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Chapter 02: Assessment, Classification, and Treatment of Abnormal Behaviour

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

Difficulty: 2
QuestionID: 02-01
Page-Reference: 41
Skill: Factual

Answer: A) ancient times

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

Difficulty: 2
QuestionID: 02-02
Page-Reference: 41
Skill: Factual

Answer: B) it allows mental health professionals to label people who engage in unpopular or different behaviours than the majority of a population

3. **The most widely used means of assessment is the _____.**
   A) projective test
   B) intelligence test
   C) clinical interview
   D) actuarial test

Difficulty: 1
QuestionID: 02-03
Page-Reference: 41
Skill: Factual

Answer: C) clinical interview

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

Difficulty: 1
QuestionID: 02-04
Page-Reference: 42
Skill: Factual

Answer: A) learn more about the client's presenting problem and history

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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

Difficulty: 1
QuestionID: 02-05
Page-Reference: 42
Skill: Factual

Answer: B) an understructured interview

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

Difficulty: 2
QuestionID: 02-06
Page-Reference: 42
Skill: Applied

Answer: A) unstructured

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

Difficulty: 1
QuestionID: 02-07
Page-Reference: 42
Skill: Conceptual

Answer: C) semi-structured

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

Difficulty: 2
QuestionID: 02-08
Page-Reference: 42
Skill: Applied

Answer: D) structured

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

Difficulty: 1
QuestionID: 02-09
Page-Reference: 42
Skill: Factual

Answer: A) unstructured

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

Difficulty: 2
QuestionID: 02-10
Page-Reference: 42
Skill: Factual

Answer: A) reliability

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

Difficulty: 1
QuestionID: 02-11
Page-Reference: 42
Skill: Conceptual

Answer: D) structured

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

Difficulty: 2
QuestionID: 02-12
Page-Reference: 42
Skill: Factual

Answer: A) Standardized

13. **The SCID represents a(n) _____.**
   A) actuarial assessment tool
   B) projective test
   C) standardized interview technique

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D) mental status examination

Difficulty: 2
QuestionID: 02-13
Page-Reference: 42
Skill: Factual

Answer: C) standardized interview technique

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

Difficulty: 2
QuestionID: 02-14
Page-Reference: 42
Skill: Factual

Answer: D) both open- and closed-ended questions

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

Difficulty: 2
QuestionID: 02-15
Page-Reference: 43
Skill: Factual

Answer: A) psychosocial history

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

Difficulty: 2
QuestionID: 02-16
Page-Reference: 43
Skill: Conceptual

Answer: D) traits

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 intellectual disabilities
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

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Difficulty: 3
QuestionID: 02-17
Page-Reference: 43
Skill: Factual

Answer: A) they can identify genetic differences in intelligence among clients from differing racial and ethnic backgrounds

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

Difficulty: 1
QuestionID: 02-18
Page-Reference: 43
Skill: Conceptual

Answer: C) intelligence

19. **The Binet-Simon scale yields a score called a(n) _____.**
    A) intelligence quotient
    B) basal age
    C) mental age
    D) aptitude level

Difficulty: 2
QuestionID: 02-19
Page-Reference: 43-44
Skill: Factual

Answer: C) mental age

20. **The formula for an IQ is _____.**
    A) IQ=CA/MA × 100
    B) IQ=MA/CA × 100
    C) IQ=[MA x CA] /100
    D) IQ= [MA x 100]/CA

Difficulty: 1
QuestionID: 02-20
Page-Reference: 44
Skill: Factual

Answer: B) IQ=MA/CA × 100

21. **The Stanford-Binet scale yields a(n) _____.**
    A) intelligence quotient
    B) basal age
    C) mental age
    D) aptitude level

Difficulty: 1
QuestionID: 02-21
Page-Reference: 44

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Skill: Factual

Answer: A) intelligence quotient

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

Difficulty: 2
QuestionID: 02-22
Page-Reference: 44
Skill: Conceptual

Answer: D) the relationship between a person's mental age and chronological age

23. **The Stanford-Binet is an example of a(n) _____.**
   A) mental status examination
   B) projective test
   C) intelligence test
   D) personality test

Difficulty: 1
QuestionID: 02-23
Page-Reference: 44
Skill: Factual

Answer: C) intelligence test

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.

