

- 1) Systems of classification of abnormal behaviour date to \_\_\_\_\_.
- A) ancient times
  - B) the early 1900s
  - C) the Renaissance
  - D) the mid-1800s

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 41                      Skill: Factual*

- 2) Each of the following is a reason why it is important to classify abnormal behaviour EXCEPT \_\_\_\_\_.
- A) it allows researchers to test the effectiveness of new medical treatments such as drugs
  - B) it allows mental health professionals to label people who engage in unpopular or different behaviours than the majority of a population
  - C) it helps clinicians predict future behaviour
  - D) it helps researchers identify populations with similar patterns of abnormal behaviour

Answer: b

*Diff: 2                      Type: MC                      Page Ref: 41                      Skill: Factual*

- 3) The most widely used means of assessment is the \_\_\_\_\_.
- A) projective test
  - B) intelligence test
  - C) interview
  - D) actuarial test

Answer: c

*Diff: 1                      Type: MC                      Page Ref: 41                      Skill: Factual*

- 4) The intake interview provides an opportunity for the clinician to \_\_\_\_\_.
- A) learn more about the client's presenting problem and history
  - B) gain an in-depth understanding of the dynamics in a client's life
  - C) attempt a specific therapeutic intervention to resolve the client's problem
  - D) gather the client's demographic information

Answer: a

*Diff: 1                      Type: MC                      Page Ref: 42                      Skill: Factual*

- 5) Which of the following is NOT one of the three general types of clinical interviews?
- A) an unstructured interview
  - B) an understructured interview
  - C) a semi-structured interview
  - D) a structured interview

Answer: b

*Diff: 1                      Type: MC                      Page Ref: 42                      Skill: Factual*

- 6) When interviewing, Richard likes to use his own style of questioning rather than following a standard format. He is using the \_\_\_\_\_ type of interview.
- A) unstructured
  - B) superstructured
  - C) semi-structured
  - D) structured

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 42                      Skill: Applied*

- 7) In a(n) \_\_\_\_\_ interview, the clinician follows a general outline of questions designed to gather essential information, but is free to ask the questions in any particular order and to branch off into other directions in order to follow up clinically important information.
- A) unstructured
  - B) superstructured
  - C) semi-structured
  - D) structured

Answer: c

*Diff: 1                      Type: MC                      Page Ref: 42                      Skill: Conceptual*

- 8) When Dr. Bond interviews some of her clients, she uses a standardized format that includes a preset series of questions in a particular order. She is using a \_\_\_\_\_ format.
- A) unstructured
  - B) quasi-structured
  - C) semi-structured
  - D) structured

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 42                      Skill: Applied*

- 9) Spontaneity is a major advantage of the \_\_\_\_\_ interview.
- A) unstructured
  - B) superstructured
  - C) semi-structured
  - D) structured

Answer: a

*Diff: 1                      Type: MC                      Page Ref: 42                      Skill: Factual*

- 10) Lack of standardization tends to reduce the \_\_\_\_\_ of the unstructured interview as a diagnostic tool.
- A) reliability
  - B) validity
  - C) coherency
  - D) appropriateness

Answer: a

*Diff: 2*                      *Type: MC*      *Page Ref: 42*                      *Skill: Factual*

- 11) Standardized interviews are also known as \_\_\_\_\_ interviews.
- A) unstructured
  - B) superstructured
  - C) semi-structured
  - D) structured

Answer: d

*Diff: 1*                      *Type: MC*      *Page Ref: 42*                      *Skill: Conceptual*

- 12) \_\_\_\_\_ interview techniques increase the reliability of diagnostic clinical judgments.
- A) Standardized
  - B) Structured
  - C) Unstructured
  - D) Spontaneous

Answer: a

*Diff: 2*                      *Type: MC*      *Page Ref: 42*                      *Skill: Factual*

- 13) The SCID represents a(n) \_\_\_\_\_.
- A) actuarial assessment tool
  - B) projective test
  - C) standardized interview technique
  - D) mental status examination

Answer: c

*Diff: 2*                      *Type: MC*      *Page Ref: 42*                      *Skill: Factual*

- 14) The SCID includes \_\_\_\_\_.
- A) a series of declarative statements
  - B) open-ended questions
  - C) closed-ended questions
  - D) both open- and closed-ended questions

Answer: d

*Diff: 2*                      *Type: MC*      *Page Ref: 42*                      *Skill: Factual*

- 15) Which of the following is NOT a general category of a mental status examination?
- A) psychosocial history
  - B) appearance
  - C) level of awareness
  - D) mood

Answer: a

Diff: 2

Type: MC

Page Ref: 43

Skill: Factual

- 16) Psychological tests are structured methods of assessment that are used to evaluate \_\_\_\_\_.
- A) affect
  - B) motivation
  - C) goals
  - D) traits

Answer: d

Diff: 2

Type: MC

Page Ref: 43

Skill: Conceptual

- 17) Intelligence tests are used in assessment of abnormal behaviour for each of the following reasons EXCEPT \_\_\_\_\_.
- A) they can identify genetic differences in intelligence among clients from differing racial and ethnic backgrounds
  - B) they can help diagnose mental retardation
  - C) they can be used to assess intellectual impairment due to organic mental disorders
  - D) they provide a profile of a client's intellectual strengths and weaknesses in order to develop a treatment plan suited to the client's competencies

Answer: a

Diff: 3

Type: MC

Page Ref: 43

Skill: Factual

- 18) The capacity to understand the world and the resourcefulness to cope with its challenges is one definition of \_\_\_\_\_.
- A) psychological affect
  - B) emotional maturity
  - C) intelligence
  - D) creativity

Answer: c

Diff: 1

Type: MC

Page Ref: 43

Skill: Conceptual

- 19) The Binet-Simon scale yields a score called a(n) \_\_\_\_\_.
- A) intelligence quotient
  - B) basal age

- C) mental age
- D) aptitude level

Answer: c

*Diff: 2                      Type: MC              Page Ref: 43              Skill: Factual*

20) The formula for an IQ is \_\_\_\_\_.

- A)  $IQ = CA/MA \times 100$
- B)  $IQ = MA/CA \times 100$
- C)  $IQ = [MA \times CA] / 100$
- D)  $IQ = [MA \times 100] / CA$

Answer: b

*Diff: 1                      Type: MC              Page Ref: 43              Skill: Factual*

21) The Stanford-Binet scale yields a(n) \_\_\_\_\_.

- A) intelligence quotient
- B) basal age
- C) mental age
- D) aptitude level

Answer: a

*Diff: 1                      Type: MC              Page Ref: 43              Skill: Factual*

22) An IQ score is based on \_\_\_\_\_.

- A) a summative score of correct answers on the test
- B) the relationship between a person's basal age and mental age
- C) the relationship between a person's basal age and chronological age
- D) the relationship between a person's mental age and chronological age

Answer: d

*Diff: 2                      Type: MC              Page Ref: 43              Skill: Conceptual*

23) The Stanford-Binet is an example of a(n) \_\_\_\_\_.

- A) mental status examination
- B) projective test
- C) intelligence test
- D) personality test

Answer: c

*Diff: 1                      Type: MC              Page Ref: 43              Skill: Factual*

24) Two children take the Stanford-Binet test. They both obtain the same mental-age scores. However, the first child is much younger than the second child who took the test. How will this affect the score that each child receives?

- A) The younger child will obtain a lower IQ score.

- B) The younger child will obtain a higher IQ score.
- C) Both children will obtain the same IQ score.
- D) Neither child can receive an IQ score from the Stanford-Binet test.

Answer: b

Diff: 2

Type: MC

Page Ref: 43

Skill: Applied

25) The mean score of an IQ test is \_\_\_\_\_.

- A) 50
- B) 100
- C) 150
- D) 200

Answer: b

Diff: 1

Type: MC

Page Ref: 43

Skill: Factual

26) The amount by which a person's performance on an IQ test differs from the norms for others in his or her age group is called \_\_\_\_\_ IQ.

- A) difference
- B) variance
- C) deviation
- D) performance

Answer: c

Diff: 2

Type: MC

Page Ref: 43

Skill: Conceptual

27) Each of the following is an advantage to computerized clinical interviews, as compared with human interviews, EXCEPT \_\_\_\_\_.

- A) computers can be programmed to analyze nonverbal behaviours more accurately than humans are able to do
- B) computers can be programmed to ask a specific set of questions in predetermined order
- C) some clients are less embarrassed relating sensitive personal issues to a computer
- D) computerized interviews can free clinicians to spend more time offering direct clinical services

Answer: a

Diff: 3

Type: MC

Page Ref: 44

Skill: Factual

28) Brief diagnostic interviews using the telephone have been found to achieve \_\_\_\_\_ results to a human interview.

- A) relatively the same
- B) less positive
- C) increased positive
- D) profoundly less positive

Answer: a

Diff: 2                      Type: MC                      Page Ref: 44                      Skill: Conceptual

- 29) In remote and northern regions of Canada, \_\_\_\_\_ between therapists and clients has been found useful.
- A) correspondence
  - B) email
  - C) video-conferencing
  - D) texting

Answer: c

Diff: 1                      Type: MC                      Page Ref: 44                      Skill: Factual

- 30) According to your text, CASPAR is a(n) \_\_\_\_\_.
- A) projective test
  - B) actuarial assessment test
  - C) standardized clinical interview technique
  - D) computerized clinical interview technique

Answer: d

Diff: 2                      Type: MC                      Page Ref: 44                      Skill: Factual

- 31) Which of the following is NOT true of computerized interview programs?
- A) They achieve similar results to human interviewers using a more intensive interview protocol.
  - B) Clients report more problems to the computer than they do to human interviewers.
  - C) The majority of these programs have been designed to substitute for a live therapist.
  - D) Clients appear to be more willing to share problems with a computer than they are embarrassed about or unwilling to report to a human.

Answer: c

Diff: 3                      Type: MC                      Page Ref: 44                      Skill: Factual

- 32) A review of research suggests that the best computer programs are \_\_\_\_\_.
- A) not as good as humans at either obtaining information from a client or reaching an accurate diagnosis
  - B) as good as humans at obtaining information from a client, but not as good at reaching an accurate diagnosis
  - C) as good as humans at reaching an accurate diagnosis, but not as good at obtaining information from a client
  - D) as good as humans at obtaining information from a client and at reaching an accurate diagnosis

Answer: d

Diff: 2                      Type: MC                      Page Ref: 44                      Skill: Factual

- 33) A review of research on computer interviews indicates that they are \_\_\_\_\_ expensive and \_\_\_\_\_ time-efficient than human interviews.
- A) less; less
  - B) more; less
  - C) less; more
  - D) more; more

Answer: c

Diff: 2                      Type: MC                      Page Ref: 44                      Skill: Factual

- 34) The IQ test designed to measure both verbal and performance areas of intelligence is the \_\_\_\_\_ scale.
- A) Binet-Simon
  - B) Stanford-Binet
  - C) Wechsler
  - D) Terman

Answer: c

Diff: 1                      Type: MC                      Page Ref: 45                      Skill: Factual

- 35) Cindy's assessment revealed significant verbal strengths. The test used was the \_\_\_\_\_.
- A) Wechsler
  - B) BDI
  - C) MMPI
  - D) TAT

Answer: a

Diff: 3                      Type: MC                      Page Ref: 45                      Skill: Applied

- 36) About \_\_\_\_\_ % of the IQ scores of any population on the Wechsler scales lie within the range of 90–110.
- A) 30
  - B) 50
  - C) 70
  - D) 90

Answer: b

Diff: 2                      Type: MC                      Page Ref: 45                      Skill: Factual

- 37) About \_\_\_\_\_ % of the IQ scores of any population on the Wechsler scales are above 130 or below 70.
- A) 1



- B) 5
- C) 10
- D) 15

Answer: b

*Diff: 2*

*Type: MC*

*Page Ref: 45*

*Skill: Factual*

38) Robin was labelled as “intellectually deficient” after being administered the Wechsler intelligence test. His IQ would have been scored as below \_\_\_\_\_.

- A) 10
- B) 30
- C) 50
- D) 70

Answer: d

*Diff: 2*

*Type: MC*

*Page Ref: 45*

*Skill: Applied*

39) Wechsler labelled those with IQ scores above \_\_\_\_\_ as “very superior.”

- A) 130
- B) 160
- C) 190
- D) 220

Answer: a

*Diff: 2*

*Type: MC*

*Page Ref: 45*

*Skill: Factual*

40) Which is NOT a subscale of the WISC?

- A) general knowledge
- B) vocabulary
- C) digit span
- D) block design

Answer: a

*Diff: 2*

*Type: MC*

*Page Ref: 45*

*Skill: Factual*

41) The most widely used multidimensional self-report inventory is the \_\_\_\_\_.

- A) MMPI
- B) BDI
- C) WAIS
- D) SCII

Answer: a

*Diff: 2*

*Type: MC*

*Page Ref: 47*

*Skill: Factual*

42) Self-report personality inventories are also called \_\_\_\_\_.

- A) projective tests

- B) subjective tests
- C) introjective tests
- D) objective tests

Answer: d

Diff: 2

Type: MC

Page Ref: 47

Skill: Conceptual

43) A test that is closely tied to the DSM-IV Axis I and II categories is the \_\_\_\_\_.

- A) MMPI
- B) PAI
- C) Wechsler
- D) TAT

Answer: b

Diff: 2

Type: MC

Page Ref: 47

Skill: Conceptual

44) Ellen takes a self-report test that asks her to look over a list of adjectives and check the ones which apply to her. The test is a(n) \_\_\_\_\_ test.

- A) projective
- B) subjective
- C) introjective
- D) objective

Answer: d

Diff: 2

Type: MC

Page Ref: 47

Skill: Applied

45) Ellen takes a self-report test that contains a list of questions, each asking her to decide which of two statements is more true for her. This test is a(n) \_\_\_\_\_ test.

- A) projective
- B) subjective
- C) introjective
- D) objective

Answer: d

Diff: 2

Type: MC

Page Ref: 47

Skill: Applied

46) Tests such as the MMPI use a(n) \_\_\_\_\_ format.

- A) projective
- B) open-ended
- C) forced-choice
- D) narrative

Answer: c

Diff: 2

Type: MC

Page Ref: 47

Skill: Factual

47) The MMPI is an example of a(n) \_\_\_\_\_.

- A) projective test
- B) structured interview technique
- C) IQ test
- D) objective test

Answer: d

*Diff: 1                      Type: MC                      Page Ref: 47                      Skill: Factual*

- 48) The MMPI is a(n) \_\_\_\_\_ test.
- A) intelligence
  - B) projective
  - C) personality
  - D) visual-motor

Answer: c

*Diff: 1                      Type: MC                      Page Ref: 47                      Skill: Factual*

- 49) The MMPI was constructed primarily on the basis of \_\_\_\_\_.
- A) clinical data
  - B) naturalistic observation
  - C) a rational approach
  - D) structured interviews

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 47                      Skill: Factual*

- 50) Scales that measure the degree to which someone attempts to “fake good” or “fake bad” on the MMPI are called \_\_\_\_\_.
- A) diagnostic scales
  - B) content scales
  - C) validity scales
  - D) clinical scales

Answer: c

*Diff: 2                      Type: MC                      Page Ref: 49                      Skill: Conceptual*

- 51) Blind interpretation is when the administrator of an assessment doesn't know the \_\_\_\_\_.
- A) diagnosis of the client
  - B) type of test being administered
  - C) client's age, sex, and level of education
  - D) reasons why the client is being assessed

Answer: c

*Diff: 2                      Type: MC                      Page Ref: 48                      Skill: Conceptual*

- 52) Each of the following is an advantage to self-report inventories EXCEPT \_\_\_\_\_.
- A) they are easy and economical to administer
  - B) they can be scored with high inter-rater reliability
  - C) they are nearly immune to response bias problems
  - D) they have a quantified basis for interpreting test responses

Answer: c

*Diff: 3                      Type: MC              Page Ref: 49              Skill: Factual*

- 53) Each of the following is a limitation to self-report inventories EXCEPT \_\_\_\_\_.
- A) they possess low inter-rater reliability
  - B) they rely on clients as the source of their data
  - C) they tell us little about possible unconscious processes
  - D) they may be limited to relatively high-functioning persons who can read well and respond to verbal material

Answer: a

*Diff: 2                      Type: MC              Page Ref: 49              Skill: Factual*

- 54) A client at a mental health clinic is given a test in which she is asked to describe a series of ambiguous-looking ink blots. The test she is taking is a(n) \_\_\_\_\_ test.
- A) intelligence
  - B) objective
  - C) projective
  - D) neuropsychological

Answer: c

*Diff: 1                      Type: MC              Page Ref: 49              Skill: Applied*

- 55) Projective tests are based upon \_\_\_\_\_ theories.
- A) psychodynamic
  - B) humanistic
  - C) cognitive
  - D) social learning

Answer: a

*Diff: 2                      Type: MC              Page Ref: 50              Skill: Conceptual*

- 56) The TAT is an example of a(n) \_\_\_\_\_ test.
- A) forced-choice
  - B) objective
  - C) projective
  - D) intelligence

Answer: c

*Diff: 1                      Type: MC              Page Ref: 50              Skill: Factual*

57) The Rorschach test is an example of a(n) \_\_\_\_\_ test.

