5-year treatment program that included professional counseling and family assistance. Many years later, Joan McCord's investigation of this program's effectiveness revealed that:
- A) clients who received the special treatment subsequently had fewer incidents of juvenile delinquency.
 - B) clients typically underestimated the truly positive effects of this program on their own lives.
 - C) only the therapists who were involved in the program could accurately gauge its effectiveness.
 - D) clients' accounts of the program's effectiveness were often misleading and overly positive.
20. The most widely used form of behavior therapy is:
- A) active listening.
 - B) aversive conditioning.
 - C) the token economy.
 - D) systematic desensitization.
 - E) stress inoculation training.
21. At the present time, the most effective drug for the treatment of schizophrenia is:
- A) Clozaril.
 - B) Prozac.
 - C) Valium.
 - D) lithium.

22. In concluding her talk entitled "Psychosurgery Today," Ashley states that:
- A) "Psychosurgery is still widely used throughout the world."
 - B) "Electroconvulsive therapy is the only remaining psychosurgical technique that is widely practiced."
 - C) "With advances in psychopharmacology, psychosurgery has largely been abandoned."
 - D) "Although lobotomies remain popular, other psychosurgical techniques have been abandoned."
23. A person can derive benefits from psychotherapy simply by believing in it. This illustrates the importance of:
- A) spontaneous remission.
 - B) the placebo effect.
 - C) the transference effect.
 - D) interpretation.
24. Light-exposure therapy has proven useful as a form of treatment for people suffering from:
- A) bulimia.
 - B) seasonal affective disorder.
 - C) schizophrenia.
 - D) dissociative identity disorder.
25. Valium and Librium are _____ drugs.
- A) antidepressant
 - B) antipsychotic
 - C) antimanic
 - D) antianxiety
26. Systematic desensitization is a form of:
- A) psychoanalysis.
 - B) biomedical therapy.
 - C) counterconditioning.
 - D) cognitive therapy.
 - E) humanistic therapy.
27. The effectiveness of psychotherapy has been assessed both through clients' perspectives and through controlled research studies. What have such assessments found?
- A) Clients' perceptions and controlled studies alike strongly affirm the effectiveness of psychotherapy.
 - B) Whereas clients' perceptions strongly affirm the effectiveness of psychotherapy, studies point to more modest results.
 - C) Whereas studies strongly affirm the effectiveness of psychotherapy, many clients feel dissatisfied with their progress.
 - D) Clients' perceptions and controlled studies alike paint a very mixed picture of the effectiveness of psychotherapy.
28. Repetitive transcranial magnetic stimulation shows greatest promise for the treat of:
- A) schizophrenia.
 - B) anxiety.
 - C) alcoholism.
 - D) depression.
 - E) bulimia.
29. Mr. Choi's therapist wants to help him become aware of his conflicting childhood feelings of love and hate for his parents. The therapist's goal best reflects a primary aim of:

- A) client-centered therapy.
- B) cognitive therapy.
- C) psychoanalysis.
- D) systematic desensitization.
- E) operant conditioning techniques.

30. Oni, who suffers chronic depression, has just learned that she received a high grade on her chemistry exam. A cognitive therapist would be most likely to encourage Oni to attribute her success to:

- A) her effective study skills.
- B) her reduced course load, which allowed her a large amount of test-preparation time.
- C) a relaxed classroom atmosphere, which effectively reduced her test anxiety.
- D) the excellent help she received from a friendly chemistry tutor.

31. When Ralph received a well-deserved job promotion, he told his therapist it was just a lucky break. The therapist responded, "Let's work together, Ralph, on helping you learn to congratulate yourself for your successes." The approach taken by the therapist is most representative of:

- A) client-centered therapy.
- B) systematic desensitization.
- C) cognitive therapy.
- D) psychoanalysis.
- E) behavior therapy.

32. Which of the following is *not* necessarily an advantage of group therapies over individual therapies?

- A) They tend to take less time for the therapist.
- B) They tend to cost less money for the client.
- C) They are more effective.
- D) They allow the client to test new behaviors in a social context.

33. The most widely prescribed drugs in biomedical therapy are the:

- A) antianxiety drugs.
- B) antipsychotic drugs.
- C) antidepressant drugs.
- D) amphetamines.

34. Abraham's doctor prescribes medication that increases the availability of norepinephrine in his nervous system. Evidently, Abraham is being treated with an _____ drug.