Difficulty: 2
QuestionID: 02-24
Page-Reference: 44
Skill: Applied

Answer: B) The younger child will obtain a higher IQ score.

25. **The mean score of an IQ test is _____.**
   A) 50
   B) 100
   C) 150
   D) 200

Difficulty: 1
QuestionID: 02-25
Page-Reference: 44
Skill: Factual

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Answer: B) 100

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

Difficulty: 2
QuestionID: 02-26
Page-Reference: 44
Skill: Conceptual

Answer: C) deviation

27. **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

Difficulty: 1
QuestionID: 02-27
Page-Reference: 44-46
Skill: Factual

Answer: C) Wechsler

28. **Cindy's assessment revealed significant verbal strengths. The test used was the _____.**
   A) Wechsler
   B) BDI
   C) MMPI
   D) TAT

Difficulty: 3
QuestionID: 02-28
Page-Reference: 44-46
Skill: Applied

Answer: A) Wechsler

29. **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

Difficulty: 2
QuestionID: 02-29
Page-Reference: 44-46
Skill: Factual

Answer: B) 50

30. **About _____% of the IQ scores of any population on the Wechsler scales are above 130 or below 70.**

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A) 1
B) 5
C) 10
D) 15

Difficulty: 2
QuestionID: 02-30
Page-Reference: 44-46
Skill: Factual

Answer: B) 5

31. **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

Difficulty: 2
QuestionID: 02-31
Page-Reference: 46
Skill: Applied

Answer: D) 70

32. **Wechsler labelled those with IQ scores above _____ as "very superior."**
A) 130
B) 160
C) 190
D) 220

Difficulty: 2
QuestionID: 02-32
Page-Reference: 46
Skill: Factual

Answer: A) 130

33. **Which is NOT a subscale of the WISC?**
A) general knowledge
B) vocabulary
C) digit span
D) block design

Difficulty: 2
QuestionID: 02-33
Page-Reference: 44-45
Skill: Factual

Answer: A) general knowledge

34. **The most widely used multidimensional self-report inventory is the _____.**
A) MMPI
B) BDI
C) WAIS

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D) SCII

Difficulty: 2
QuestionID: 02-34
Page-Reference: 46
Skill: Factual

Answer: A) MMPI

35. **Self-report personality inventories are also called _____.**
A) projective tests
B) subjective tests
C) introjective tests
D) objective tests

Difficulty: 2
QuestionID: 02-35
Page-Reference: 47
Skill: Conceptual

Answer: D) objective tests

36. **A test that is closely tied to the DSM-5 Clinical Syndromes is the _____.**
A) MMPI
B) PAI
C) Wechsler
D) TAT

Difficulty: 2
QuestionID: 02-36
Page-Reference: 47
Skill: Conceptual

Answer: B) PAI

37. **A Clinician must choose to administer either the MMPI-2 or the PAI to his client who is acts impulsively. Which of the following should the clinician choose?**
A) The MMPI-2 because it is empirically support whereas the PAI is not
B) PAI because it can be completed is less time
C) The PAI because it is empirically support whereas the MMPI-2 is not
D) The MMPI-2 because it contains subscales to identity problem behaviours wheras PAI does not

Difficulty: 2
QuestionID: 02-37
Page-Reference: 46-47
Skill: Conceptual

Answer: B) PAI because it can be completed is less time

38. **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

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Difficulty: 2
QuestionID: 02-38
Page-Reference: 47
Skill: Applied

Answer: D) objective

39. **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

Difficulty: 2
QuestionID: 02-39
Page-Reference: 47
Skill: Applied

Answer: D) objective

40. **Tests such as the MMPI use a(n) _____ format.**
A) projective
B) open-ended
C) forced-choice
D) narrative

Difficulty: 2
QuestionID: 02-40
Page-Reference: 46
Skill: Factual

Answer: C) forced-choice

41. **The MMPI is an example of a(n) _____.**
A) projective test
B) structured interview technique
C) IQ test
D) objective test