- A) forced-choice
- B) objective
- C) projective
- D) intelligence

Answer: c

*Diff: 1                      Type: MC              Page Ref: 50              Skill: Factual*

58) Which of the following is a projective test?

- A) the MMPI
- B) the WAIS
- C) the MCMI
- D) the TAT

Answer: d

*Diff: 2                      Type: MC              Page Ref: 50              Skill: Factual*

59) The Rorschach test consists of \_\_\_\_\_ inkblots.

- A) 5
- B) 10
- C) 15
- D) 20

Answer: b

*Diff: 2                      Type: MC              Page Ref: 50              Skill: Factual*

60) Amy takes a Rorschach test. Her responses tend to be based solely on minor details of the inkblots. She is likely to be diagnosed with \_\_\_\_\_ tendencies.

- A) depressed
- B) passive-aggressive
- C) hysteric
- D) obsessive-compulsive

Answer: d

*Diff: 3                      Type: MC              Page Ref: 50              Skill: Applied*

61) Each of the following is a criticism of the Rorschach EXCEPT \_\_\_\_\_.

- A) there is a lack of empirical research to support the interpretation of particular responses
- B) it is not useful as a means of gathering information about the ways in which clients construct meaning from unstructured or ambiguous situations
- C) the interpretation of clients' responses is not objective
- D) it lacks a well-accepted standardized scoring procedure

Answer: b

*Diff: 2                      Type: MC              Page Ref: 50              Skill: Factual*

62) The Thematic Aptitude Test was developed by \_\_\_\_\_.

- A) Murray
- B) Termin
- C) Wechsler
- D) Bandura

Answer: a

*Diff: 2                      Type: MC              Page Ref: 50              Skill: Factual*

63) The TAT is composed of a series of cards \_\_\_\_\_.

- A) containing nonsense syllables
- B) containing ambiguous inkblots
- C) with open-ended statements like “My favourite food is ...”
- D) depicting ambiguous scenes

Answer: d

*Diff: 1                      Type: MC              Page Ref: 51              Skill: Factual*

64) Each of the following is a criticism of the TAT EXCEPT \_\_\_\_\_.

- A) it may exert too strong a “stimulus pull” for clients' answers to be truly based on internalized perceptions or projections
- B) its appeal among clinicians is particularly low
- C) it lacks a widely accepted standardized scoring procedure
- D) the interpretation of clients' responses is not objective

Answer: b

*Diff: 2                      Type: MC              Page Ref: 51              Skill: Factual*

65) Various methods of \_\_\_\_\_ assessment help researchers and clinicians evaluate whether or not behavioural problems reflect underlying organic conditions or brain damage.

- A) neuropsychological
- B) neurophysiological
- C) actuarial
- D) clinical

Answer: a

*Diff: 2                      Type: MC              Page Ref: 51              Skill: Factual*

66) The Luria Nebraska Test Battery reveals \_\_\_\_\_.

- A) patterns of responses suggesting unconscious conflicts or repressed memories
- B) patterns of skills deficits that are suggestive of particular sites of brain damage

- C) a profile of someone's personal and professional areas of interests
- D) visual and auditory perceptual skills

Answer: b

*Diff: 2                      Type: MC              Page Ref: 51              Skill: Factual*

67) Each of the following is true of the Luria Nebraska Test Battery EXCEPT \_\_\_\_\_.

- A) it tests a wide range of skills
- B) it is more efficiently administered than many other similar tests, such as the Halstead-Reitan Battery
- C) it has been proven to have extremely high reliability
- D) it reveals patterns of skills deficits suggestive of sites of organic brain damage

Answer: c

*Diff: 2                      Type: MC              Page Ref: 51              Skill: Factual*

68) The \_\_\_\_\_ approach holds that psychological tests reveal signs of reasonably stable traits or dispositions that largely determine the individual's behaviour.

- A) cognitive
- B) psychometric
- C) behavioural
- D) neuropsychological

Answer: b

*Diff: 2                      Type: MC              Page Ref: 52              Skill: Conceptual*

69) Trait-based tests such as the MMPI and the Rorschach are based upon the \_\_\_\_\_ approach.

- A) cognitive
- B) psychometric
- C) behavioural
- D) neuropsychological

Answer: b

*Diff: 2                      Type: MC              Page Ref: 52              Skill: Applied*

70) The \_\_\_\_\_ model treats test results as samples of behaviour that occur in specific situations rather than signs of underlying personality types or traits.

- A) Gestalt
- B) psychometric
- C) behavioural
- D) actuarial

Answer: c

*Diff: 2                      Type: MC              Page Ref: 52              Skill: Conceptual*

- 71) The behavioural interview, more so than the general clinical interview, focuses on the \_\_\_\_\_ that relate to the problem.
- A) genetic predispositions
  - B) person variables
  - C) situational factors
  - D) childhood factors

Answer: c

*Diff: 1                      Type: MC                      Page Ref: 52                      Skill: Factual*

- 72) The hallmark technique of behavioural assessment is \_\_\_\_\_.
- A) direct observation
  - B) analogue measurement
  - C) self-monitoring
  - D) the structured interview

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 52                      Skill: Conceptual*

- 73) Each of the following is an advantage to direct observation as an assessment technique EXCEPT \_\_\_\_\_.
- A) there is usually a consensus in defining problems in behavioural terms
  - B) observations can be videotaped for more extensive analysis of behaviour patterns
  - C) it does not rely on clients' self-reports
  - D) it can suggest appropriate strategies for intervention

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 52                      Skill: Factual*

- 74) Each of the following is a disadvantage to direct observation as an assessment technique EXCEPT \_\_\_\_\_.
- A) observer drift
  - B) reactivity
  - C) observer response bias
  - D) reliance on clients' self-reports

Answer: d

*Diff: 3                      Type: MC                      Page Ref: 52                      Skill: Factual*

- 75) Each of the following is a disadvantage to direct observation as an assessment technique EXCEPT \_\_\_\_\_.
- A) reactivity
  - B) lack of consensus in defining problems in behavioural terms
  - C) it does not, in itself, suggest strategies for intervention
  - D) observer drift



Answer: c

*Diff: 2                      Type: MC                      Page Ref: 52                      Skill: Factual*

- 76) Jeremiah is asked when he feels anxious, where he when he feels anxious, how often he feels anxious, and under what circumstances he feels anxious in his assessment. This would most likely be done in a \_\_\_\_\_ assessment.
- A) behavioural
  - B) cognitive
  - C) neuropsychological
  - D) personality

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 52                      Skill: Applied*

- 77) A psychologist visits Natalie's home to observe the interaction between Natalie and her parents. The psychologist is completing a(n) \_\_\_\_\_ assessment.
- A) cognitive
  - B) behavioural
  - C) eclectic
  - D) mental status

Answer: b

*Diff: 3                      Type: MC                      Page Ref: 52                      Skill: Applied*

- 78) Each of the following is a problem with self-monitoring EXCEPT \_\_\_\_\_.
- A) reactivity
  - B) some clients are unreliable and do not keep accurate records of targeted behaviour
  - C) some clients underreport undesirable behaviours
  - D) it does not teach clients to assume primary responsibility for their own behaviour

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 53                      Skill: Factual*

- 79) In self-monitoring, a period of time preceding the implementation of a treatment is called \_\_\_\_\_.
- A) a starting point
  - B) a baseline
  - C) an observational bias
  - D) a set point

Answer: b

*Diff: 2                      Type: MC                      Page Ref: 53                      Skill: Conceptual*

- 80) Behaviours such as food intake, hair pulling, and cigarette smoking are well suited for \_\_\_\_\_.
- A) self-monitoring
  - B) direct observation
  - C) behavioural interviews
  - D) home observation

Answer: a

Diff: 3

Type: MC

Page Ref: 53

Skill: Applied

- 81) Daphne agrees to keep a record of how many times she has urges to engage in self-injurious behaviour. This form of gathering information is \_\_\_\_\_.
- A) indirect observation
  - B) a behavioural motivation study
  - C) an independent observation study
  - D) self-monitoring

Answer: d

Diff: 2

Type: MC

Page Ref: 53

Skill: Factual

- 82) “Contrived measures” refer to \_\_\_\_\_.
- A) analogue techniques
  - B) direct observation techniques
  - C) behavioural rating scales
  - D) self-monitoring techniques

Answer: a

Diff: 2

Type: MC

Page Ref: 54

Skill: Conceptual

- 83) Sierra attends an assertiveness training class. As part of the class, she is expected to role-play assertive behaviour. This technique is also known as a(n) \_\_\_\_\_.
- A) in vivo method
  - B) analogue
  - C) holistic approach
  - D) experimental approach

Answer: b

Diff: 2

Type: MC

Page Ref: 54

Skill: Applied

- 84) The behavioural Approach Task is a popular \_\_\_\_\_ measure.
- A) experimental
  - B) in vivo
  - C) analogue
  - D) psychometric

Answer: c

*Diff: 3                    Type: MC            Page Ref: 54            Skill: Conceptual*

- 85) The behavioural Approach Task is used to help clients deal with \_\_\_\_\_.
- A) generalized anxiety
  - B) phobias
  - C) conversion disorders
  - D) cognitive dissonance

Answer: b

*Diff: 3                    Type: MC            Page Ref: 54            Skill: Factual*

- 86) In discussing his child's problem behaviours with a therapist, Fred is asked to review a checklist of more than 100 specific problem behaviours and place a check mark next to each behaviour that applies to his child. This checklist is known as a \_\_\_\_\_.
- A) behavioural rating scale
  - B) behavioural approach task
  - C) social desirability scale
  - D) social reactivity scale

Answer: a

*Diff: 2                    Type: MC            Page Ref: 54            Skill: Applied*

- 87) Hillary visits a therapist to deal with her anxiety and depression. The therapist explores her thoughts, beliefs, and attitudes and attempts to replace her self-defeating thoughts with rational, self-enhancing thought patterns. Her therapist is using a \_\_\_\_\_ assessment approach.
- A) psychometric
  - B) behavioural
  - C) cognitive
  - D) Gestalt

Answer: c

*Diff: 3                    Type: MC            Page Ref: 54            Skill: Applied*

- 88) André is asked to keep a diary to record his thoughts and then bring it to his therapy session. This is a technique used in the \_\_\_\_\_ assessment approach.
- A) psychometric
  - B) behavioural
  - C) humanistic
  - D) cognitive

Answer: d

*Diff: 3                    Type: MC            Page Ref: 54            Skill: Applied*

- 89) Candace is asked to role-play how she would approach her parents to tell them she failed a course. This is an example of \_\_\_\_\_.

- A) behavioural rating
- B) an in vitro exercise
- C) cognitive restructuring
- D) an analogue or contrived measure

Answer: d

*Diff: 3                      Type: MC                      Page Ref: 54                      Skill: Applied*

- 90) Helen is asked to carry a diary to record when she has negative thoughts about herself. Her therapist is using a(n) \_\_\_\_\_ approach.
- A) cognitive
  - B) behavioural
  - C) analogue or contrived measure
  - D) in vitro

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 54                      Skill: Applied*

- 91) Andrew is asked to rate the frequency of times he says “I hate myself.” His therapist is using a(n) \_\_\_\_\_.
- A) automatic thoughts questionnaire
  - B) thought record
  - C) thought diary
  - D) analogue or contrived questionnaire

Answer: d

*Diff: 3                      Type: MC                      Page Ref: 55                      Skill: Applied*

- 92) Hillary visits a therapist to help deal with her anxiety and depression. The therapist administers a rating scale in which she rates the weekly frequency and degree of conviction of 30 negative thoughts. The scale Hillary was given was probably the \_\_\_\_\_.
- A) Dysfunctional Attitudes Scale
  - B) Daily Record of Dysfunctional Thoughts
  - C) Automatic Thoughts Questionnaire
  - D) Cognitive Checklist

Answer: c

*Diff: 3                      Type: MC                      Page Ref: 55                      Skill: Applied*

- 93) Anxious people tend to sweat, and that sweating can be measured by \_\_\_\_\_.
- A) electroencephalograph
  - B) electromyograph
  - C) electrocardiograph
  - D) electrodermal response

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 56                      Skill: Conceptual*

94) Electrical activity of the brain is measured by the \_\_\_\_\_.

- A) electroencephalograph
- B) electromyograph
- C) electrocardiograph
- D) electrodermal response

Answer: a

*Diff: 1                      Type: MC                      Page Ref: 56                      Skill: Factual*

95) Changes in muscle tension associated with anxiety can be measured by means of an \_\_\_\_\_.

- A) electroencephalograph
- B) electromyograph
- C) electrocardiograph
- D) electrodermal response

Answer: b

*Diff: 2                      Type: MC                      Page Ref: 56                      Skill: Conceptual*

96) \_\_\_\_\_ devices allow clinicians to monitor clients' blood pressure at intervals throughout the day.

- A) Galvanic skin response
- B) Electroencephalographic
- C) Electromyographic
- D) Ambulatory

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 56                      Skill: Factual*

97) Lang (1968) suggested that fear or anxiety consists of three different response systems. Each of the following is one of those response systems EXCEPT \_\_\_\_\_.

- A) emotional
- B) behavioural
- C) physiological
- D) verbal

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 56                      Skill: Factual*

98) Bryan is being assessed for anxiety and his therapist uses a test to assess his muscle tension. The test used would most likely be the \_\_\_\_\_ test.

- A) galvanic skin response

- B) electrodermal response
- C) electromyography
- D) ambulatory blood pressure

Answer: c

Diff: 3

Type: MC

Page Ref: 56

Skill: Applied

99) Lang suggested that fear or anxiety consists of response systems that include \_\_\_\_\_.

- A) behaviour and verbal
- B) behaviour and physiological
- C) psychological, behavioural, and physiological
- D) verbal, behavioural, and physiological

Answer: d

Diff: 3

Type: MC

Page Ref: 56

Skill: Factual

100) Karl wants to examine brain wave patterns associated with psychological disorders such as schizophrenia, and with physiological problems related to tumours and brain damage. He should probably use a(n) \_\_\_\_\_.

- A) CAT scan
- B) PET scan
- C) EEG
- D) MRI

Answer: c

Diff: 3

Type: MC

Page Ref: 57

Skill: Applied

101) An imaging technique that uses an X-ray beam and radiation to reveal abnormality in the shape or structure of various parts of the brain is a \_\_\_\_\_.

- A) CT scan
- B) PET scan
- C) BEAM
- D) NMR

Answer: a

Diff: 2

Type: MC

Page Ref: 57

Skill: Conceptual

102) An imaging technique that uses a radioactive tracer to measure the functioning of various parts of the brain is \_\_\_\_\_.

- A) a CAT scan
- B) a PET scan
- C) BEAM
- D) MRI

Answer: b

*Diff: 2                    Type: MC                    Page Ref: 57                    Skill: Conceptual*

- 103) An imaging technique that uses radio waves and a strong magnetic field to create an image of the brain is \_\_\_\_\_.
- A) a CAT scan
  - B) a PET scan
  - C) MRI
  - D) BEAM

Answer: c

*Diff: 2                    Type: MC                    Page Ref: 57                    Skill: Conceptual*

- 104) Doug is asked to solve a riddle. A technique that can show which parts of his brain are active would be the \_\_\_\_\_.
- A) MRI
  - B) CT scan
  - C) PET
  - D) EEG

Answer: a

*Diff: 3                    Type: MC                    Page Ref: 57                    Skill: Applied*

- 105) A technique that uses a computer to analyze brain wave patterns to reveal areas of relative activity and inactivity from moment to moment is \_\_\_\_\_.
- A) a CAT scan
  - B) a PET scan
  - C) MRI
  - D) BEAM

Answer: d

*Diff: 2                    Type: MC                    Page Ref: 58                    Skill: Conceptual*

- 106) Andrea has epilepsy and her physician wants to accurately locate the source of her seizures. A \_\_\_\_\_ test would be able to give the most accurate information.
- A) BEAM
  - B) MEG
  - C) CT scan
  - D) PET scan

Answer: d

*Diff: 3                    Type: MC                    Page Ref: 58                    Skill: Applied*

- 107) Which statement best represents a person whose identity is NOT defined in terms of a disorder?
- A) Jane is schizophrenic.
  - B) Jane has schizophrenia.