- A) antipsychotic
- B) antianxiety
- C) antidepressant
- D) anticonvulsive

35. Nick survived a car accident in which another passenger died. Feeling anxious and guilty, he sought treatment from an alternative therapist, who used eye movement desensitization and reprocessing to help Nick return to his normally upbeat, optimistic frame of mind. After several months of treatment Nick began feeling better. Although Nick is convinced that the alternative therapy was responsible for his improvement, it is also possible that it was the result of:

- A) regression toward the mean.
- B) a placebo effect.
- C) merely seeking treatment from any practitioner who provided an empathic, trusting environment.
- D) all of the above.

36. During a session with his psychoanalyst, Jamal hesitates while describing a highly embarrassing thought. In the psychoanalytic framework, this is an example of:
- A) transference.
 - B) insight.
 - C) mental repression.
 - D) resistance.
37. A token economy is to operant conditioning as _____ is to classical conditioning.
- A) systematic desensitization
 - B) group therapy
 - C) electroconvulsive therapy
 - D) free association
 - E) drug therapy
38. Psychoanalytic therapy is to _____ as humanistic therapy is to _____.
- A) feelings; behavior
 - B) Freud; Wolpe
 - C) past experience; present experience
 - D) transference; systematic desensitization
 - E) personal freedom; personal responsibility
39. Which form of therapy would most likely seek to 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
40. Psychoanalysts are most likely to view patient transference as:
- A) a form of therapeutic resistance.
 - B) a sign of healthy personality development.
 - C) a helpful aid to the process of therapy.
 - D) evidence that no further therapy is needed.
41. When Carla told her therapist about her frightening car accident, the therapist instructed her to close her eyes and verbalize any further thoughts stimulated by this experience, even if they were scary or embarrassing. The therapist was making use of a technique known as:
- A) active listening.
 - B) transference.
 - C) systematic desensitization.
 - D) free association.
 - E) aversive conditioning.
42. Teaching people to take personal credit for their successes and to blame circumstances when things go wrong has been found to be effective in the treatment of:
- A) dissociative disorders.
 - B) schizophrenia.
 - C) phobic disorders.
 - D) depression.

43. A meta-analysis of research studies comparing the effectiveness of professional therapists with paraprofessionals found that:
- A) the professionals were much more effective than the paraprofessionals.
 - B) the paraprofessionals were much more effective than the professionals.
 - C) except in treating depression, the paraprofessionals were about as effective as the professionals.
 - D) the paraprofessionals were about as effective as the professionals.
44. A patient in a hospital receives poker chips for making her bed, being punctual at meal times, and maintaining her physical appearance. The poker chips can be exchanged for privileges, such as television viewing, snacks, and magazines. This is an example of the _____ therapy technique called _____
- A) psychodynamic; systematic desensitization
 - B) behavior; token economy
 - C) cognitive; token economy
 - D) humanistic; systematic desensitization
45. After sports magazines give cover-story attention to the outstanding performance of an athlete, the individual often suffers a real decline in performance. This so-called "*Sports Illustrated* jinx" may be at least partially explained in terms of:
- A) free association.
 - B) flooding.
 - C) the placebo effect.
 - D) regression toward the mean.
 - E) stress-inoculation training.
46. The technique in which a therapist echoes and restates what a person says in a nondirective manner is called:
- A) active listening.
 - B) free association.
 - C) systematic desensitization.
 - D) meta-analysis.
 - E) interpretation.
47. Jack is constantly chewing tobacco. In order to reduce his appetite for this product, a behavior therapist would most likely use:
- A) EMDR.
 - B) a token economy.
 - C) systematic desensitization.
 - D) virtual reality exposure therapy.
 - E) aversive conditioning.
48. Inflated estimates of the value of therapeutic touch are largely attributable to:
- A) transference.
 - B) systematic desensitization.
 - C) the placebo effect.
 - D) meta-analysis.
 - E) the double-blind technique.
49. A psychodynamic therapist is most likely to:
- A) associate patients' undesirable behaviors with unpleasant consequences.
 - B) help patients identify a hierarchy of anxiety-arousing experiences.
 - C) suggest interpretive insights regarding patients' difficulties.