Difficulty: 1
QuestionID: 02-41
Page-Reference: 46
Skill: Factual

Answer: D) objective test

42. **The MMPI is a(n) _____ test.**
A) intelligence
B) projective
C) personality
D) visual-motor

Difficulty: 1
QuestionID: 02-42
Page-Reference: 46

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Skill: Factual

Answer: C) personality

43. **The MMPI was constructed primarily on the basis of _____.**
   A) clinical data
   B) naturalistic observation
   C) a rational approach
   D) structured interviews

Difficulty: 2
QuestionID: 02-43
Page-Reference: 46
Skill: Factual

Answer: A) clinical data

44. **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

Difficulty: 2
QuestionID: 02-44
Page-Reference: 46
Skill: Conceptual

Answer: C) validity scales

45. **Which of the following, as discussed in your textbook, is a clinical scale of the MMPI-2**
   A) information processing speed
   B) goal setting abilities
   C) paranoia
   D) severity of temper

Difficulty: 1
QuestionID: 02-45
Page-Reference: 47
Skill: Factual

Answer: C) paranoia

46. **Which of the statements about the MMPI is FALSE?**
   A) The validity of the MMPI is empirically supported
   B) The MMPI provides information about general personality characteristics or traits
   C) The MMPI consists of true-false questions
   D) The MMPI focues soley on behaviours that are characteristic of psychological disorders

Difficulty: 1
QuestionID: 02-46
Page-Reference: 46-47
Skill: Factual

Answer: D) The MMPI focues soley on behaviours that are characteristic of psychological disorders

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47. **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

Difficulty: 2
QuestionID: 02-47
Page-Reference: 48
Skill: Conceptual

Answer: C) client's age, sex, and level of education

48. **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

Difficulty: 3
QuestionID: 02-48
Page-Reference: 46-48
Skill: Factual

Answer: C) they are nearly immune to response bias problems

49. **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

Difficulty: 2
QuestionID: 02-49
Page-Reference: 47-48
Skill: Factual

Answer: A) they possess low inter-rater reliability

50. **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

Difficulty: 1
QuestionID: 02-50
Page-Reference: 49
Skill: Applied

Answer: C) projective

51. **Projective tests are based upon _____ theories.**
A) psychodynamic

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B) humanistic
C) cognitive
D) social learning

Difficulty: 2
QuestionID: 02-51
Page-Reference: 49
Skill: Conceptual

Answer: A) psychodynamic

52. **The TAT is an example of a(n) _____ test.**
A) forced-choice
B) objective
C) projective
D) intelligence

Difficulty: 1
QuestionID: 02-52
Page-Reference: 49
Skill: Factual

Answer: C) projective

53. **The Rorschach test is an example of a(n) _____ test.**
A) forced-choice
B) objective
C) projective
D) intelligence

Difficulty: 1
QuestionID: 02-53
Page-Reference: 49
Skill: Factual

Answer: C) projective

54. **Which of the following is a projective test?**
A) the MMPI
B) the WAIS
C) the MCMI
D) the TAT

Difficulty: 2
QuestionID: 02-54
Page-Reference: 50
Skill: Factual

Answer: D) the TAT

55. **The Rorschach test consists of _____ inkblots.**
A) 5
B) 10
C) 15
D) 20

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Difficulty: 2
QuestionID: 02-55
Page-Reference: 49
Skill: Factual

Answer: B) 10

56. **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

Difficulty: 3
QuestionID: 02-56
Page-Reference: 49
Skill: Applied

Answer: D) obsessive-compulsive

57. **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

Difficulty: 2
QuestionID: 02-57
Page-Reference: 49
Skill: Factual

Answer: B) it is not useful as a means of gathering information about the ways in which clients construct meaning from unstructured or ambiguous situations

58. **The Thematic Aptitude Test was developed by _____.**
A) Murray
B) Termin
C) Wechsler
D) Bandura

Difficulty: 2
QuestionID: 02-58
Page-Reference: 50
Skill: Factual

Answer: A) Murray

59. **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

Difficulty: 1

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QuestionID: 02-59
Page-Reference: 51
Skill: Factual