- C) Jane is a person with schizophrenia.
- D) Jane appears to be schizophrenic.

Answer: c

*Diff: 3                    Type: MC            Page Ref: 59            Skill: Conceptual*

- 108) In the DSM system, abnormal behaviours are classified as \_\_\_\_\_.
- A) abnormalities
  - B) behaviour abnormalities
  - C) mental disorders
  - D) mental diseases

Answer: c

*Diff: 2                    Type: MC            Page Ref: 59            Skill: Factual*

- 109) The current classification system used by most mental health professionals to assess abnormal behaviour is the \_\_\_\_\_.
- A) DSM-I
  - B) DSM-II
  - C) DSM-III
  - D) DSM-IV

Answer: d

*Diff: 1                    Type: MC            Page Ref: 59            Skill: Factual*

- 110) The \_\_\_\_\_ has been adopted as the Canadian standard for coding, reporting, and tracking health information.
- A) DSM
  - B) DSM-IV
  - C) DSM-IV-TR
  - D) ICD-10

Answer: d

*Diff: 2                    Type: MC            Page Ref: 59            Skill: Factual*

- 111) The DSM system is often criticized for relying too much on the \_\_\_\_\_ model of abnormal behaviour.
- A) psychodynamic
  - B) medical
  - C) sociocultural
  - D) social learning

Answer: b

*Diff: 2                    Type: MC            Page Ref: 59            Skill: Factual*



112) Each of the following is considered an abnormal behaviour pattern by the DSM system EXCEPT \_\_\_\_\_.

- A) experiencing emotional distress
- B) engaging in behaviour that is statistically deviant
- C) experiencing impaired functioning
- D) engaging in behaviour that risks personal suffering, pain, or death

Answer: b

*Diff: 3                      Type: MC                      Page Ref: 59                      Skill: Conceptual*

113) Which of the following is NOT true of the DSM system?

- A) It treats abnormal behaviours as symptoms of underlying disorders.
- B) It assumes that abnormal behaviours result from biological causes.
- C) It does not subscribe to any single theory of abnormality.
- D) It can be used by practitioners of diverse theoretical persuasions.

Answer: b

*Diff: 2                      Type: MC                      Page Ref: 59                      Skill: Factual*

114) The DSM system is used to classify \_\_\_\_\_.

- A) groups
- B) theoretical perspectives
- C) social norms
- D) disorders

Answer: d

*Diff: 1                      Type: MC                      Page Ref: 59                      Skill: Conceptual*

115) In the DSM system, disorders are classified on the basis of \_\_\_\_\_.

- A) clinical features and behaviour patterns
- B) their frequency within clinical populations
- C) underlying theoretical mechanisms
- D) their response rates to various treatment methods

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 60                      Skill: Factual*

116) Wakefield recently proposed that the term *disorder* be conceptualized as \_\_\_\_\_.

- A) statistically deviant behaviour
- B) harmful dysfunction
- C) physiologically-based problems
- D) a label society imposes on people who are different

Answer: b

*Diff: 1                      Type: MC                      Page Ref: 60                      Skill: Conceptual*

117) Which of the following is NOT a feature of the DSM system?

- A) It is explanatory.
- B) Specific diagnostic criteria are used.
- C) Abnormal behaviours that share common clinical features are grouped together.
- D) A multiaxial system is used.

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 60                      Skill: Factual*

118) The DSM system consists of \_\_\_\_\_ “axes.”

- A) 2
- B) 3
- C) 4
- D) 5

Answer: d

*Diff: 1                      Type: MC                      Page Ref: 61                      Skill: Factual*

119) Clusters of symptoms that are characteristic of particular disorders are known as \_\_\_\_\_.

- A) syndromes
- B) trait clusters
- C) conditions
- D) diagnostic clusters

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 61                      Skill: Factual*

120) Caitlyn’s psychiatrist would note her diagnosis of anxiety on Axis \_\_\_\_\_ of the DSM-IV.

- A) I
- B) II
- C) III
- D) IV

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 61                      Skill: Applied*

121) Raoul’s psychiatrist would note his diagnosis of borderline personality disorder on Axis \_\_\_\_\_ of the DSM-IV.

- A) I
- B) II
- C) III
- D) IV

Answer: b

*Diff: 3                      Type: MC                      Page Ref: 61                      Skill: Applied*

122) Which of the following is NOT one of the axes of the DSM-IV?

- A) Emotional Disorders
- B) Personality Disorders
- C) Global Assessment
- D) General Medical Conditions

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 61                      Skill: Factual*

123) Which of the following is NOT one of the axes of the DSM-IV?

- A) Emotional Disorders
- B) Global Assessment
- C) Clinical Syndromes
- D) Personality Disorders

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 61                      Skill: Factual*

124) Which of the following is NOT one of the axes of the DSM-IV?

- A) Clinical Syndromes
- B) Personality Disorders
- C) General Medical Conditions
- D) Emotional Disorders

Answer: d

*Diff: 3                      Type: MC                      Page Ref: 61                      Skill: Factual*

125) The category of “other conditions that may be a focus of clinical attention” is listed under the \_\_\_\_\_ of the DSM-IV.

- A) Axis I
- B) Axis II
- C) Axis III
- D) Axis IV

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 61                      Skill: Factual*

126) The patterns of abnormal behaviour (mental disorders) that impair functioning and are stressful to the individual, or conditions that are the focus of diagnosis but do not constitute mental disorders (such as academic problems) are described under \_\_\_\_\_ of the DSM-IV.

- A) Axis I
- B) Axis II

- C) Axis III
- D) Axis IV

Answer: a

*Diff: 2                    Type: MC            Page Ref: 61            Skill: Factual*

127) Problems such as generalized anxiety disorder or posttraumatic stress disorder are described under \_\_\_\_\_ of the DSM-IV.

- A) Axis I
- B) Axis II
- C) Axis III
- D) Axis IV

Answer: a

*Diff: 2                    Type: MC            Page Ref: 61            Skill: Applied*

128) Mental Retardation is coded under \_\_\_\_\_ of the DSM-IV.

- A) Axis I
- B) Axis II
- C) Axis III
- D) Axis IV

Answer: b

*Diff: 3                    Type: MC            Page Ref: 61            Skill: Factual*

129) Deeply ingrained, excessively rigid, enduring, and maladaptive ways of relating to others and adjusting to external demands are described under \_\_\_\_\_ of the DSM-IV.

- A) Axis I
- B) Axis II
- C) Axis III
- D) Axis IV

Answer: b

*Diff: 2                    Type: MC            Page Ref: 61            Skill: Factual*

130) Problems such as dependent personality disorder or antisocial personality disorder are described under \_\_\_\_\_ of the DSM-IV.

- A) Axis I
- B) Axis II
- C) Axis III
- D) Axis IV

Answer: b

*Diff: 2                    Type: MC            Page Ref: 61            Skill: Applied*

131) Chronic and acute illnesses and medical conditions that are important to the understanding or treatment of a mental disorder, or that play a direct role in causing the disorder are described under \_\_\_\_\_ of the DSM-IV.

- A) Axis I
- B) Axis II
- C) Axis III
- D) Axis IV

Answer: c

*Diff: 2                      Type: MC                      Page Ref: 61                      Skill: Factual*

132) Medical conditions that affect the understanding or treatment of a mental disorder, but are not the direct cause, are listed under \_\_\_\_\_ of the DSM-IV.

- A) Axis I
- B) Axis II
- C) Axis III
- D) Axis IV

Answer: c

*Diff: 3                      Type: MC                      Page Ref: 61                      Skill: Factual*

133) Problems such as hypertension, arthritis, or allergies that affect a mental disorder are described under \_\_\_\_\_ of the DSM-IV.

- A) Axis I
- B) Axis II
- C) Axis III
- D) Axis IV

Answer: c

*Diff: 2                      Type: MC                      Page Ref: 61                      Skill: Applied*

134) Problems in the social or physical environment that affect the diagnosis, treatment, and outcome of a mental disorder are described under \_\_\_\_\_ of the DSM-IV.

- A) Axis I
- B) Axis II
- C) Axis III
- D) Axis IV

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 61                      Skill: Factual*

135) Problems such as marital separation and unemployment that contribute to the development or recurrence of a mental disorder are described under \_\_\_\_\_ of the DSM-IV.

- A) Axis I
- B) Axis II

- C) Axis III
- D) Axis IV

Answer: d

*Diff: 2                    Type: MC            Page Ref: 61            Skill: Applied*

- 136) Despite his significant and numerous mental health diagnoses, Pierre functions well in most areas of his life. Using the DSM-IV global assessment of functioning scale, his therapist would likely assess his code to be \_\_\_\_\_ on the scale.
- A) low
  - B) low average
  - C) average
  - D) high

Answer: d

*Diff: 3                    Type: MC            Page Ref: 62            Skill: Applied*

- 137) Roger has superior functioning across a wide variety of activities of daily life, and lacks physiological or psychological symptoms suggesting a mental illness. According to the Global Assessment of Functioning Scale, he should receive a score between \_\_\_\_\_.
- A) 31 and 40
  - B) 51 and 60
  - C) 71 and 80
  - D) 90 and 100

Answer: d

*Diff: 3                    Type: MC            Page Ref: 62            Skill: Applied*

- 138) Roger has made several serious suicide attempts. He engages in recurrent violent behaviour. He is a persistent danger to himself and others, and he is unable to maintain even minimal personal hygiene. He rarely speaks at all, and when he does he mumbles incoherently or engages in uncontrolled yelling and screaming. According to the Global Assessment of Functioning Scale, he should receive a score between \_\_\_\_\_.
- A) 1 and 10
  - B) 21 and 30
  - C) 41 and 50
  - D) 61 and 70

Answer: a

*Diff: 3                    Type: MC            Page Ref: 62            Skill: Applied*

- 139) If various diagnosticians using a diagnostic system arrive at the same diagnosis when they evaluate the same cases, the diagnostic system may be considered to be \_\_\_\_\_.

- A) practical
- B) valid
- C) legitimate
- D) reliable

Answer: d

*Diff: 1                      Type: MC                      Page Ref: 63                      Skill: Conceptual*

- 140) The accuracy of diagnostic categories is called \_\_\_\_\_.
- A) covariance
  - B) validity
  - C) legitimacy
  - D) reliability

Answer: b

*Diff: 1                      Type: MC                      Page Ref: 63                      Skill: Conceptual*

- 141) Diagnostic criteria in the DSM system are determined by consensus of psychiatrists, psychologists, and social workers from the \_\_\_\_\_.
- A) United States and Canada
  - B) United States
  - C) United States, Canada, and Asia
  - D) United States, Canada, and Latin America

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 63                      Skill: Factual*

- 142) Each of the following is true of the DSM-IV system EXCEPT \_\_\_\_\_.
- A) it has been designed to be used by clinicians from Puerto Rican and Asian cultures as well as clinicians from mainstream American culture
  - B) it recognizes that clinicians who are unfamiliar with an individual's cultural background may incorrectly label a behaviour that is normal for that individual's culture as being abnormal
  - C) it recognizes that abnormal behaviours may take different forms in different cultures
  - D) it recognizes that some abnormal behaviours are culturally specific

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 63-65                      Skill: Factual*

- 143) The major advantage of the DSM system is \_\_\_\_\_.
- A) its designation of specific diagnostic criteria
  - B) that it is based on a medical model of classification
  - C) its focus on categorizing mental disorder rather than describing behavioural strengths and weaknesses
  - D) the validity of the system

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 63                      Skill: Factual*

- 144) Each of the following is a criticism of the DSM system EXCEPT \_\_\_\_\_.
- A) its designation of specific diagnostic criteria
  - B) that it is based on a medical model of classification
  - C) its focus on categorizing mental disorder rather than describing behavioural strengths and weaknesses
  - D) questions about the validity and reliability of the system

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 63-65                      Skill: Factual*

- 145) The publication date of the \_\_\_\_\_ edition of the DSM is 2013.
- A) 4th
  - B) 5th
  - C) 6th
  - D) 7th

Answer: b

*Diff: 1                      Type: MC                      Page Ref: 64                      Skill: Factual*

- 146) A significant change in the 5th edition of the DSM is the \_\_\_\_\_.
- A) elimination of the personality disorder axis
  - B) incorporation of an assessment of all clients' personality traits rather than simply those of clients who might have a personality disorder
  - C) inclusion of over 20 new personality disorders
  - D) withdrawal of three previous personality disorders

Answer: b

*Diff: 2                      Type: MC                      Page Ref: 64                      Skill: Factual*

- 147) The dimensional assessment feature of the DSM-5 allows clinicians to rate \_\_\_\_\_.
- A) the severity of symptoms
  - B) how a client's family is coping
  - C) the client's prognosis
  - D) the time frame for predicted recovery or relapse

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 64                      Skill: Factual*

- 148) The DSM-5 is reorganized according to \_\_\_\_\_.
- A) level of severity
  - B) alphabetical listing by disorder



- C) lifespan
- D) location on the DSM axis system

Answer: c

*Diff: 2                    Type: MC            Page Ref: 64            Skill: Factual*

- 149) New disorders included in the DSM-5 include \_\_\_\_\_.
- A) premenstrual dysphoric disorder
  - B) mood disorder not otherwise specified
  - C) mood disorder, mixed episode
  - D) premenstrual mood disorder

Answer: a

*Diff: 2                    Type: MC            Page Ref: 64            Skill: Factual*

- 150) New disorders included in the DSM-5 include \_\_\_\_\_.
- A) hoarding disorder
  - B) mood disorder not otherwise specified
  - C) premenstrual mood disorder
  - D) mood disorder, mixed episode

Answer: a

*Diff: 2                    Type: MC            Page Ref: 64            Skill: Factual*

- 151) The psychiatric syndrome taijin-kyofu-sho (TKS) is common in Japan but rare elsewhere. Which of the following is NOT true of TKS?
- A) It primarily affects young Japanese women.
  - B) In the West it would be labelled a social phobia.
  - C) It involves a fear of embarrassing other people.
  - D) TKS is diagnosed in over 7% of the people treated by psychiatrists in Japan.

Answer: a

*Diff: 2                    Type: MC            Page Ref: 65            Skill: Conceptual*

- 152) The psychiatric syndrome TKS is common in \_\_\_\_\_, but rare elsewhere.
- A) Japan
  - B) Korea
  - C) India
  - D) South Africa

Answer: a

*Diff: 2                    Type: MC            Page Ref: 65            Skill: Factual*

- 153) \_\_\_\_\_ is characterized by excessive fear that one may behave in ways that will embarrass or offend other people.
- A) TSD

- B) TKS
- C) ADD
- D) MPD

Answer: b

*Diff: 2                      Type: MC                      Page Ref: 65                      Skill: Conceptual*

154) Jack dreads blushing in front of others for fear that it will cause them embarrassment. Jack's disorder most closely resembles \_\_\_\_\_.

- A) social phobia
- B) generalized anxiety disorder
- C) TKS
- D) MPD

Answer: c

*Diff: 2                      Type: MC                      Page Ref: 65                      Skill: Applied*

155) TKS is most similar to what we call \_\_\_\_\_.

- A) social phobia
- B) conversion disorder
- C) dissociative fugue
- D) posttraumatic stress disorder

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 65                      Skill: Conceptual*

156) TKS affects primarily \_\_\_\_\_.

- A) young Japanese men
- B) young Japanese women
- C) older Japanese men
- D) older Japanese women

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 65                      Skill: Factual*

157) TKS afflicts up to \_\_\_\_\_ % of people who are treated by psychiatrists in Japan.

- A) 36
- B) 56
- C) 76
- D) 96

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 65                      Skill: Factual*

158) Anorexia nervosa is most commonly found in \_\_\_\_\_ cultures.