- D) recommend the use of antipsychotic drugs during the process of psychotherapy.
E) encourage depressed patients to take more responsibility for their failures.
50. Geraldo, a college sophomore, is so fearful of asking a woman out that he hasn't had a date in over 3 years. He has recently contacted a psychotherapist for help in overcoming his fear. Describe how a behavior therapist would treat Geraldo's problem differently from the way a psychoanalyst would.
51. In which form of therapy is unwanted behavior systematically associated with unpleasant experiences?
A) electroconvulsive therapy
B) systematic desensitization
C) eclectic therapy
D) cognitive therapy
E) aversive conditioning
52. Who would be most likely to anticipate that patients are often motivated to avoid fully complying with specific therapeutic instructions?
A) a humanistic therapist
B) a psychoanalyst
C) a behavior therapist
D) a cognitive therapist
53. Melissa suffers from auditory hallucinations and falsely believes that her former high school teachers are trying to kill her. Melissa's symptoms are most likely to be relieved by _____ drugs.
A) antidepressant
B) antianxiety
C) antimanic
D) antipsychotic
54. Before 1950, the main mental health providers were:
A) psychologists.
B) paraprofessionals.
C) psychiatrists.
D) the clergy.
E) social workers.
55. Of the following therapists, who would be most likely to interpret a person's psychological problems in terms of repressed impulses?
A) a behavior therapist
B) a cognitive therapist
C) a humanistic therapist
D) a psychoanalyst
56. Which type of psychotherapy focuses on changing unwanted behaviors rather than on discovering their underlying causes?
A) behavior therapy
B) cognitive therapy
C) humanistic therapy
D) psychoanalysis

57. In one research study of therapeutic touch, the experimenter placed a hand over one of the practitioner's unseen hands to see if the practitioner could detect the hovering hand's purported energy field. The results demonstrated that the practitioners were able to do so:
- A) 100 percent of the time.
 - B) about 75 percent of the time.
 - C) less than 50 percent of the time.
 - D) only if the experimenter mentally concentrated on which hand was being "stimulated."
58. Sluggishness, tremors, and twitches similar to those of Parkinson's disease are most likely to be associated with the excessive use of certain _____ drugs.
- A) antidepressant
 - B) antipsychotic
 - C) antimanic
 - D) antianxiety
59. Group therapy is typically more effective than individual therapy for:
- A) encouraging severely disturbed individuals to quickly regain normal social functioning.
 - B) enabling people to discover that others have problems similar to their own.
 - C) ensuring that therapists will become more emotionally involved in clients' real-life problems.
 - D) eliminating clients' anxiety during the process of therapy.
60. Among the common ingredients of the psychotherapies is:
- A) the offer of a therapeutic relationship.
 - B) the expectation among clients that the therapy will prove helpful.
 - C) the chance to develop a fresh perspective on oneself and the world.
 - D) all of the above.
61. Transference refers to a client's:
- A) conversion of psychological conflicts into physical and behavioral disorders.
 - B) expression toward a therapist of feelings linked with earlier life relationships.
 - C) replacement of self-centeredness with a genuine concern for others.
 - D) translation of threatening dream content into nonthreatening manifest symbols.
62. Given that Jim's therapist attempts to help him by offering genuineness, acceptance, and empathy, she is probably practicing:
- A) psychoanalysis.
 - B) behavior therapy.
 - C) cognitive therapy.
 - D) client-centered therapy.
63. Mr. Andrews suffers from frequent episodes of extreme depression. When a friend suggests that he might be helped by drug therapy, Mr. Andrews responds: "Drugs are just a crutch for people who lack self-discipline and who want to hide from their problems. Besides, I'm not about to hand over control of my life to some psychiatrist and his magic pills." Explain why Mr. Andrews' ideas about drug therapy are inaccurate.
64. Using techniques of classical conditioning to develop an association between unwanted behavior and an unpleasant experience is known as:
- A) aversive conditioning.
 - B) systematic desensitization.
 - C) transference.

- D) electroconvulsive therapy.
- E) a token economy.

65. Carl Rogers was a _____ therapist who was the creator of _____.

- A) behavior; systematic desensitization
- B) psychoanalytic; insight therapy
- C) humanistic; client-centered therapy
- D) cognitive; cognitive therapy for depression

66. One reason that aversive conditioning may only be temporarily effective is that:

- A) for ethical reasons, therapists cannot use sufficiently intense unconditioned stimuli to sustain classical conditioning.
- B) patients are often unable to become sufficiently relaxed for conditioning to take place.
- C) patients know that outside the therapist's office they can engage in the undesirable behavior without fear of aversive consequences.
- D) most conditioned responses are elicited by many nonspecific stimuli and it is impossible to counterconditioning them all.

67. Describe how a therapist might use both aversive conditioning and operant conditioning techniques in order to help a client overcome a compulsive habit of smoking more than three packs of cigarettes a day. Be clear about the exact procedures that would be used.