Answer: D) depicting ambiguous scenes

60. **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

Difficulty: 2
QuestionID: 02-60
Page-Reference: 50
Skill: Factual

Answer: B) its appeal among clinicians is particularly low

61. **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

Difficulty: 2
QuestionID: 02-61
Page-Reference: 50
Skill: Factual

Answer: A) neuropsychological

62. **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

Difficulty: 2
QuestionID: 02-62
Page-Reference: 51
Skill: Factual

Answer: B) patterns of skills deficits that are suggestive of particular sites of brain damage

63. **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

Difficulty: 2
QuestionID: 02-63
Page-Reference: 51

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Skill: Factual

Answer: C) it has been proven to have extremely high reliability

64. **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

Difficulty: 2
QuestionID: 02-64
Page-Reference: 51
Skill: Conceptual

Answer: B) psychometric

65. **Trait-based tests such as the MMPI and the Rorschach are based upon the _____ approach.**
A) cognitive
B) psychometric
C) behavioural
D) neuropsychological

Difficulty: 2
QuestionID: 02-65
Page-Reference: 51
Skill: Applied

Answer: B) psychometric

66. **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

Difficulty: 2
QuestionID: 02-66
Page-Reference: 51
Skill: Conceptual

Answer: C) behavioural

67. **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

Difficulty: 1
QuestionID: 02-67
Page-Reference: 51
Skill: Factual

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Answer: C) situational factors

68. **The hallmark technique of behavioural assessment is _____.**
    A) direct observation
    B) analogue measurement
    C) self-monitoring
    D) the structured interview

Difficulty: 2
QuestionID: 02-68
Page-Reference: 52
Skill: Conceptual

Answer: A) direct observation

69. **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

Difficulty: 3
QuestionID: 02-69
Page-Reference: 52
Skill: Factual

Answer: A) there is usually a consensus in defining problems in behavioural terms

70. **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

Difficulty: 3
QuestionID: 02-70
Page-Reference: 52
Skill: Factual

Answer: D) reliance on clients' self-reports

71. **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

Difficulty: 2
QuestionID: 02-71
Page-Reference: 52
Skill: Factual

Answer: C) it does not, in itself, suggest strategies for intervention

72. **Jeremiah is asked when he feels anxious, where he when he feels anxious, how often he feels anxious, and**

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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

Difficulty: 3
QuestionID: 02-72
Page-Reference: 52
Skill: Applied

Answer: A) behavioural

73. **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

Difficulty: 3
QuestionID: 02-73
Page-Reference: 52
Skill: Applied

Answer: B) behavioural

74. **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

Difficulty: 2
QuestionID: 02-74
Page-Reference: 53
Skill: Factual

Answer: D) it does not teach clients to assume primary responsibility for their own behaviour

75. **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

Difficulty: 2
QuestionID: 02-75
Page-Reference: 53
Skill: Conceptual

Answer: B) a baseline

76. **Behaviours such as food intake, hair pulling, and cigarette smoking are well suited for _____.**

A) self-monitoring

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B) direct observation
C) behavioural interviews
D) home observation

Difficulty: 3
QuestionID: 02-76
Page-Reference: 53
Skill: Applied

Answer: A) self-monitoring

77. **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

Difficulty: 2
QuestionID: 02-77
Page-Reference: 53
Skill: Factual

Answer: D) self-monitoring

78. **"Contrived measures" refer to _____.**
A) analogue techniques
B) direct observation techniques
C) behavioural rating scales
D) self-monitoring techniques

Difficulty: 2
QuestionID: 02-78
Page-Reference: 54
Skill: Conceptual

Answer: A) analogue techniques

79. **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

Difficulty: 2
QuestionID: 02-79
Page-Reference: 54
Skill: Applied

Answer: B) analogue

80. **The behavioural Approach Task is a popular _____ measure.**
A) experimental
B) in vivo
C) analogue

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D) psychometric

Difficulty: 3
QuestionID: 02-80
Page-Reference: 51
Skill: Conceptual

Answer: C) analogue

81. **The behavioural Approach Task is used to help clients deal with _____.**
A) generalized anxiety
B) phobias
C) conversion disorders
D) cognitive dissonance