- A) hunter-gatherer

- B) agricultural
- C) industrial
- D) communal

Answer: c

*Diff: 1*

*Type: MC*

*Page Ref: 65*

*Skill: Factual*

159) Dissociative identity disorder is most commonly found in \_\_\_\_\_ cultures.

- A) hunter-gatherer
- B) agricultural
- C) industrial
- D) communal

Answer: c

*Diff: 2*

*Type: MC*

*Page Ref: 65*

*Skill: Factual*

160) Critics of the DSM system argue that it needs to focus more on each of the following EXCEPT \_\_\_\_\_.

- A) current behaviours
- B) theoretical concepts
- C) personal history
- D) childhood behaviours

Answer: a

*Diff: 2*

*Type: MC*

*Page Ref: 66*

*Skill: Factual*

161) Which of the following is NOT a criticism of recent editions of the DSM?

- A) It has focused too much on identifying various cultural differences in abnormal behaviour patterns.
- B) It has been overzealous in removing concepts of abnormal behaviour that are derived from particular theories, such as neurosis.
- C) It overemphasizes current behaviours and often ignores their causes.
- D) It focuses too much on current behaviour and not enough on history or early childhood experiences.

Answer: a

*Diff: 2*

*Type: MC*

*Page Ref: 66*

*Skill: Factual*

162) The one professional book that is found on the bookshelves of nearly all practicing psychiatrists and psychologists is the \_\_\_\_\_.

- A) biography of Freud
- B) Dianetics diagnostic manual
- C) DSM manual
- D) IDC manual

Answer: c

*Diff: 1            Type: MC            Page Ref: 66            Skill: Factual*

- 163) The systematic interaction between a client and a therapist that incorporates the use of psychological principles to help bring about changes in the client's behaviours, thoughts, and feelings in order to help the client overcome abnormal behaviour, solve problems, or develop as an individual is called \_\_\_\_\_.
- A) psychotropic intervention
  - B) psychotherapy
  - C) the growth process
  - D) empathic understanding

Answer: b

*Diff: 1            Type: MC            Page Ref: 67            Skill: Conceptual*

- 164) A person using which of the following titles is allowed, in some provinces in Canada, to engage in "therapy" without any specific training or a licence?
- A) a psychotherapist
  - B) a clinical psychologist
  - C) a psychiatrist
  - D) a psychiatric social worker

Answer: a

*Diff: 1            Type: MC            Page Ref: 67            Skill: Factual*

- 165) Some therapists adopt a(n) \_\_\_\_\_ orientation, which means they draw on the theories of two or more theoretical orientations.
- A) psychotropic
  - B) psychotherapy
  - C) eclectic
  - D) diathesis

Answer: c

*Diff: 1            Type: MC            Page Ref: 67            Skill: Conceptual*

- 166) Terri seeks out a helping professional for assistance with her depression. The person she seeks out is not licensed and has not completed a master's degree or a PhD in either psychology or social work. The person has also not completed an MD or a DO. This person seems caring but lacks the credentials associated with other helping professionals. This person is a \_\_\_\_\_.
- A) clinical psychologist
  - B) psychiatric social worker
  - C) psychiatrist
  - D) psychotherapist

Answer: d

*Diff: 2            Type: MC            Page Ref: 67            Skill: Applied*

- 167) Tanya seeks out a helping professional for assistance with her depression. The person she seeks out has a PhD in psychology and is trained in assessment, diagnosis, and treatment of psychological problems. This person uses psychotherapy as a means of treating patients' problems. This person is a \_\_\_\_\_.
- A) clinical psychologist
  - B) psychiatric social worker
  - C) psychiatrist
  - D) psychotherapist

Answer: a

*Diff: 2*

*Type: MC*

*Page Ref: 67*

*Skill: Applied*

- 168) Simone seeks out a helping professional for assistance with her depression. The person she seeks out is a licensed physician with an MD. This person has also completed a residency program with specialized training in diagnosing and treating psychological problems. This person practices psychotherapy and can prescribe drugs or utilize other biological treatments such as electroconvulsive therapy, as necessary. This person is a \_\_\_\_\_.
- A) clinical psychologist
  - B) psychiatric social worker
  - C) psychiatrist
  - D) psychotherapist

Answer: c

*Diff: 2*

*Type: MC*

*Page Ref: 75*

*Skill: Applied*

- 169) Jocelyn seeks out a helping professional for assistance with her depression. The person she seeks out has a master's degree in social work and has received supervised training in helping people adjust and utilize social support services and community agencies. This person specializes in family therapy. This person is a \_\_\_\_\_.
- A) clinical psychologist
  - B) psychiatric social worker
  - C) psychiatrist
  - D) psychotherapist

Answer: b

*Diff: 2*

*Type: MC*

*Page Ref: 67*

*Skill: Applied*

- 170) There is a growing emphasis in Canadian psychiatry on the \_\_\_\_\_ bases of abnormal behaviour.
- A) unconscious
  - B) biological
  - C) learned
  - D) sociocultural

Answer: b

Diff: 2

Type: MC

Page Ref: 68

Skill: Factual

171) Anxiolytics are \_\_\_\_\_ drugs.

- A) anti-anxiety
- B) antidepressant
- C) antipsychotic
- D) anti-inflammatory

Answer: a

Diff: 1

Type: MC

Page Ref: 68

Skill: Conceptual

172) Anti-anxiety drugs are most often known as \_\_\_\_\_.

- A) minor tranquilizers
- B) major tranquilizers
- C) analgesics
- D) hallucinogens

Answer: a

Diff: 1

Type: MC

Page Ref: 68

Skill: Conceptual

173) Valium is a member of the benzodiazepine family of \_\_\_\_\_.

- A) barbiturates
- B) stimulants
- C) minor tranquilizers
- D) major tranquilizers

Answer: c

Diff: 3

Type: MC

Page Ref: 68

Skill: Factual

174) Valium, Miltown, Librium, and Xanax are all types of \_\_\_\_\_.

- A) minor tranquilizers
- B) major tranquilizers
- C) analgesics
- D) hallucinogens

Answer: a

Diff: 1

Type: MC

Page Ref: 68

Skill: Factual

175) Each of the following is an anti-anxiety drug EXCEPT \_\_\_\_\_.

- A) Valium
- B) Miltown
- C) Elavil
- D) Librium

Answer: c

*Diff: 3                      Type: MC                      Page Ref: 68                      Skill: Factual*

176) Regular use of benzodiazepines can produce \_\_\_\_\_.

- A) tolerance
- B) the TDs
- C) psychosis
- D) serotonin syndrome

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 68                      Skill: Conceptual*

177) \_\_\_\_\_ drugs depress the level of activity in parts of the central nervous system, leading to decreased level of sympathetic nervous system activity.

- A) Antipsychotic
- B) Anti-anxiety
- C) Antidepressant
- D) Hallucinogenic

Answer: b

*Diff: 1                      Type: MC                      Page Ref: 68                      Skill: Factual*

178) Which of the following is NOT true of minor tranquilizers?

- A) Their use leads to psychological dependence.
- B) They can be used safely and effectively on a controlled long-term basis.
- C) They can cause fatigue, drowsiness, and impaired motor coordination.
- D) Deaths have resulted from mixing alcohol with minor tranquilizers.

Answer: b

*Diff: 2                      Type: MC                      Page Ref: 68                      Skill: Factual*

179) The need over time for increasing dosages of a drug to achieve the same effect is called \_\_\_\_\_.

- A) resistance
- B) dependence
- C) tolerance
- D) addiction

Answer: c

*Diff: 2                      Type: MC                      Page Ref: 68                      Skill: Conceptual*

180) Some people who use anti-anxiety drugs report that anxiety and insomnia return in a more severe form once they stop using the medication. This is called \_\_\_\_\_.

- A) neurotic anxiety
- B) tolerance-based anxiety
- C) anxiolytic

D) rebound anxiety

Answer: d

*Diff: 2*

*Type: MC*

*Page Ref: 69*

*Skill: Conceptual*

181) Rebound anxiety is a common problem associated with \_\_\_\_\_.

- A) minor tranquilizers
- B) major tranquilizers
- C) stimulants
- D) hallucinogens

Answer: a

*Diff: 2*

*Type: MC*

*Page Ref: 69*

*Skill: Factual*

182) Antipsychotic drugs are known as \_\_\_\_\_.

- A) minor tranquilizers
- B) major tranquilizers
- C) analgesics
- D) hallucinogens

Answer: b

*Diff: 1*

*Type: MC*

*Page Ref: 69*

*Skill: Conceptual*

183) Neuroleptics are \_\_\_\_\_.

- A) antipsychotic drugs
- B) antineurotic drugs
- C) antidepressants
- D) analgesics

Answer: a

*Diff: 2*

*Type: MC*

*Page Ref: 69*

*Skill: Conceptual*

184) Thorazine, Mellaril, Prolixin, and Stelazine are all types of \_\_\_\_\_.

- A) benzodiazepines
- B) phenothiazines
- C) tricyclics
- D) MAO inhibitors

Answer: b

*Diff: 3*

*Type: MC*

*Page Ref: 69*

*Skill: Conceptual*

185) Phenothiazines are a class of \_\_\_\_\_.

- A) antipsychotic drugs
- B) antineurotic drugs
- C) antidepressants
- D) analgesics



Answer: a

Diff: 2                      Type: MC                      Page Ref: 69                      Skill: Conceptual

186) Phenothiazines control psychotic features by blocking the action of \_\_\_\_\_.

- A) serotonin
- B) cholinesterase
- C) norepinephrine
- D) dopamine

Answer: d

Diff: 2                      Type: MC                      Page Ref: 69                      Skill: Factual

187) An effective antipsychotic drug that is NOT a member of the phenothiazine class of drugs is \_\_\_\_\_.

- A) clozapine
- B) Nardil
- C) Elavil
- D) Prolixin

Answer: a

Diff: 3                      Type: MC                      Page Ref: 69                      Skill: Factual

188) The introduction of \_\_\_\_\_ in the mid-1950s was one of the major factors that led to a massive exodus of chronic mental patients from state institutions.

- A) antineurotics
- B) antidepressants
- C) minor tranquilizers
- D) major tranquilizers

Answer: d

Diff: 2                      Type: MC                      Page Ref: 69                      Skill: Factual

189) Jason has been taking prescription drugs for years for the treatment of schizophrenia. Recently, he has been plagued by uncontrollable eye blinking, lip smacking, facial grimaces, and other involuntary muscle movements. His symptoms suggest that he has developed \_\_\_\_\_.

- A) cerebral palsy
- B) Tourette syndrome
- C) Huntington's disease
- D) tardive dyskinesia

Answer: d

Diff: 2                      Type: MC                      Page Ref: 69                      Skill: Applied

190) Tardive dyskinesia is most closely associated with the long-term use of \_\_\_\_\_ drugs.

- A) anti-anxiety
- B) antidepressant
- C) antipsychotic
- D) anti-inflammatory

Answer: c

*Diff: 2                      Type: MC                      Page Ref: 69                      Skill: Factual*

191) Each of the following is a class of antidepressant EXCEPT \_\_\_\_\_.

- A) neuroleptics
- B) tricyclics
- C) serotonin reuptake inhibitors
- D) MAO inhibitors

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 69                      Skill: Factual*

192) Tricyclics and MAO inhibitors are types of \_\_\_\_\_.

- A) antineurotics
- B) antidepressants
- C) minor tranquilizers
- D) major tranquilizers

Answer: b

*Diff: 2                      Type: MC                      Page Ref: 69                      Skill: Factual*

193) Tofranil and Elavil are types of \_\_\_\_\_.

- A) tricyclics
- B) MOA inhibitors
- C) phenothiazines
- D) benzodiazepines

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 69                      Skill: Factual*

194) Nardil and Parnate are types of \_\_\_\_\_.

- A) tricyclics
- B) MAO inhibitors
- C) phenothiazines
- D) benzodiazepines

Answer: b

*Diff: 3                      Type: MC                      Page Ref: 69                      Skill: Factual*

195) Which of the following antidepressant drugs is neither a MAO inhibitor nor a tricyclic?

- A) Prozac
- B) Elavil
- C) Tofranil
- D) Sinequan

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 69                      Skill: Factual*

196) Prozac and Zoloft are types of \_\_\_\_\_.

- A) neuroleptics
- B) tricyclics
- C) serotonin reuptake inhibitors
- D) MAO inhibitors

Answer: c

*Diff: 3                      Type: MC                      Page Ref: 69                      Skill: Factual*

197) Drugs such as Prozac and Zoloft increase the availability of the neurotransmitter \_\_\_\_\_ in the brain.

- A) dopamine
- B) norepinephrine
- C) acetylcholine
- D) serotonin

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 69                      Skill: Factual*

198) Slightly more than \_\_\_\_\_ % of the people with clinically significant depression who are treated with tricyclics will respond favourably.

- A) 30
- B) 50
- C) 70
- D) 90

Answer: b

*Diff: 3                      Type: MC                      Page Ref: 69                      Skill: Factual*

199) Research on the effectiveness of antidepressant drugs indicates that \_\_\_\_\_.

- A) tricyclics are more effective than MAO inhibitors or selective serotonin reuptake inhibitors
- B) MAO inhibitors are more effective than tricyclics or selective serotonin reuptake inhibitors
- C) selective serotonin reuptake inhibitors are more effective than tricyclics or MAO inhibitors

D) all three classes of antidepressants are similar in effectiveness

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 70                      Skill: Factual*

200) Among antidepressant medications, \_\_\_\_\_.

- A) tricyclics have the fewest side effects
- B) MAO inhibitors have the fewest side effects
- C) selective serotonin reuptake inhibitors have the fewest side effects
- D) all have similar side effects

Answer: c

*Diff: 2                      Type: MC                      Page Ref: 70                      Skill: Factual*

201) Anxiety and eating disorders are most likely to be treated with \_\_\_\_\_ drugs.

- A) anti-anxiety
- B) anti-inflammatory
- C) antipsychotic
- D) antidepressant

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 70                      Skill: Factual*

202) Lithium carbonate has shown remarkable success in treating \_\_\_\_\_.

- A) obsessive-compulsive disorder
- B) bipolar disorder
- C) acute psychotic episodes among schizophrenics
- D) major depression

Answer: b

*Diff: 2                      Type: MC                      Page Ref: 70                      Skill: Factual*

203) Joe has been diagnosed with bipolar disorder and takes lithium carbonate. His physician would likely recommend that he \_\_\_\_\_.

- A) needs to take it only for a few weeks
- B) needs to take it only for a few months
- C) he can be slowly weaned from it after several years of taking it
- D) must continue to take the drug indefinitely

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 70                      Skill: Factual*

204) Electroconvulsive therapy is used today to treat \_\_\_\_\_.

- A) depression
- B) autism
- C) schizophrenia

D) convulsions

Answer: a

Diff: 2

Type: MC

Page Ref: 70

Skill: Factual

205) Each of the following is a concern regarding the use of ECT to treat depression EXCEPT \_\_\_\_\_.

A) nobody knows why it works

B) many professionals are uncomfortable with the idea of passing an electric shock through someone's head

C) it has never been shown to cause significant improvement among those on whom it has been administered

D) it carries the risk of side effects, such as memory loss

Answer: c

Diff: 2

Type: MC

Page Ref: 70

Skill: Factual

206) The most widely practiced form of psychosurgery was \_\_\_\_\_.

A) a prefrontal lobotomy

B) a pretemporal lobotomy

C) a split-brain operation

D) reticular ligation

Answer: a

Diff: 1

Type: MC

Page Ref: 71

Skill: Factual

207) Recent forms of psychosurgery involve \_\_\_\_\_ parts of the brain and do \_\_\_\_\_ damage than the prefrontal lobotomy.

A) smaller; less

B) smaller; more

C) larger; less

D) larger; more

Answer: a

Diff: 2

Type: MC

Page Ref: 71

Skill: Factual

208) An alternative form of brain stimulation treatment for depression is repetitive \_\_\_\_\_ magnetic stimulation.

A) prefrontal

B) frontal lobe

C) transcranial

D) thalamus

Answer: d

Diff: 2

Type: MC

Page Ref: 71

Skill: Factual

209) Deep brain stimulation has been approved for all of the following EXCEPT \_\_\_\_\_.

- A) obsessive-compulsive disorder
- B) Parkinson's disease
- C) essential tremor
- D) depression

Answer: d

Diff: 2

Type: MC

Page Ref: 72

Skill: Factual

210) Implanting electrodes and transmitting electrical impulses within the part of the brain that affects mood is known as \_\_\_\_\_.