68. Which of the following is the drug most commonly used to treat bipolar disorder?

- A) Valium
- B) chlorpromazine
- C) Librium
- D) lithium

69. Which of the following is most helpful for avoiding inflated estimates of the effectiveness of antidepressant drugs?

- A) EMDR
- B) active listening
- C) therapeutic touch
- D) the double-blind technique
- E) stress inoculation training

70. The techniques of counterconditioning are based on principles of:

- A) observational learning.
- B) classical conditioning.
- C) operant conditioning.
- D) behavior modification.

71. In a more aggressive procedure than systematic desensitization, the person vividly imagines situations that quickly "flood" him or her with fear. The benefits of this technique result from the process of:

- A) transference.
- B) shaping.
- C) extinction.
- D) aversive conditioning.

72. Which type of therapy focuses on eliminating irrational thinking?
- A) EMDR
 - B) client-centered therapy
 - C) cognitive therapy
 - D) behavior therapy
73. Linda's doctor prescribes medication that blocks the activity of dopamine in her nervous system. Evidently, Linda is being treated with an _____ drug.
- A) antipsychotic
 - B) antianxiety
 - C) antidepressant
 - D) anticonvulsive
74. Isaiah performed miserably on his first psychology test, even though he had carefully prepared written notes on each assigned chapter of his textbook. In an effort to improve his performance, Isaiah subsequently engaged in daily meditation exercises and discontinued his normal practice of textbook notetaking. To his delight he performed somewhat better on his second psychology test. Give Isaiah some helpful advice regarding any conclusions he might draw about the reasons for his improved performance on his second test.
75. Cognitive-behavior therapy aims to:
- A) alter the way people act.
 - B) Make people more aware of their irrational negative thinking.
 - C) Alter the way people think and act.
 - D) Countercondition anxiety-provoking stimuli.
76. Andrea vividly imagines a terrifying childhood experience of being abused by her own mother while her therapist triggers eye movements by waving a finger in front of Andrea's eyes. The therapist is apparently using a technique known as:
- A) EMDR.
 - B) therapeutic touch.
 - C) animal magnetism.
 - D) virtual reality exposure therapy.
 - E) systematic desensitization.
77. Seth enters therapy to talk about some issues that have been upsetting him. The therapist prescribes some medication to help him. The therapist is most likely a:
- A) psychologist.
 - B) psychiatrist.
 - C) psychiatric social worker.
 - D) clinical social worker.
78. Of the following categories of psychotherapy, which is known for its nondirective nature?
- A) psychoanalysis
 - B) humanistic therapy
 - C) behavior therapy
 - D) cognitive therapy
79. During psychoanalysis, Jane has developed strong feelings of hatred for her therapist. The analyst interprets Jane's behavior in terms of a _____ of her feelings toward her father.
- A) projection

- B) resistance
- C) regression
- D) transference

80. Psychosurgery involves:

- A) passing an electric current through the entire brain.
- B) injecting lithium directly into the limbic system.
- C) removing or destroying brain tissue.
- D) all the above.

81. The results of meta-analysis of the effectiveness of different psychotherapies reveals that:

- A) no single type of therapy is consistently superior.
- B) behavior therapies are most effective in treating specific problems, such as phobias.
- C) cognitive therapies are most effective in treating depressed emotions.
- D) all of the above are true.

82. Light-exposure therapy was developed to relieve symptoms of:

- A) insomnia.
- B) anxiety.
- C) bulimia.
- D) depression.
- E) alcoholism.

83. Psychotherapy is likely to be most effective when a client's problem is:

- A) clear-cut and specific.
- B) the result of unconscious conflicts.
- C) longstanding and habitual.
- D) a response to a stressful life situation.
- E) self-inflicted.

84. Leota is startled when her therapist says that she needs to focus on eliminating her problem behavior rather than gaining insight into its underlying cause. Most likely, Leota has consulted a _____ therapist.

- A) behavior
- B) humanistic
- C) cognitive
- D) psychoanalytic

85. When Murli told his therapist, "I came to see what you could do for me," the therapist responded, "It sounds like you're feeling you need some help. Am I right?" The therapist's response reflects the technique of:

- A) meta-analysis.
- B) transference.
- C) free association.
- D) active listening.
- E) systematic desensitization.