Difficulty: 3
QuestionID: 02-81
Page-Reference: 51
Skill: Factual

Answer: B) phobias

82. **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

Difficulty: 2
QuestionID: 02-82
Page-Reference: 54
Skill: Applied

Answer: A) behavioural rating scale

83. **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

Difficulty: 3
QuestionID: 02-83
Page-Reference: 54
Skill: Applied

Answer: C) cognitive

84. **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

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C) cognitive restructuring
D) an analogue or contrived measure

Difficulty: 3
QuestionID: 02-84
Page-Reference: 54
Skill: Applied

Answer: D) an analogue or contrived measure

85. **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

Difficulty: 3
QuestionID: 02-85
Page-Reference: 54
Skill: Applied

Answer: D) cognitive

86. **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

Difficulty: 3
QuestionID: 02-86
Page-Reference: 54
Skill: Applied

Answer: A) cognitive

87. **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

Difficulty: 3
QuestionID: 02-87
Page-Reference: 55
Skill: Applied

Answer: D) analogue or contrived questionnaire

88. **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

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B) Daily Record of Dysfunctional Thoughts
C) Automatic Thoughts Questionnaire
D) Cognitive Checklist

Difficulty: 3
QuestionID: 02-88
Page-Reference: 55
Skill: Applied

Answer: C) Automatic Thoughts Questionnaire

89. **Anxious people tend to sweat, and that sweating can be measured by _____.**
A) electroencephalograph
B) electromyograph
C) electrocardiograph
D) electrodermal response

Difficulty: 2
QuestionID: 02-89
Page-Reference: 57-58
Skill: Conceptual

Answer: D) electrodermal response

90. **Electrical activity of the brain is measured by the _____.**
A) electroencephalograph
B) electromyograph
C) electrocardiograph
D) electrodermal response

Difficulty: 1
QuestionID: 02-90
Page-Reference: 57-58
Skill: Factual

Answer: A) electroencephalograph

91. **Changes in muscle tension associated with anxiety can be measured by means of an _____.**
A) electroencephalograph
B) electromyograph
C) electrocardiograph
D) electrodermal response

Difficulty: 2
QuestionID: 02-91
Page-Reference: 57-58
Skill: Conceptual

Answer: B) electromyograph

92. _____ **devices allow clinicians to monitor clients' blood pressure at intervals throughout the day.**
A) Galvanic skin response
B) Electroencephalographic
C) Electromyographic
D) Ambulatory

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Difficulty: 2
QuestionID: 02-92
Page-Reference: 57-58
Skill: Factual

Answer: D) Ambulatory

93. **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

Difficulty: 3
QuestionID: 02-93
Page-Reference: 55
Skill: Applied

Answer: C) electromyography

94. **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

Difficulty: 3
QuestionID: 02-94
Page-Reference: 57-58
Skill: Applied

Answer: C) EEG

95. **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

Difficulty: 2
QuestionID: 02-95
Page-Reference: 57-58
Skill: Conceptual

Answer: A) CT scan

96. **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

Difficulty: 2
QuestionID: 02-96
Page-Reference: 57-58
Skill: Conceptual

Answer: B) a PET scan

97. **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

Difficulty: 2
QuestionID: 02-97
Page-Reference: 57-58
Skill: Conceptual

Answer: C) MRI

98. **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

Difficulty: 3
QuestionID: 02-98
Page-Reference: 57-58
Skill: Applied

Answer: A) MRI

99. **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

Difficulty: 2
QuestionID: 02-99
Page-Reference: 57-58
Skill: Conceptual

Answer: D) BEAM

100. **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

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Difficulty: 3
QuestionID: 02-100
Page-Reference: 57-58
Skill: Applied

Answer: D) PET scan

101. **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.

Difficulty: 3
QuestionID: 02-101
Page-Reference: 60
Skill: Conceptual

Answer: C) Jane is a person with schizophrenia.