- A) prefrontal magnetic stimulation
- B) deep brain stimulation
- C) transcranial magnetic stimulation
- D) magnetic brain stimulation

Answer: b

Diff: 2

Type: MC

Page Ref: 72

Skill: Factual

211) Most candidates for deep brain stimulation are participants \_\_\_\_\_.

- A) in clinical trials
- B) with Tourette syndrome
- C) with chronic pain
- D) with anxiety disorders

Answer: a

Diff: 2

Type: MC

Page Ref: 72

Skill: Factual

212) Follow-up studies of the effectiveness of recent forms of psychosurgery show marked improvement in \_\_\_\_\_ of cases.

- A) less than 1%
- B) one quarter to one half
- C) one half to three quarters
- D) three quarters to nine tenths

Answer: b

Diff: 3

Type: MC

Page Ref: 72

Skill: Factual

213) Psychoanalysis is the form of therapy originated by \_\_\_\_\_.

- A) Freud
- B) Adler
- C) Jung
- D) Sullivan

Answer: a

*Diff: 1            Type: MC            Page Ref: 72            Skill: Factual*

- 214) Practitioners of psychoanalysis view psychological problems as \_\_\_\_\_.
- A) rooted in issues concerning present relationships
  - B) related to conflicts in identity and meaningful existence
  - C) rooted in early childhood experiences and unconscious conflicts
  - D) misperceptions of oneself and one's current relationships

Answer: c

*Diff: 2            Type: MC            Page Ref: 72            Skill: Conceptual*

- 215) Freud used psychoanalysis to help clients \_\_\_\_\_.
- A) gain insight
  - B) self-actualize
  - C) find their self-identity
  - D) uncover past lives

Answer: a

*Diff: 2            Type: MC            Page Ref: 72            Skill: Factual*

- 216) Nadia goes to a therapist for treatment of her depression. She is asked to lie down on a couch and say anything that comes to her mind. Her therapist sits in a chair behind her, out of direct view. For the next 50 minutes Nadia lets her mind wander, saying whatever she wants. Her therapist says very little. Her therapist is using \_\_\_\_\_.
- A) cognitive restructuring
  - B) reflection/mirroring
  - C) the empty chair technique
  - D) free association

Answer: d

*Diff: 2            Type: MC            Page Ref: 75            Skill: Applied*

- 217) Wynona goes to a therapist for treatment of her depression. She is asked to lie down on a couch and say anything that comes to mind. Her therapist sits in a chair behind her, out of direct view. For the next 50 minutes Wynona lets her mind wander, saying whatever she likes. Her therapist says very little. Her therapist is most likely a \_\_\_\_\_.
- A) humanistic therapist
  - B) Gestalt therapist
  - C) psychoanalyst
  - D) cognitive therapist

Answer: c

*Diff: 2            Type: MC            Page Ref: 73            Skill: Applied*

- 218) Rachel seeks out a therapist to help her overcome her severe depression. Her therapist asks her to lie down on a couch and say anything that comes to her mind. Her therapist sits in a chair behind her, out of direct view. For the next 50 minutes Rachel lets her mind wander, saying whatever she likes. Her therapist says very little. Her therapist is most like \_\_\_\_\_.
- A) Sigmund Freud
  - B) Carl Rogers
  - C) Rollo May
  - D) Aaron Beck

Answer: a

Diff: 2

Type: MC

Page Ref: 73

Skill: Applied

- 219) The process of uttering uncensored thoughts as soon as they come to mind is called \_\_\_\_\_.
- A) catharsis
  - B) transference
  - C) abreaction
  - D) free association

Answer: d

Diff: 1

Type: MC

Page Ref: 73

Skill: Conceptual

- 220) The processes of transference and countertransference involve the use of \_\_\_\_\_.
- A) sublimation
  - B) reaction formation
  - C) displacement
  - D) intellectualization

Answer: c

Diff: 3

Type: MC

Page Ref: 73

Skill: Conceptual

- 221) The process of a client displacing feelings about her father onto her therapist so that she starts to view her therapist as a "father figure" is called \_\_\_\_\_.
- A) abreaction
  - B) catharsis
  - C) transference
  - D) countertransference

Answer: c

Diff: 2

Type: MC

Page Ref: 73

Skill: Conceptual

- 222) Anita is in therapy for depression. During the course of therapy she begins to notice the similarities between her therapist and her father. She finds that the more she sees of her therapist the more like her father he seems. Anita is experiencing \_\_\_\_\_.
- A) abreaction



- B) catharsis
- C) transference
- D) countertransference

Answer: c

*Diff: 2                      Type: MC                      Page Ref: 73                      Skill: Applied*

- 223) During therapy, Bobbi finds herself feeling the same feelings of anger, jealousy, and frustration toward her therapist that she felt toward her parents when she was a child. She is experiencing \_\_\_\_\_.
- A) resistance
  - B) transference neurosis
  - C) abreaction
  - D) countertransference

Answer: b

*Diff: 2                      Type: MC                      Page Ref: 73                      Skill: Applied*

- 224) During therapy, Amanda's therapist tells her that she very much reminds him of his daughter, and raises the same types of protective feelings in him that he feels toward his daughter. What Amanda and her therapist are experiencing is called \_\_\_\_\_.
- A) catharsis
  - B) transference neurosis
  - C) transference
  - D) countertransference

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 74                      Skill: Applied*

- 225) In psychoanalytic therapy, it generally takes \_\_\_\_\_ for a transference relationship to develop and be resolved.
- A) hours or days
  - B) days or weeks
  - C) weeks or months
  - D) months or years

Answer: d

*Diff: 1                      Type: MC                      Page Ref: 74                      Skill: Factual*

- 226) Each of the following is true of current psychodynamic therapies when compared with traditional psychoanalysis EXCEPT \_\_\_\_\_.
- A) they tend to be briefer
  - B) they focus more on unconscious conflicts
  - C) they follow a somewhat different format
  - D) they focus more on issues concerning present relationships

Answer: b

*Diff: 1                    Type: MC            Page Ref: 74            Skill: Factual*

- 227) The systematic application of techniques drawn from the principles of learning to help people make adaptive changes in their lives is called \_\_\_\_\_.
- A) psychoanalysis
  - B) rational-emotive therapy
  - C) cognitive therapy
  - D) behaviour therapy

Answer: d

*Diff: 1                    Type: MC            Page Ref: 75            Skill: Conceptual*

- 228) Each of the following therapeutic approaches has a "here and now" focus EXCEPT \_\_\_\_\_.
- A) psychoanalysis
  - B) humanistic-existential therapy
  - C) cognitive therapy
  - D) behaviour therapy

Answer: a

*Diff: 2                    Type: MC            Page Ref: 75-82            Skill: Conceptual*

- 229) \_\_\_\_\_ therapists believe that the efficacy of therapy results from learning-based techniques rather than from the nature of the therapeutic relationship.
- A) Cognitive
  - B) Humanistic
  - C) Behaviour
  - D) Existential

Answer: c

*Diff: 1                    Type: MC            Page Ref: 75            Skill: Factual*

- 230) Which of the following is NOT one of the techniques developed by behaviour therapists for reducing fears and phobias?
- A) generalization
  - B) systematic desensitization
  - C) modelling
  - D) gradual exposure

Answer: a

*Diff: 1                    Type: MC            Page Ref: 75            Skill: Factual*

- 231) Ted goes to a therapist to help overcome his fear of snakes. The therapist helps Ted to become deeply relaxed through the use of progressive relaxation. Ted is then asked to imagine increasingly anxiety-arousing scenes involving snakes while

maintaining a relaxed state. If Ted becomes fearful, the therapist switches Ted back to relaxation until Ted can tolerate the scene and remain fully relaxed. This process is continued until Ted can stay relaxed through even the most distressing scene in the hierarchy. This process is called \_\_\_\_\_.

- A) flooding
- B) systematic desensitization
- C) gradual exposure
- D) modelling

Answer: b

Diff: 3

Type: MC

Page Ref: 75

Skill: Applied

232) Matt goes to a therapist to help overcome his fear of snakes. The therapist helps Matt become deeply relaxed through the use of progressive relaxation. Matt is then exposed to actual fear-evoking stimuli involving snakes while trying to maintain his relaxed state. The therapist begins with the least distressing stimuli in a hierarchy and progresses to more distressing stimuli until Matt can maintain his relaxed state when exposed to even the most distressing stimuli in the hierarchy, which involves draping a large snake over his shoulders. This process is called \_\_\_\_\_.

- A) cue-controlled conditioning
- B) systematic desensitization
- C) gradual exposure
- D) flooding

Answer: c

Diff: 3

Type: MC

Page Ref: 75

Skill: Applied

233) Nate goes to a therapist to help overcome his fear of snakes. The therapist has Nate observe other people interacting with snakes and then asks Nate to imitate the behaviours he observed. Nate receives positive reinforcement for attempting to imitate what he observed. This process is called \_\_\_\_\_.

- A) cue-controlled conditioning
- B) systematic desensitization
- C) gradual exposure
- D) modelling

Answer: d

Diff: 3

Type: MC

Page Ref: 75

Skill: Applied

234) Aaron goes to a therapist to help overcome his fear of snakes. The therapist uses a combination of systematic desensitization and gradual exposure to help Aaron reduce and control his fears. Aaron's therapist is most likely a(n) \_\_\_\_\_.

- A) behaviour therapist
- B) cognitive therapist
- C) existential therapist
- D) object relations therapist

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 75                      Skill: Applied*

235) Modelling approaches for curing phobias were pioneered by \_\_\_\_\_.

- A) Albert Ellis
- B) Albert Bandura
- C) Aaron Beck
- D) Margaret Mahler

Answer: b

*Diff: 2                      Type: MC                      Page Ref: 75                      Skill: Factual*

236) \_\_\_\_\_ conditioning involves the use of reinforcement principles to foster the learning of adaptive responses and to extinguish maladaptive responses.

- A) Classical
- B) Operant
- C) Aversive
- D) Covert

Answer: b

*Diff: 1                      Type: MC                      Page Ref: 76                      Skill: Conceptual*

237) Token economies utilize principles of \_\_\_\_\_.

- A) classical conditioning
- B) operant conditioning
- C) aversive conditioning
- D) covert sensitization

Answer: b

*Diff: 2                      Type: MC                      Page Ref: 76                      Skill: Conceptual*

238) Brittany earns buttons for performing adaptive behaviours such as making her bed and cleaning her room. At a later time she can exchange her buttons for a trip to purchase her favourite video game. This method of stimulating desired behaviour is called \_\_\_\_\_.

- A) covert sensitization
- B) assical conditioning
- C) token economy
- D) systematic desensitization

Answer: c

*Diff: 3                      Type: MC                      Page Ref: 76                      Skill: Applied*

239) Psychodynamic therapies tend to focus on \_\_\_\_\_ processes.

- A) unconscious

- B) subjective, conscious
- C) biological
- D) social-interactive

Answer: a

*Diff: 1                      Type: MC                      Page Ref: 76                      Skill: Conceptual*

240) Humanistic therapies tend to focus on \_\_\_\_\_ processes.

- A) subconscious
- B) subjective, conscious
- C) biological
- D) social-interactive

Answer: b

*Diff: 1                      Type: MC                      Page Ref: 76                      Skill: Conceptual*

241) The founder of person-centred therapy is \_\_\_\_\_.

- A) Carl Rogers
- B) Victor Frankl
- C) Abraham Maslow
- D) Rollo May

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 76                      Skill: Factual*

242) Erica seeks out a therapist to help her overcome her severe depression. Her therapist suggests that her depression stems from other people placing roadblocks in her path, preventing her from achieving self-actualization. In addition, the therapist suggests that Erica needs to experience unconditional positive regard to develop a sense of genuineness about herself and to develop psychological congruence. Erica's therapist is most like \_\_\_\_\_.

- A) Sigmund Freud
- B) Carl Rogers
- C) Victor Frankly
- D) Alfred Adler

Answer: b

*Diff: 3                      Type: MC                      Page Ref: 76                      Skill: Applied*

243) Naomi seeks out a therapist to help her overcome her severe depression. Her therapist suggests that her depression stems from other people placing roadblocks in her path, preventing her from achieving self-actualization. Naomi's therapist is using \_\_\_\_\_.

- A) psychoanalysis
- B) humanistic therapy
- C) behaviour therapy

D) object-relations therapy

Answer: b

Diff: 2

Type: MC

Page Ref: 76

Skill: Applied

244) Each of the following types of therapy is directional EXCEPT \_\_\_\_\_.

- A) psychoanalysis
- B) person-centred therapy
- C) rational-emotive therapy
- D) Gestalt therapy

Answer: b

Diff: 2

Type: MC

Page Ref: 76

Skill: Conceptual

245) In person-centred therapy, the therapist is \_\_\_\_\_.

- A) passive and nondirective
- B) active and nondirective
- C) passive and directive
- D) active and directive

Answer: a

Diff: 1

Type: MC

Page Ref: 76

Skill: Factual

246) Kayla seeks out a therapist to help her overcome her severe depression. Her therapist mirrors and reflects her expressed feelings to help her get in touch with deeper feelings and parts of herself she had disowned because of social condemnation. The therapist reflects back her disclosures without judgment or interpretation. Her therapist is most like \_\_\_\_\_.

- A) Sigmund Freud
- B) Carl Rogers
- C) Rollo May
- D) Albert Ellis

Answer: b

Diff: 3

Type: MC

Page Ref: 76

Skill: Applied

247) Mirroring and reflection would be most important to which of the following therapists?

- A) Carl Rogers
- B) Abraham Maslow
- C) Rollo May
- D) Albert Ellis

Answer: a

Diff: 2

Type: MC

Page Ref: 76

Skill: Factual

- 248) Which of the following is NOT one of the four basic attributes Carl Rogers believed a person-centred therapist should possess?
- A) unconditional positive regard
  - B) genuineness
  - C) empathy
  - D) existential reality

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 76                      Skill: Factual*

- 249) Unconditional positive regard refers to unconditional \_\_\_\_\_.
- A) praise
  - B) acceptance
  - C) generosity
  - D) desire

Answer: b

*Diff: 1                      Type: MC                      Page Ref: 76                      Skill: Conceptual*

- 250) Mary Ann is a therapist who helps people who have abused their children. She is able to accept her clients without judgement even though she objects to their behaviours. Carl Rogers called this acceptance \_\_\_\_\_.
- A) unconditional positive regard
  - B) genuineness
  - C) empathy
  - D) congruence

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 76                      Skill: Applied*

- 251) The fit between one's thoughts and one's feelings referring to the degree to which one's thoughts and feelings are integrated and consistent is what Roger's called \_\_\_\_\_.
- A) unconditional positive regard
  - B) genuineness
  - C) empathy
  - D) congruence

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 76                      Skill: Conceptual*

- 252) An essential tenet of \_\_\_\_\_ is not to eliminate intense or uncomfortable feelings, but to view them as a signal to action.
- A) emotion-focused therapy
  - B) cognitive-behavioural therapy
  - C) psychodynamic therapy

D) client-centred therapy

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 78                      Skill: Conceptual*

253) An emotion-focused therapist acts as a(n) \_\_\_\_\_.

- A) encourager
- B) coach
- C) interpreter
- D) teacher

Answer: b

*Diff: Conceptual                      Type: MC                      Page Ref: 78                      Skill: Factual*

254) Reliving past hurts that become our maladaptive responses to current situations would be a tenet of what type of therapy?

- A) cognitive
- B) psychoanalytical
- C) rational-emotive
- D) emotion-focused

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 78                      Skill: Conceptual*

255) Jolene's therapist points out that she distorts the meaning of negative events in her life and suggests that she views them through "dark-coloured glasses" of irrational beliefs. Her therapist is likely using what theoretical approach?

- A) emotion-focused
- B) psychoanalysis
- C) rational-emotive
- D) behavioural

Answer: c

*Diff: 3                      Type: MC                      Page Ref: 79                      Skill: Applied*

256) Shakespeare's quote "There is nothing either good or bad, but thinking makes it so," most closely reflects the views of \_\_\_\_\_ therapists.

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

Answer: b

*Diff: 2                      Type: MC                      Page Ref: 79                      Skill: Applied*

257) Cognitive therapists focus on helping clients \_\_\_\_\_.