86. One group of ocean voyagers is given a new but untested pill for seasickness and a second group is given an inactive pill. Neither the voyagers nor the experimental researchers know which group has received the new pill. In this experiment, the investigators are making use of:

- A) systematic desensitization.

- B) meta-analysis.
- C) counterconditioning.
- D) regression toward the mean.
- E) the double-blind technique.

87. To help Jill quit smoking, a therapist delivers an electric shock to Jill's arm each time she smokes a cigarette. The therapist is using:

- A) aversive conditioning.
- B) systematic desensitization.
- C) electroconvulsive therapy.
- D) cognitive therapy.
- E) EMDR.

88. An eclectic therapist is one who:

- A) prescribes the use of drugs as part of psychotherapy.
- B) emphasizes that active listening is the major technique in all effective therapies.
- C) prefers to engage in therapy in a group setting.
- D) uses a variety of psychological theories and therapeutic approaches.

89. Systematic desensitization involves:

- A) depriving a client access to an addictive drug.
- B) associating unwanted behaviors with unpleasant experiences.
- C) replacing a positive response to a harmful stimulus with a negative response.
- D) associating a pleasant relaxed state with anxiety-arousing stimuli.
- E) vigorously challenging clients' illogical ways of thinking.

90. Electroconvulsive therapy has proven to be effective in the treatment of:

- A) phobias.
- B) dissociative disorders.
- C) schizophrenia.
- D) depression.

91. Which of the following types of therapy does *not* belong with the others?

- A) cognitive therapy
- B) family therapy
- C) self-help group
- D) support group

92. Dr. McBundy is convinced that psychological disorders result largely from stressful social situations rather than from disturbances within the individual personality. Dr. McBundy's belief is most consistent with the assumptions that underlie:

- A) psychoanalysis.
- B) cognitive therapy.
- C) psychosurgery.
- D) drug therapy.
- E) preventive mental health.

93. Andrea'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

94. Which of the following is *not* a common criticism of behavior therapy?

- A) Clients may not develop intrinsic motivation for their new behaviors.
- B) Behavior control is unethical.
- C) Although one symptom may be eliminated, another may replace it unless the underlying problem is treated.
- D) All of the above are criticisms of behavior therapy.

95. Students who receive unusually high scores on their first psychology test can reasonably anticipate _____ scores on their second psychology test.

- A) very low
- B) somewhat lower
- C) equally high
- D) even higher

96. One variety of _____ therapy is based on the finding that depressed people often attribute their failures to _____.

- A) humanistic; themselves
- B) behavior; external circumstances
- C) cognitive; external circumstances
- D) cognitive; themselves

97. Although Sean felt terribly depressed when he began psychotherapy, he was much happier by the time he had completed therapy. His improvement can most likely be attributed to:

- A) systematic desensitization.
- B) therapeutic touch.
- C) the double-blind technique.
- D) transference.
- E) regression toward the mean.

98. In 1924, Jones reported that 3-year-old Peter lost his fear of rabbits when one was repeatedly presented while he was eating a tasty snack. This episode best illustrated the potential usefulness of:

- A) stress inoculation training.
- B) systematic desensitization.
- C) aversive conditioning.
- D) free association.
- E) the placebo effect.

99. One of the best alternatives to antidepressant drugs is:

- A) aerobic exercise.
- B) therapeutic touch.
- C) virtual reality exposure therapy.
- D) EMDR.
- E) Thorazine.

100. Which of the following best describes the results of the 30-year follow-up study of 500 Massachusetts boys who had been considered predelinquents?

- A) Predelinquent boys who received counseling had fewer problems as adults than untreated predelinquent boys.
- B) Predelinquent boys who did not receive counseling had slightly fewer problems as adults than boys who received counseling.
- C) Predelinquent boys who underwent behavior therapy had fewer problems as adults than boys who underwent psychoanalysis.
- D) Predelinquent boys who underwent psychoanalysis had fewer problems as adults than boys who underwent behavior therapy.

Answer Key – Ch.16:Untitled Exam-1

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

47. E
48. C
49. C
- 50.
51. E
52. B
53. D
54. C
55. D
56. A
57. C
58. B
59. B
60. D
61. B
62. D
- 63.
64. A
65. C
66. C
- 67.
68. D
69. D
70. B
71. C
72. C
73. A
- 74.
75. C
76. A
77. B
78. B
79. D
80. C
81. D
82. D
83. A
84. A
85. D
86. E
87. A
88. D
89. D
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91. A
92. E
93. A
94. D
95. B
96. D
97. E
98. B
99. A
100. B