102. **In the DSM system, abnormal behaviours are classified as _____.**
A) abnormalities
B) behaviour abnormalities
C) mental disorders
D) mental diseases

Difficulty: 2
QuestionID: 02-102
Page-Reference: 59-62
Skill: Factual

Answer: C) mental disorders

103. **The current classification system used by mental health professionals to assess abnormal behaviour is the _____.**
A) DSM-I
B) DSM-II
C) DSM-III
D) DSM-5

Difficulty: 1
QuestionID: 02-103
Page-Reference: 59-62
Skill: Factual

Answer: D) DSM-5

104. **The _____ has been adopted as the Canadian standard for coding, reporting, and tracking health information.**
A) DSM
B) DSM-5
C) DSM-IV-TR
D) ICD-10

Difficulty: 2
QuestionID: 02-104

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Page-Reference: 59-62
Skill: Factual

Answer: D) ICD-10

105. **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

Difficulty: 2
QuestionID: 02-105
Page-Reference: 5-62
Skill: Factual

Answer: B) medical

106. **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

Difficulty: 3
QuestionID: 02-106
Page-Reference: 59-62
Skill: Conceptual

Answer: B) engaging in behaviour that is statistically deviant

107. **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.

Difficulty: 2
QuestionID: 02-107
Page-Reference: 59-62
Skill: Factual

Answer: B) It assumes that abnormal behaviours result from biological causes.

108. **The DSM system is used to classify _____.**
A) groups
B) theoretical perspectives
C) social norms
D) disorders

Difficulty: 1
QuestionID: 02-108
Page-Reference: 59-62
Skill: Conceptual

Answer: D) disorders

109. **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

Difficulty: 2
QuestionID: 02-109
Page-Reference: 659-62
Skill: Factual

Answer: A) clinical features and behaviour patterns

110. **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) It has progressed toward dimensions rather than categories.

Difficulty: 2
QuestionID: 02-110
Page-Reference: 59-62
Skill: Factual

Answer: A) It is explanatory.

111. **The DSM-5 no longer embraces the**
A) Lifespan model
B) Multiaxial system
C) Medical model
D) Psychiatric system

Difficulty: 1
QuestionID: 02-111
Page-Reference: 62
Skill: Factual

Answer: B) Multiaxial system

112. **The DSM-5 classifies abnormal behaviour patterns, or mental disorders, according to**
A) Developmental models
B) Global models
C) Age
D) None of the above

Difficulty: 3
QuestionID: 02-112
Page-Reference: 62
Skill: Factual

Answer: A) Developmental models

113. **The DSM-5 classifies abnormal behaviour patterns according to developmental models to allow for relevant _____ information to be included in decisions regarding clinical diagnoses.**
A) Lifespan

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B) Medical Data
C) Clinical Syndromes
D) Personality Structures

Difficulty: 3
QuestionID: 02-113
Page-Reference: 60
Skill: Factual

Answer: A) Lifespan

114. **DSM-5 deliberately employs dimensions rather than _____in evaluating abnormal behaviour**
A) Reliability
B) Validity
C) Axes
D) Categories

Difficulty: 3
QuestionID: 02-114
Page-Reference: 62
Skill: Factual

Answer: D) Categories

115. **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

Difficulty: 2
QuestionID: 02-115
Page-Reference: 63
Skill: Factual

Answer: C) United States and Canada

116. **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

Difficulty: 3
QuestionID: 02-116
Page-Reference: 61
Skill: Factual

Answer: A) its designation of specific diagnostic criteria

117. **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

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Difficulty: 3
QuestionID: 02-117
Page-Reference: 61-64
Skill: Factual

Answer: A) its designation of specific diagnostic criteria

118. **The publication date of the _____ edition of the DSM is 2013.**
A) 4th
B) 5th
C) 6th
D) 7th

Difficulty: 1
QuestionID: 02-118
Page-Reference: 62
Skill: Factual

Answer: B) 5th

119. **A significant change in the 5th edition of the DSM is the _____.**
A) elimination of the multiaxial system
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 pervious personality disorders

Difficulty: 2
QuestionID: 02-119
Page-Reference: 62
Skill: Factual

Answer: A) elimination of the multiaxial system

120. **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

Difficulty: 2
QuestionID: 02-120
Page-Reference: 62
Skill: Factual

Answer: A) the severity of symptoms

121. **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

Difficulty: 2
QuestionID: 02-121

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Page-Reference: 62
Skill: Factual

Answer: C) lifespan

122. **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

Difficulty: 2
QuestionID: 02-122
Page-Reference: 62
Skill: Factual

Answer: D) premenstrual dysphoric disorder

123. **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

Difficulty: 2
QuestionID: 02-123
Page-Reference: 62
Skill: Factual

Answer: A) hoarding disorder

124. **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 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.