- A) achieve their actualizing potential
- B) uncover early childhood conflicts and repressed memories
- C) identify and correct maladaptive beliefs and self-defeating attitudes
- D) change environmental antecedents that lead to problem behaviours

Answer: c

*Diff: 1                      Type: MC                      Page Ref: 79                      Skill: Factual*

258) The founder of rational-emotive therapy is \_\_\_\_\_.

- A) Albert Ellis
- B) Albert Bandura
- C) Aaron Beck
- D) Rollo May

Answer: a

*Diff: 1                      Type: MC                      Page Ref: 79                      Skill: Factual*

259) Melissa seeks out a therapist to help her overcome her severe depression. Her therapist tells her that her depression stems from her irrational beliefs about herself and what she must accomplish in life to be loved and accepted by others. Her therapist actively disputes these beliefs and helps her develop more adaptive beliefs. Melissa's therapist is most like \_\_\_\_\_.

- A) Albert Ellis
- B) Sigmund Freud
- C) Aaron Beck
- D) Carl Rogers

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 79                      Skill: Applied*

260) Nicole seeks out a therapist to help her overcome her severe depression. Her therapist tells her that her depression stems from her irrational beliefs about herself and what she must accomplish in life to be loved and accepted by others. Her therapist actively disputes these beliefs and helps her develop more adaptive beliefs. Nicole's therapist is using \_\_\_\_\_.

- A) cognitive therapy
- B) psychoanalysis
- C) existential therapy
- D) humanistic therapy

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 79                      Skill: Applied*

261) The concept of irrational beliefs would be most important to \_\_\_\_\_.

- A) Margaret Mahler
- B) Sigmund Freud

- C) Carl Rogers
- D) Albert Ellis

Answer: d

*Diff: 2                    Type: MC            Page Ref: 79            Skill: Factual*

- 262) The concept of cognitive distortions would be most important to \_\_\_\_\_.
- A) Aaron Beck
  - B) Sigmund Freud
  - C) Carl Rogers
  - D) Abraham Maslow

Answer: a

*Diff: 2                    Type: MC            Page Ref: 79            Skill: Factual*

- 263) Janet seeks out a therapist to help her overcome her severe depression. The therapist suggests that her depression results from a series of cognitive distortions, which have affected her self-image. Janet is asked to do some "homework assignments," recording upsetting events, the thoughts that follow the events, and the feelings resulting from the thoughts. Her therapist also gives her behavioural "homework assignments" to help her structure her time with meaningful activities and counteract the listlessness and apathy characterizing her free time since she became depressed. Her therapist is most like \_\_\_\_\_.
- A) Margaret Mahler
  - B) Abraham Maslow
  - C) Carl Rogers
  - D) Aaron Beck

Answer: d

*Diff: 3                    Type: MC            Page Ref: 79            Skill: Applied*

- 264) Darby seeks out a therapist to help her overcome her severe depression. The therapist suggests that her depression results from a series of cognitive distortions, which have affected her self-image. Darby is asked to do some "homework assignments," recording upsetting events, the thoughts that follow the events, and the feelings resulting from the thoughts. Her therapist also gives her behavioural "homework assignments" to help her structure her time with meaningful activities and counteract the listlessness and apathy characterizing her free time since she became depressed. Her therapist is using \_\_\_\_\_.
- A) cognitive therapy
  - B) psychoanalysis
  - C) humanistic therapy
  - D) existential therapy

Answer: a

*Diff: 3                    Type: MC            Page Ref: 77-79            Skill: Applied*

- 265) Lana magnifies the negative events in her life and minimizes her personal accomplishments. Her therapist, who uses a cognitive approach, would refer to these as \_\_\_\_\_.
- A) cognitive distortions
  - B) cognitive disjoints
  - C) cognitive denials
  - D) cognitive dismissals

Answer: a

Diff: 3

Type: MC

Page Ref: 79

Skill: Applied

- 266) Gino's therapist encourages him to ask a few friends to have lunch and to record on paper their reactions to his requests. This form of reality testing homework would likely be given by a therapist who uses the \_\_\_\_\_ approach.
- A) emotion-focused
  - B) person-centred
  - C) behavioural
  - D) cognitive

Answer: d

Diff: 3

Type: MC

Page Ref: 79

Skill: Applied

- 267) The major difference between rational-emotive therapists and cognitive therapists is that \_\_\_\_\_.
- A) cognitive therapists tend to be more confrontational than rational-emotive therapists
  - B) cognitive therapists tend to focus more on deeper level feelings than do rational-emotive therapists
  - C) rational-emotive therapists tend to focus more on deeper level feelings than do cognitive therapists
  - D) rational-emotive therapists tend to be more confrontational than cognitive therapists

Answer: d

Diff: 1

Type: MC

Page Ref: 80

Skill: Factual

- 268) Today, many, if not most, behaviour therapists identify with a broader model of therapy called \_\_\_\_\_.
- A) brief psychodynamic therapy
  - B) emotion-focused therapy
  - C) cognitive-behaviour therapy
  - D) rational-emotive therapy

Answer: c

Diff: 2

Type: MC

Page Ref: 80

Skill: Factual

269) Meichenbaum is known as one of the founders of \_\_\_\_\_.

- A) REBT
- B) EFT
- C) PCT
- D) CBT

Answer: d

*Diff: 3*

*Type: MC*

*Page Ref: 80*

*Skill: Factual*

270) Therapists who incorporate principles and techniques from different therapeutic orientations that they believe will enhance their therapeutic effectiveness are called \_\_\_\_\_ therapists.

- A) eclectic
- B) psychodynamic
- C) behaviour
- D) in vitro

Answer: a

*Diff: 1*

*Type: MC*

*Page Ref: 81*

*Skill: Conceptual*

271) Kathryn seeks out a therapist to help her overcome her severe depression. The therapist spends much of the time in the early sessions using the techniques of mirroring and reflection, suggesting that part of her problem relates to early childhood conflicts with her parents, which have prevented her from achieving self-actualization. Then the therapist suggests focusing on her current problems, emphasizing the role of learned maladaptive behaviours and negative self-talk in maintaining her depression. The therapist uses a combination of cognitive restructuring and operant conditioning techniques to help Kathryn overcome her depression. Kathryn's therapist is best described as \_\_\_\_\_.

- A) psychodynamic
- B) behavioural-cognitive
- C) humanistic-existential
- D) eclectic

Answer: d

*Diff: 3*

*Type: MC*

*Page Ref: 81*

*Skill: Applied*

272) Tammy has a fear of elevators, and her therapist gradually exposes her to them and conducts cognitive restructuring along the process. This approach is an example of \_\_\_\_\_ therapy.

- A) cognitive-behavioural
- B) emotion-focused
- C) behavioural
- D) cognitive

Answer: a

*Diff: 3                    Type: MC            Page Ref: 80            Skill: Applied*

- 273) Today, the largest single group of psychologists and psychotherapists identify themselves as \_\_\_\_\_ in orientation.
- A) psychodynamic
  - B) humanistic-existentialist
  - C) eclectic
  - D) cognitive-behavioural

Answer: c

*Diff: 2                    Type: MC            Page Ref: 81            Skill: Factual*

- 274) About \_\_\_\_\_ of therapists surveyed label themselves as eclectic in their orientation.
- A) one fifth to one quarter
  - B) one quarter to one third
  - C) one third to one half
  - D) one half to two thirds

Answer: c

*Diff: 3                    Type: MC            Page Ref: 81            Skill: Factual*

- 275) Which of the following is NOT true of group therapy?
- A) It allows greater access to limited resources.
  - B) It is usually preferred by clients over individual therapy.
  - C) It costs less than individual therapy.
  - D) It provides opportunities for dealing more effectively with people.

Answer: b

*Diff: 2                    Type: MC            Page Ref: 81            Skill: Factual*

- 276) Which of the following is true of group therapy?
- A) It allows clients to see that their problems are not unique.
  - B) It is more effective than individual therapy.
  - C) It is costlier than individual therapy.
  - D) It is usually preferred by clients over individual therapy.

Answer: a

*Diff: 2                    Type: MC            Page Ref: 81            Skill: Factual*

- 277) Each of the following is a reason clients prefer individual therapy to group therapy EXCEPT \_\_\_\_\_.
- A) some clients may not wish to disclose their problems to others in a group
  - B) some clients prefer the individual attention of the therapist
  - C) individual therapy has been shown to be more effective than group therapy

- D) social inhibitions may prevent many clients from feeling comfortable in a group setting

Answer: c

Diff: 2                      Type: MC                      Page Ref: 82                      Skill: Factual

278) Which of the following is NOT true of family therapy?

- A) Conflicts requiring family therapy often emerge at transitional points in the life cycle when family patterns are altered by changes in one or more family members.
- B) Faulty family communications often play a role in creating problems in the family.
- C) It is common for family members to scapegoat one member of the family as the "identified client" or source of the problem.
- D) Family therapists work with family members to resolve conflicts, lessen autonomy, and encourage mutual dependence to bring the family closer together.

Answer: d

Diff: 3                      Type: MC                      Page Ref: 82                      Skill: Factual

279) Shannon's family is involved in family therapy. Their therapist suggests that the family's problems arise from faulty patterns of communication and interaction, which need to be adjusted to enhance the family as a unit as well as the growth of individual family members. The therapist is using \_\_\_\_\_.

- A) conjoint family therapy
- B) structural family therapy
- C) functional family therapy
- D) ecological family therapy

Answer: a

Diff: 3                      Type: MC                      Page Ref: 82                      Skill: Applied

280) Conjoint family therapy was developed by \_\_\_\_\_.

- A) Minuchin
- B) Satir
- C) Westheimer
- D) Dawson

Answer: b

Diff: 3                      Type: MC                      Page Ref: 82                      Skill: Factual

281) Virginia Satir conceptualizes the family in terms of a(n) \_\_\_\_\_.

- A) iceberg
- B) system
- C) forest

D) prism

Answer: b

Diff: 2

Type: MC

Page Ref: 82

Skill: Factual

282) Both conjoint and structural family therapy adopt a \_\_\_\_\_ model of abnormal behaviour.

- A) sociocultural
- B) psychodynamic
- C) systems
- D) humanistic

Answer: c

Diff: 2

Type: MC

Page Ref: 82

Skill: Factual

283) Bianca's family is involved in family therapy. Their therapist suggests that individual family members have developed problems because their roles within the family have become too distorted to allow them to function adequately. The therapist analyzes the role played by each person in the family and explains how two family members have recently changed roles and met stiff resistance from other family members who want to maintain the family's stability by preserving the pre-existing roles of each family member. The therapist is using \_\_\_\_\_ family therapy.

- A) conjoint
- B) structural
- C) functional
- D) ecological

Answer: b

Diff: 3

Type: MC

Page Ref: 82

Skill: Applied

284) Marital therapy is a special type of \_\_\_\_\_ therapy.

- A) individual
- B) psychodynamic
- C) family
- D) sociocultural

Answer: c

Diff: 1

Type: MC

Page Ref: 82

Skill: Conceptual

285) The effectiveness of psychotherapy \_\_\_\_\_.

- A) receives strong support from the research literature
- B) receives only weak and sporadic support from the research literature
- C) has not been demonstrated by the research literature
- D) has not been thoroughly examined by researchers

Answer: a

*Diff: 2                    Type: MC            Page Ref: 83            Skill: Factual*

- 286) A statistical technique for averaging the results of large numbers of studies in order to determine levels of overall effectiveness is called \_\_\_\_\_.
- A) factor analysis
  - B) analysis of variance
  - C) meta-analysis
  - D) stepwise regression analysis

Answer: c

*Diff: 2                    Type: MC            Page Ref: 83            Skill: Conceptual*

- 287) Smith, Glass, and Miller (1980) found that the average psychotherapy client was better off than \_\_\_\_\_ % of clients who remained untreated.
- A) 20
  - B) 40
  - C) 60
  - D) 80

Answer: d

*Diff: 3                    Type: MC            Page Ref: 83            Skill: Factual*

- 288) The most frequently cited meta-analysis of psychotherapy research was conducted by \_\_\_\_\_.
- A) Smith and Glass
  - B) Eysenck
  - C) Bowers and Clum
  - D) Crits-Christoph

Answer: a

*Diff: 1                    Type: MC            Page Ref: 83            Skill: Factual*

- 289) Meta-analyses suggest that \_\_\_\_\_.
- A) behavioural therapy is more effective than psychodynamic therapy
  - B) behavioural therapy is not as effective as psychodynamic therapy
  - C) cognitive therapy is more effective than psychodynamic therapy
  - D) the effectiveness of any psychotherapy has more to do with the features it shares with other therapies than with those that set them apart

Answer: d

*Diff: 2                    Type: MC            Page Ref: 83            Skill: Factual*

- 290) Researchers have found that about \_\_\_\_\_% of clients in once weekly psychotherapy experience a remission of their presenting complaints sufficient to restore them to normal functioning by about one year of therapy.



- A) 35
- B) 55
- C) 75
- D) 95

Answer: c

*Diff: 3                      Type: MC                      Page Ref: 83                      Skill: Factual*

- 291) The elements that psychotherapies share are called \_\_\_\_\_.
- A) placebo factors
  - B) specific factors
  - C) treatment factors
  - D) nonspecific factors

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 83                      Skill: Conceptual*

- 292) Nonspecific factors in psychotherapy stem largely from \_\_\_\_\_.
- A) the therapist–client relationship
  - B) genetically inherited traits
  - C) environmental cues
  - D) response biases

Answer: a

*Diff: 2                      Type: MC                      Page Ref: 83                      Skill: Factual*

- 293) The attachment that a client develops toward the therapist and the therapy process is known as the \_\_\_\_\_.
- A) working alliance
  - B) reciprocal allegiance
  - C) therapeutic alliance
  - D) transference neurosis

Answer: c

*Diff: 2                      Type: MC                      Page Ref: 83                      Skill: Conceptual*

- 294) The development, in therapy, of an effective working relationship in which the therapist and client strive jointly and constructively toward identifying and confronting the important issues and problems the client faces is known as the \_\_\_\_\_.
- A) working alliance
  - B) reciprocal allegiance
  - C) therapeutic alliance
  - D) conjoint response characteristic

Answer: a

*Diff: 1            Type: MC            Page Ref: 83            Skill: Conceptual*

- 295) Anxiety disorders, sleep disorders, and sexual dysfunctions have responded most effectively to \_\_\_\_\_ therapy.
- A) psychodynamic
  - B) behaviour
  - C) cognitive
  - D) humanistic-existential

Answer: b

*Diff: 2            Type: MC            Page Ref: 83            Skill: Factual*

- 296) Which of the following therapies appears to be MOST successful in fostering self-insight and personality growth?
- A) humanistic therapy
  - B) behaviour therapy
  - C) cognitive therapy
  - D) rational-emotive therapy

Answer: a

*Diff: 2            Type: MC            Page Ref: 83            Skill: Factual*

- 297) The therapy that appears to be MOST successful in treating depression and anxiety disorders is \_\_\_\_\_ therapy.
- A) psychodynamic
  - B) behaviour
  - C) cognitive
  - D) humanistic-existential

Answer: c

*Diff: 3            Type: MC            Page Ref: 83            Skill: Factual*

- 298) Empirical studies have found cognitive therapy to be effective for treating \_\_\_\_\_.
- A) phobias
  - B) chronic pain
  - C) bulimia
  - D) depression

Answer: d

*Diff: 3            Type: MC            Page Ref: 83            Skill: Factual*

- 299) There is clear evidence that computer-assisted therapy has positive benefits for persons with \_\_\_\_\_.
- A) substance abuse
  - B) sexual paraphilias

- C) schizophrenia
- D) bipolar disorder

Answer: a

*Diff: 3                    Type: MC            Page Ref: 83            Skill: Factual*

- 300) The case of Edmond Yu touches on \_\_\_\_\_.
- A) the difficulties in trying to predict dangerousness
  - B) the political problems involved in the “duty to warn”
  - C) how to balance the rights of the individual with the rights of society
  - D) how to evaluate one's competency to stand trial

Answer: c

*Diff: 2                    Type: MC            Page Ref: 84-87            Skill: Factual*

- 301) In Canada, almost \_\_\_\_\_ people are foreign-born.
- A) one in five
  - B) one in ten
  - C) one in fifteen
  - D) one in twenty

Answer: a

*Diff: 3                    Type: MC            Page Ref: 84            Skill: Factual*

- 302) In Canada, the cultural consultation services (CCS) model was designed to \_\_\_\_\_.
- A) create a specific agency to service persons from diverse cultural backgrounds
  - B) translate assessment and treatment programs into English
  - C) create a database to track persons of diverse cultural backgrounds
  - D) work with existing systems using a culturally diverse team

Answer: d

*Diff: 3                    Type: MC            Page Ref: 84            Skill: Factual*

- 303) People who are placed in psychiatric institutions because they show abnormal behaviours and are deemed to be a threat to themselves or others are committed through a process of \_\_\_\_\_ commitment.
- A) social
  - B) institutional
  - C) legal
  - D) civil

Answer: d

*Diff: 2                    Type: MC            Page Ref: 87            Skill: Factual*

- 304) Psychiatric commitment is the same as \_\_\_\_\_ commitment.

- A) social
- B) institutional
- C) legal
- D) civil

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 87                      Skill: Conceptual*

305) People who are placed in psychiatric institutions because they were acquitted of a crime by reason of insanity are committed through a process of \_\_\_\_\_ commitment.

- A) social
- B) institutional
- C) legal
- D) civil

Answer: c

*Diff: 1                      Type: MC                      Page Ref: 87                      Skill: Conceptual*

306) People must be judged \_\_\_\_\_ to be psychiatrically committed.

- A) unable to care for their own needs
- B) mentally ill, but not necessarily dangerous
- C) dangerous but not necessarily mentally ill
- D) mentally ill and dangerous

Answer: d

*Diff: 1                      Type: MC                      Page Ref: 87                      Skill: Factual*

307) Mental health professionals tend to \_\_\_\_\_ dangerousness in mental health patients.

- A) refuse to predict
- B) underpredict
- C) accurately predict
- D) overpredict

Answer: d

*Diff: 1                      Type: MC                      Page Ref: 88                      Skill: Factual*

308) Professionals tend to show a consistent \_\_\_\_\_.

- A) inability to recognize dangerous behaviour
- B) bias in favour of underpredicting dangerousness
- C) ability to accurately recognize dangerousness
- D) bias in favour of overpredicting dangerousness

Answer: d

*Diff: 2                      Type: MC                      Page Ref: 88                      Skill: Factual*

309) The accuracy of predicting violence, especially violence in the long term, is improved if clinicians use the \_\_\_\_\_ Checklist or similar instruments. This checklist was developed by psychologist Robert Hare and his colleagues at the University of British Columbia.

- A) Antisocial
- B) Psychopathy
- C) Minnesota
- D) Violence

Answer: b

Diff: 3

Type: MC

Page Ref: 88

Skill: Factual

310) Which of the following types of threats is the MOST reliable indicator of dangerousness?

- A) a vague, indirect threat
- B) a specific, indirect threat
- C) a vague, direct threat
- D) a specific, direct threat

Answer: d

Diff: 1

Type: MC

Page Ref: 89

Skill: Factual

311) It is only in the past \_\_\_\_\_ decades that Canada has adequately extended civil rights to people in psychiatric hospitals.

- A) two
- B) three
- C) four
- D) five

Answer: a

Diff: 3

Type: MC

Page Ref: 89

Skill: Factual

312) Patient-advocacy groups and precedent-setting court cases have been required to establish important patient rights, such as the right to treatment in the \_\_\_\_\_ environment.

- A) least restrictive
- B) most efficacious
- C) least expensive
- D) most well funded

Answer: a

Diff: 2

Type: MC

Page Ref: 89

Skill: Factual

313) The U.S. case that established the legal basis for a therapist's duty to warn was the \_\_\_\_\_.

- A) Jones case
- B) Tarasoff case
- C) Durham case
- D) M'Naughten case

Answer: b

*Diff: 2                    Type: MC            Page Ref: 92            Skill: Factual*

- 314) In the Tarasoff case, the court ruled that a therapist \_\_\_\_\_.
- A) has a duty to warn an intended victim if during therapy a client makes statements indicating that he or she poses a serious risk to the health or safety of a potential victim
  - B) has a duty to contact police if during therapy a client makes statements indicating that he or she is a threat to the health and safety of others
  - C) cannot disclose confidential statements made during therapy sessions, even to warn someone of a threat against them, unless the client has a previous history of violence towards others
  - D) cannot disclose confidential statements made during therapy sessions, even to warn someone of a threat against them

Answer: a

*Diff: 2                    Type: MC            Page Ref: 92            Skill: Factual*

- 315) The Tarasoff ruling places the therapist's duty to warn in direct conflict with \_\_\_\_\_.
- A) the duty to heal
  - B) principles of confidentiality
  - C) principles of competency to stand trial
  - D) judgments of legal sanity or insanity

Answer: b

*Diff: 1                    Type: MC            Page Ref: 92            Skill: Conceptual*

- 316) Each of the following is a reason why the Tarasoff decision may actually increase the risk of violence EXCEPT \_\_\_\_\_.
- A) clients may be less willing to confide in their therapists
  - B) clients may be more likely to act out their violent impulses on therapists rather than on the original intended victims
  - C) potentially violent people may be less likely to enter therapy
  - D) therapists may be less likely to probe violent tendencies for fear of legal implications

Answer: b

*Diff: 2                    Type: MC            Page Ref: 92            Skill: Factual*

- 317) About \_\_\_\_\_% of patients persistently refuse treatment.

- A) 10
- B) 20
- C) 30
- D) 40

Answer: a

*Diff: 2                    Type: MC            Page Ref: 91            Skill: Factual*

- 318) Since the proclamation of the 1982 Canadian \_\_\_\_\_, there has been increasing recognition across the provinces and territories of the right for competent, involuntary patients to refuse treatment.
- A) Charter of Rights and Freedoms
  - B) Constitution
  - C) Criminal Code
  - D) Bill of Rights

Answer: a

*Diff: 2                    Type: MC            Page Ref: 91            Skill: Factual*

- 319) André DALLAIRE, who attempted to murder former Prime Minister Jean Chretien, was found \_\_\_\_\_.
- A) innocent but insane
  - B) guilty but not insane
  - C) innocent but not criminally responsible on account of a mental disorder
  - D) guilty but not criminally responsible on account of a mental disorder

Answer: d

*Diff: 2                    Type: MC            Page Ref: 92            Skill: Factual*

- 320) The insanity defence is \_\_\_\_\_ used, and when it is used, it \_\_\_\_\_ usually successful.
- A) rarely; is
  - B) frequently; is
  - C) rarely; is not
  - D) frequently; is not

Answer: c

*Diff: 3                    Type: MC            Page Ref: 92            Skill: Factual*

- 321) André DALLAIRE was judged to be \_\_\_\_\_. This is Canada's version of the insanity defence, which is similar to the "not guilty by reason of insanity" defence used in other countries.
- A) not guilty by reason of mental disorder
  - B) guilty
  - C) not criminally responsible on account of a mental disorder
  - D) not guilty

Answer: c

Diff: 3                      Type: MC                      Page Ref: 92                      Skill: Factual

- 322) The M'Naughten rule holds that a person does not bear criminal responsibility for an act when \_\_\_\_\_.
- A) the act was driven by impulses the person was unable to resist
  - B) the act was the product of mental disease or mental defect
  - C) the person was under the influence of alcohol or drugs at the time of the offence
  - D) the person was unable to tell right from wrong

Answer: d

Diff: 3                      Type: MC                      Page Ref: 92                      Skill: Factual

- 323) The court case in Canada that led to the amendment of the Canadian Criminal Code to give the accused person greater procedural and civil rights was \_\_\_\_\_.
- A) *Youngberg v. Romeo*
  - B) *O'Connor v. Donaldson*
  - C) *R. v. Swain*
  - D) *Addington v. Texas*

Answer: c

Diff: 2                      Type: MC                      Page Ref: 95                      Skill: Factual

- 324) *Not guilty by reason of insanity* was changed to *not criminally responsible on account of mental disorder* to reflect the fact that \_\_\_\_\_.
- A) a person can be insane and guilty at the same time
  - B) a person cannot be guilty and insane at the same time
  - C) a person can be aware of his or her actions yet not be held criminally responsible
  - D) a person can be guilty of a crime but not be held criminally responsible

Answer: d

Diff: 2                      Type: MC                      Page Ref: 95                      Skill: Conceptual

- 325) It was determined that Morgan was not able to understand his charges and the proceedings that were brought against him in a criminal action. He would be considered \_\_\_\_\_.
- A) incoherent
  - B) incompetent to stand trial
  - C) guilty but mentally ill
  - D) not guilty by reason of insanity

Answer: b

Diff: 3                      Type: MC                      Page Ref: 94                      Skill: Applied



326) A defendant is held unfit to stand trial when he or she meets all of the following EXCEPT \_\_\_\_\_.

- A) is not capable of conducting his or her defence
- B) can distinguish between available pleas
- C) is unable to take the stand to testify
- D) doesn't understand the nature and purpose of the proceedings

Answer: b

*Diff: 2                      Type: MC                      Page Ref: 94                      Skill: Factual*

327) Scott was found unfit to stand trial. The outcome of this means that he can \_\_\_\_\_.

- A) be committed to compulsory treatment in a psychiatric hospital
- B) be given an absolute discharge even if he poses a danger to himself
- C) still be tried and convicted without his involvement
- D) never be tried for the same conviction again in the future even if he does become competent

Answer: a

*Diff: 3                      Type: MC                      Page Ref: 94                      Skill: Applied*

328) When assessing a client, the interviewer will usually adapt her or his theoretical orientation to each individual client.

- A) True
- B) False

Answer: False

*Diff: 0                      Type: TF                      Page Ref: 42*

329) The mental status exam is based on observation of the client's behaviour and self-presentation.

- A) True
- B) False

Answer: True

*Diff: 0                      Type: TF                      Page Ref: 43*

330) Psychological tests are unstructured methods of assessment.

- A) True
- B) False

Answer: False

*Diff: 0                      Type: TF                      Page Ref: 43*

331) Children can provide identical answers to intelligence test questions but attain markedly different IQ scores.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 43*

- 332) Terman developed several individually administered intelligence tests for children and adults.
- A) True
  - B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 43*

- 333) People generally reveal more personal problems in a computerized interview than they do when they are interviewed by a human.
- A) True
  - B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 44*

- 334) Most resistance to using computer interviews comes from clinicians rather than clients.
- A) True
  - B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 44*

- 335) Wechsler scales are able to give insight into a person's relative strengths and weaknesses.
- A) True
  - B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 44*

- 336) The MMPI contains several hundred open-ended questions that assess intellectual ability.
- A) True
  - B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 47*

337) The MMPI was intended to establish the parameters and explore the varieties of normal behaviour.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 47*

338) The most widely used personality test is composed of items that were answered in the same direction by people with psychological disorders and by normal groups.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 47*

339) Test items can be used to measure traits even when they bear no resemblance to the traits being measured.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 47*

340) Projective tests rely heavily on self-reports.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 47*

341) "None of the above" is often a response available in a forced-choice format.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 47*

342) Because the PAI is so much more extensive than the MMPI, it takes considerably longer to complete.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 47*

- 343) A weakness of the MMPI is that it has no validity scales.  
A) True  
B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 49*

- 344) Some clinicians examine how clients interpret inkblots to reveal aspects of their underlying intelligence.  
A) True  
B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 50*

- 345) On the Rorschach test, a response that is consistent with the form or contours of an inkblot suggests adequate reality testing.  
A) True  
B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 50*

- 346) The TAT has been used extensively in research on motivation as well as in clinical practice.  
A) True  
B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 50*

- 347) Despite the lack of direct supportive evidence, the appeal of projective tests among clinicians remains high.  
A) True  
B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 50*

- 348) Neuropsychological tests attempt to reveal brain dysfunctions without surgical procedures.  
A) True  
B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 52*

349) Analogue measures are the hallmark of behavioural assessment.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 52*

350) Behavioural observation is limited to measuring overt behaviours.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 52*

351) Behavioural clinicians rarely supplement behavioural observations with traditional forms of psychometric assessment.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 53*

352) In self-monitoring, the client assumes primary responsibility for assessing the problem behaviour.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 53*

353) Behavioural diaries can help clients increase desirable, but low-frequency behaviours.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 53*

354) Coding behaviours would likely be part of a behavioural assessment.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

355) A concern of self-reporting is reliability.

- A) True
- B) False

Answer: True

*Diff:*

*Type: TF*

*Page Ref: 53*

356) Perhaps the most popular example of an analogue measure is the Behavioural Rating Scale.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 54*

357) Cognitive assessment techniques are used most frequently by Gestalt therapists.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 54*

358) Thought diaries can be used for both assessment and treatment programs.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 55*

359) Clients can be fitted with equipment that allows clinicians to measure their physiological responses as they go about their daily lives.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 56*

360) Modern imaging techniques allow us to see inside the brain without surgery.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 56*

361) Despite advances in technology, physicians today still need to perform surgery to study the workings of the brain.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 56*

362) We are able to correlate anxiety with the amount of electricity conducted across the skin.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 56*

363) Muscle tension can be measured by the galvanic skin response test.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 56*

364) A physician can remove damaged brain tissue using a combination of MEG and MRI.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 58*

365) The DSM system was introduced at the turn of the century.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 59*

366) The World Health Organization published the ICD-10 system for classifying diseases.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 59*

367) The DSM system does not subscribe to a particular theory of abnormal behaviour.

- A) True

B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 59*

368) People are usually considered as having a disorder when they show signs of bereavement or grief and their behaviour is significantly impaired

A) True

B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 59*

369) The DSM treats behaviour as signs and symptoms of underlying pathologies.

A) True

B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 59*

370) The DSM system assumes that all abnormal behaviour reflects biological causes or defects.

A) True

B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 59*

371) The DSM system is explanatory, not descriptive.

A) True

B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 60*

372) Personality disorders are Axis II disorders in the DSM-IV.

A) True

B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 61*

373) General medical conditions are Axis IV disorders in the DSM-IV.

A) True

B) False



Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 61*

374) Using the DSM-IV, people can only be given a diagnosis on either axis I or axis II, but not both.

A) True

B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 61*

375) Clinicians have strongly voiced that the DSM system requires an additional three axes when assessing particularly troubled individuals.

A) True

B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 61*

376) The validity of a measure of assessment is its consistency.

A) True

B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 63*

377) The most appropriate test of the validity of a diagnostic system is its correspondence with behavioural observations.

A) True

B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 63*

378) The DSM system is based on the behavioural approach to classification.

A) True

B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 63*

379) The Chinese Society of Psychiatry has published its own system of classification of mental disorders.

A) True

B) False

Answer: True  
Diff: 0            Type: TF            Page Ref: 63

- 380) Clinicians have criticized the DSM system for its reliance on the medical model.  
A) True  
B) False

Answer: True  
Diff: 0            Type: TF            Page Ref: 63

- 381) A criticism of the DSM system is that it is too narrow in focus and ignores such factors as medical conditions and psychosocial problems.  
A) True  
B) False

Answer: False  
Diff: 0            Type: TF            Page Ref: 63

- 382) Before a new edition of the DSM is published, it is peer reviewed for input from social workers, psychologists, and psychiatrists.  
A) True  
B) False

Answer: True  
Diff: 0            Type: TF            Page Ref: 64

- 383) The DSM-5 is reorganized, with chapters organized starting with mild disorders and finishing with more severe disorders.  
A) True  
B) False

Answer: False  
Diff: 0            Type: TF            Page Ref: 64

- 384) The DSM-5 includes criterion changes for almost every disorder.  
A) True  
B) False

Answer: True  
Diff: 0            Type: TF            Page Ref: 64

- 385) The DSM-5 includes hoarding disorder.  
A) True  
B) False

Answer: True

*Diff: 0*            *Type: TF*            *Page Ref: 64*

386) Psychotherapies are "talking therapies."

- A) True
- B) False

Answer: True  
*Diff: 0*            *Type: TF*            *Page Ref: 67*

387) Psychotherapies involve nonverbal communication.

- A) True
- B) False

Answer: True  
*Diff: 0*            *Type: TF*            *Page Ref: 67*

388) An eclectic orientation draws on more than one theory of psychotherapy.

- A) True
- B) False

Answer: True  
*Diff: 0*            *Type: TF*            *Page Ref: 67*

389) In some provinces in Canada, anyone can set up shop as a psychotherapist.

- A) True
- B) False

Answer: True  
*Diff: 0*            *Type: TF*            *Page Ref: 67*

390) Biological and medical therapies have been all but eliminated as forms of mental health treatment because of their serious harmful side effects.

- A) True
- B) False

Answer: False  
*Diff: 0*            *Type: TF*            *Page Ref: 68*

391) Mild tranquilizers often lead to dependence.

- A) True
- B) False

Answer: True  
*Diff: 0*            *Type: TF*            *Page Ref: 68*

392) Antipsychotic drugs can cure a person's psychotic disorder.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 69*

393) Despite beliefs that it is a wonder drug, the antidepressant Prozac appears to be no more effective than the earlier generation of antidepressants.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 69*

394) Lithium has proven to be useful in alleviating the acute episodes associated with psychosis.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 70*

395) Drugs have not been found helpful in treating abnormal behaviour problems.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 70*

396) Severely depressed people who have failed to respond to other treatments may be helped dramatically by treatments in which they have jolts of electricity passed through their heads.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 70*

397) Despite its controversial nature, almost no distressing side effects have been associated with the prefrontal lobotomy.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 71*

398) Rosemary Kennedy, sister of John F. Kennedy, received a prefrontal lobotomy that was credited for allowing her to enjoy a normal life.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 71*

399) Deep brain stimulation is the most practiced form of treatment for depression.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 72*

400) Deep brain stimulation has been approved for treatment of some disorders, but not depression.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 72*

401) Ego analysis is the form of psychodynamic therapy originated by Freud.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 73*

402) Freud intended that his clients should become conscious of all repressed material.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 73*

403) In classic psychoanalysis, you are asked to express whatever thought happens to come to mind.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 73*

404) Most therapists still practice classic psychoanalysis.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 74*

405) Behaviour therapists focus on the here and now.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 75*

406) Operant conditioning is based on the assumption that what happens after a response is emitted is more important than what precedes the response.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 76*

407) Humanistic therapies tend to focus on unconscious processes.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 76*

408) Some psychotherapists believe that the goal of psychotherapy is to teach clients to be themselves.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 76*

409) Person-centred therapy is nondirective.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 76*

410) Unconditional positive regard is a key element of client-centred therapy.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 76*

- 411) An essential tenet of emotion-focused therapy is the elimination of intense or uncomfortable feelings.
- A) True
  - B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 78*

- 412) Some therapists believe negative emotions such as anxiety and depression are not directly caused by troubling events that people experience, but, rather, by the ways in which they interpret these events.
- A) True
  - B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 78*

- 413) Some therapists actively dispute their clients' most cherished beliefs.
- A) True
  - B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 78*

- 414) Emotion-focused therapy (EFT) tries to teach clients methods for controlling their emotions.
- A) True
  - B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 78*

- 415) Albert Ellis believed that irrational beliefs may be formed on the basis of early childhood experiences.
- A) True
  - B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 79*

- 416) Cognitive distortions would be noted by a therapist who uses emotion-focused therapy.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 79*

417) Rational-emotive therapy and Beck's cognitive therapy have much in common.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 80*

418) Cognitive therapists tend to be more confrontive than rational-emotive therapists.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 80*

419) Eclectic therapy has been a growing movement in psychotherapy in recent years.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 81*

420) More psychotherapists identify with an eclectic approach than with any specific school of therapy.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 81*

421) Group therapy has no real advantages over individual therapy.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 82*

422) Group therapy is less expensive than individual therapy, but individual therapy is preferable for clients who can afford it.

- A) True
- B) False



Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 82*

423) Conjoint family therapy is the only family therapy approach that focuses on the systems model of abnormal behaviour.

A) True

B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 82*

424) In the case of depression, some psychotherapies may be as effective as drug therapy.

A) True

B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 83*

425) Meta-analysis has generally failed to support the efficacy of psychotherapy.

A) True

B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 83*

426) The average client who receives psychotherapy is no better off than control clients who go without it.

A) True

B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 83*

427) Researchers have found that computer-assisted cognitive therapy has more robust effects than standard cognitive therapy.

A) True

B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 83*

428) Diagnosis and treatment of psychological disorders has been heavily influenced by European and North American thoughts.

A) True

B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 84*

429) Civil commitment is identical to voluntary hospitalization.

A) True

B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 87*

430) People used to be psychiatrically committed without any clear evidence that they posed a danger to themselves or others.

A) True

B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 88*

431) People can be psychiatrically committed because they are eccentric.

A) True

B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 88*

432) People must be judged to be both mentally ill and to present a clear and present danger to themselves or others in order for them to be psychiatrically committed.

A) True

B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 88*

433) Clinicians tend to overpredict the dangerousness of their clients.

A) True

B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 88*

434) Standards for psychiatric commitment have loosened over the past generation.

A) True

B) False

Answer: False

*Diff: 0*                      *Type: TF*                      *Page Ref: 88*

- 435) The criterion for civil commitment is the same across Canadian provinces and territories.  
A) True  
B) False

Answer: False  
*Diff: 0*                      *Type: TF*                      *Page Ref: 88*

- 436) Psychologists and other mental health professionals are quite accurate when it comes to predicting dangerousness of the people they treat.  
A) True  
B) False

Answer: False  
*Diff: 0*                      *Type: TF*                      *Page Ref: 88*

- 437) Patient-advocacy groups and precedent-setting court cases have been required to establish important patient rights, such as the right to treatment in the least restrictive environment.  
A) True  
B) False

Answer: True  
*Diff: 0*                      *Type: TF*                      *Page Ref: 89*

- 438) Information provided to a therapist by a client is protected by rules of absolute confidentiality.  
A) True  
B) False

Answer: False  
*Diff: 0*                      *Type: TF*                      *Page Ref: 90*

- 439) Therapists are not obligated by provincial laws to breach confidentiality, even in order to warn intended victims of threats of violence made against them by their clients.  
A) True  
B) False

Answer: False  
*Diff: 0*                      *Type: TF*                      *Page Ref: 90*

- 440) The courts have ruled that the rights of an intended victim are outweighed by a client's rights to confidentiality.

- A) True
- B) False

Answer: True

*Diff: 0*

*Type: TF*

*Page Ref: 90*

441) Therapists may not disclose confidential information about clients to third parties, even when their clients threaten violence to those third parties.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 90*

442) The Tarasoff ruling carries force of law nationally.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 90*

443) Court rulings have established that hospitalized mental patients do not have the right to refuse medication.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 93*

444) Since the proclamation of the 1982 Canadian Bill of Rights, there has been increasing recognition across the provinces and territories of the right for competent, involuntary patients to refuse treatment.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 93*

445) The insanity defence is used in a large number of cases, and usually successfully.

- A) True
- B) False

Answer: False

*Diff: 0*

*Type: TF*

*Page Ref: 92*

446) The M'Naughten rule holds that people do not bear criminal responsibility if, by reason of a mental disease or defect, they either have no knowledge of their actions or are unable to tell right from wrong.

- A) True
- B) False

Answer: True

Diff: 0

Type: TF

Page Ref: 92

447) As a result of *R. v. M'Naughten*, the Canadian Criminal Code was amended to give the accused person greater procedural and civil rights.

- A) True
- B) False

Answer: False

Diff: 0

Type: TF

Page Ref: 93

448) There is a basic rule of law that says that those who stand accused of crimes must be able to understand the charges and proceedings brought against them and be able to participate in their own defence.

- A) True
- B) False

Answer: True

Diff: 0

Type: TF

Page Ref: 94

449) It is possible for a defendant to be held competent to stand trial but still be judged not guilty of a crime by reason of insanity.

- A) True
- B) False

Answer: True

Diff: 0

Type: TF

Page Ref: 94

450) More people are confined to mental institutions for being incompetent to stand trial than for being found not guilty by reason of insanity.

- A) True
- B) False

Answer: True

Diff: 0

Type: TF

Page Ref: 94

451) Describe what is meant by a clinical interview, identifying the topics typically covered during an intake interview, and contrasting structured with unstructured interviews.

*Diff: 0*            *Type: ES*            *Page Ref: 41-43*

452) Describe the elements of the mental status examination.

*Diff: 0*            *Type: ES*            *Page Ref: 43*

453) Discuss the nature and value of psychological tests.

*Diff: 0*            *Type: ES*            *Page Ref: 43-51*

454) Discuss the history and features of the Stanford-Binet Intelligence Scale.

*Diff: 0*            *Type: ES*            *Page Ref: 43*

455) Discuss the features of the Wechsler scales.

*Diff: 0*            *Type: ES*            *Page Ref: 43-48*

456) Describe the current option of computer-assisted interviews, including its strengths and weaknesses.

*Diff: 0*            *Type: ES*            *Page Ref: 44*

457) Compare and contrast standard face-to-face interviewing to computer-assisted interviewing.

*Diff: 0*            *Type: ES*            *Page Ref: 44*

458) Describe the advantages and disadvantages of face-to-face interviews.

*Diff: 0*            *Type: ES*            *Page Ref: 44*

459) Describe the two subtests of the Wechsler Adult Intelligence Scale and give three examples from each subtest.

*Diff: 0*            *Type: ES*            *Page Ref: 45*

460) Distinguish between self-report and projective personality assessment techniques.

*Diff: 0*            *Type: ES*            *Page Ref: 49-51*

461) Discuss the history, features, reliability, and validity of personality tests, focusing on the MMPI and the Rorschach.

*Diff: 0*            *Type: ES*            *Page Ref: 47-50*

462) Describe the use of psychological tests in the assessment of neuropsychological functioning.

*Diff: 0*                      *Type: ES*                      *Page Ref: 51-52*

463) Discuss the advantages and limitations of behavioural assessment.

*Diff: 0*                      *Type: ES*                      *Page Ref: 52-54*

464) Describe the following techniques: the behavioural interview, self-monitoring, use of contrived measures, direct observation, behavioural rating scales.

*Diff: 0*                      *Type: ES*                      *Page Ref: 53-54*

465) Discuss the use of thought diaries and questionnaires that assess automatic thoughts and dysfunctional attitudes.

*Diff: 0*                      *Type: ES*                      *Page Ref: 54-56*

466) Discuss analogue or contrived measures.

*Diff: 0*                      *Type: ES*                      *Page Ref: 54*

467) Discuss cognitive assessment methods.

*Diff: 0*                      *Type: ES*                      *Page Ref: 54-56*

468) Discuss methods of observing brain activity without brain surgery.

*Diff: 0*                      *Type: ES*                      *Page Ref: 56-58*

469) Discuss historical origins of modern diagnostic systems and the development of the DSM system.

*Diff: 0*                      *Type: ES*                      *Page Ref: 59*

470) Define the concept of “mental disorders” in the DSM system and show how the diagnostic system adheres to the medical model.

*Diff: 0*                      *Type: ES*                      *Page Ref: 59*

471) Describe the features of the DSM system.

*Diff: 0*                      *Type: ES*                      *Page Ref: 60-62*

472) Explain the multiaxial feature of the DSM system.

*Diff: 0*            *Type: ES*            *Page Ref: 61-62*

473) Describe the five axes of the DSM-IV.

*Diff: 0*            *Type: ES*            *Page Ref: 62*

474) Describe the advantages and disadvantages of the DSM system.

*Diff: 0*            *Type: ES*            *Page Ref: 63-65*

475) Describe the major changes in the DSM-5.

*Diff: 0*            *Type: ES*            *Page Ref: 64*

476) Discuss sociocultural and ethnic factors in the assessment of abnormal behaviour.

*Diff: 0*            *Type: ES*            *Page Ref: 65*

477) Identify the three major groups of mental health professionals discussed in your text and briefly discuss the training and professional requirements of each group.

*Diff: 0*            *Type: ES*            *Page Ref: 67-68*

478) Briefly identify several anti-anxiety drugs and explain the benefits and drawbacks to their use.

*Diff: 0*            *Type: ES*            *Page Ref: 68-69*

479) Briefly identify several antipsychotic drugs and explain the benefits and drawbacks to their use.

*Diff: 0*            *Type: ES*            *Page Ref: 69*

480) Briefly identify the three classes of antidepressant drugs, give a specific example of a drug from each class you identify, and explain the benefits and drawbacks of their use.

*Diff: 0*            *Type: ES*            *Page Ref: 69-70*

481) Describe electroconvulsive therapy and explain why it is controversial.

*Diff: 0*            *Type: ES*            *Page Ref: 70-71*

482) Describe the prefrontal lobotomy and explain why it is controversial.



*Diff: 0*            *Type: ES*            *Page Ref: 71-72*

483) Describe the goals and methods of traditional psychoanalysis.

*Diff: 0*            *Type: ES*            *Page Ref: 72-75*

484) Compare and contrast traditional psychoanalysis with modern psychodynamic approaches.

*Diff: 0*            *Type: ES*            *Page Ref: 74-75*

485) Describe the philosophy and goals of behaviour therapy.

*Diff: 0*            *Type: ES*            *Page Ref: 75-76*

486) Describe the philosophies, methods, and goals of humanistic therapies.

*Diff: 0*            *Type: ES*            *Page Ref: 76-78*

487) Compare and contrast the methods of rational-emotive therapy with Beck's cognitive therapy.

*Diff: 0*            *Type: ES*            *Page Ref: 78-80*

488) Describe the philosophy and techniques of cognitive-behavioural therapy.

*Diff: 0*            *Type: ES*            *Page Ref: 80-81*

489) Explain what is meant by eclectic therapy and how it is useful.

*Diff: 0*            *Type: ES*            *Page Ref: 81*

490) Describe the advantages and disadvantages of group therapy.

*Diff: 0*            *Type: ES*            *Page Ref: 81-82*

491) Describe family therapy approaches to treating the family unit.

*Diff: 0*            *Type: ES*            *Page Ref: 81-82*

492) Describe computer-assisted therapy and its reported benefits.

*Diff: 0*            *Type: ES*            *Page Ref: 82*

493) Summarize the findings of research into the effectiveness of psychotherapy.

*Diff: 0*            *Type: ES*            *Page Ref: 83*

494) Describe how Canada's multicultural nature has posed issues in the assessment and treatment of mental health.

*Diff: 0*            *Type: ES*            *Page Ref: 84*

495) Describe the cultural consultation services model (CCS) and how it has addressed Canada's multiculturalism in respect to mental health services.

*Diff: 0*            *Type: ES*            *Page Ref: 84*

496) Compare and contrast voluntary, civil, and legal commitment.

*Diff: 0*            *Type: ES*            *Page Ref: 87-88*

497) Discuss the development of safeguards to prevent abuses of psychiatric commitment.

*Diff: 0*            *Type: ES*            *Page Ref: 87-88*

498) Discuss the controversy concerning psychiatric commitment.

*Diff: 0*            *Type: ES*            *Page Ref: 87-88*

499) Discuss research concerning the problems of psychologists and other professionals who are given the task of attempting to predict dangerousness.

*Diff: 0*            *Type: ES*            *Page Ref: 88-89*

500) Explain why professionals tend to overrepresent dangerousness.

*Diff: 0*            *Type: ES*            *Page Ref: 88-89*

501) Discuss legal developments concerning the right to treatment.

*Diff: 0*            *Type: ES*            *Page Ref: 89-93*

502) Discuss legal developments concerning the right to refuse treatment.

*Diff: 0*            *Type: ES*            *Page Ref: 89-93*

503) Explain the effects of the Tarasoff case on professionals' duty to warn third parties of threats posed by clients.

*Diff: 0*            *Type: ES*            *Page Ref: 88*

504) Discuss some of the conflicts involved in requiring helping professionals to warn third parties of threats.

*Diff: 0*            *Type: ES*            *Page Ref: 90*

505) Summarize a recent Canadian case in which NCRMD was applied.

*Diff: 0*            *Type: ES*            *Page Ref: 91-93*

506) Discuss the history of the legal bases of the insanity plea.

*Diff: 0*            *Type: ES*            *Page Ref: 91-93*

507) Compare the M'Naughten ruling with the current NCRMD in Canada.

*Diff: 0*            *Type: ES*            *Page Ref: 92-93*

508) Discuss problems in determining the term of commitment for perpetrators who are found insane.

*Diff: 0*            *Type: ES*            *Page Ref: 91-93*

509) Discuss the problems the insanity plea creates for jurors.

*Diff: 0*            *Type: ES*            *Page Ref: 91-93*

510) Discuss the issue of whether or not the insanity plea is degrading to the defendant.

*Diff: 0*            *Type: ES*            *Page Ref: 91-93*

511) Discuss the principle of competency to stand trial.

*Diff: 0*            *Type: ES*            *Page Ref: 94*