Difficulty: 2
QuestionID: 02-124
Page-Reference: 62
Skill: Conceptual

Answer: A) It primarily affects young Japanese women.

125. **The psychiatric syndrome TKS is common in _____, but rare elsewhere.**
A) Japan
B) Korea
C) India
D) South Africa

Difficulty: 2
QuestionID: 02-125
Page-Reference: 62
Skill: Factual

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Answer: A) Japan

126. _____ **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

Difficulty: 2
QuestionID: 02-126
Page-Reference: 62
Skill: Conceptual

Answer: B) TKS

127. **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

Difficulty: 2
QuestionID: 02-127
Page-Reference: 62
Skill: Applied

Answer: C) TKS

128. **TKS is most similar to what we call _____.**
A) social phobia
B) conversion disorder
C) dissociative fugue
D) posttraumatic stress disorder

Difficulty: 2
QuestionID: 02-128
Page-Reference: 62
Skill: Conceptual

Answer: A) social phobia

129. **TKS affects primarily _____.**
A) young Japanese men
B) young Japanese women
C) older Japanese men
D) older Japanese women

Difficulty: 2
QuestionID: 02-129
Page-Reference: 62
Skill: Factual

Answer: A) young Japanese men

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130. **TKS afflicts up to _____ % of people who are treated by psychiatrists in Japan.**
A) 36
B) 56
C) 76
D) 96

Difficulty: 3
QuestionID: 02-130
Page-Reference: 62
Skill: Factual

Answer: A) 36

131. **Anorexia nervosa is most commonly found in _____ cultures.**
A) hunter-gatherer
B) agricultural
C) industrial
D) communal

Difficulty: 1
QuestionID: 02-131
Page-Reference: 62
Skill: Factual

Answer: C) industrial

132. **Dissociative identity disorder is most commonly found in _____ cultures.**
A) hunter-gatherer
B) agricultural
C) industrial
D) communal

Difficulty: 2
QuestionID: 02-132
Page-Reference: 62
Skill: Factual

Answer: C) industrial

133. **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

Difficulty: 2
QuestionID: 02-133
Page-Reference: 59-64
Skill: Factual

Answer: A) current behaviours

134. **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.

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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.

Difficulty: 2
QuestionID: 02-134
Page-Reference: 59-64
Skill: Factual

Answer: A) It has focused too much on identifying various cultural differences in abnormal behaviour patterns.

135. **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

Difficulty: 1
QuestionID: 02-135
Page-Reference: 59-64
Skill: Factual

Answer: C) DSM manual

136. **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

Difficulty: 1
QuestionID: 02-136
Page-Reference: 65
Skill: Conceptual

Answer: B) psychotherapy

137. **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

Difficulty: 1
QuestionID: 02-137
Page-Reference: 65
Skill: Factual

Answer: A) a psychotherapist

138. **Some therapists adopt a(n)_____ orientation, which means they draw on the theories of two or more theoretical orientations.**
A) psychotropic

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B) psychotherapy
C) eclectic
D) diathesis

Difficulty: 1
QuestionID: 02-138
Page-Reference: 65
Skill: Conceptual

Answer: C) eclectic

139. **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

Difficulty: 2
QuestionID: 02-139
Page-Reference: 65
Skill: Applied

Answer: D) psychotherapist

140. **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

Difficulty: 2
QuestionID: 02-140
Page-Reference: 65
Skill: Applied

Answer: A) clinical psychologist

141. **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

Difficulty: 2
QuestionID: 02-141
Page-Reference: 65
Skill: Applied

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Answer: C) psychiatrist

142. **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

Difficulty: 2
QuestionID: 02-142
Page-Reference: 65
Skill: Applied

Answer: B) psychiatric social worker

143. **Anxiolytics are _____ drugs.**
A) anti-anxiety
B) antidepressant
C) antipsychotic
D) anti-inflammatory

Difficulty: 1
QuestionID: 02-143
Page-Reference: 66
Skill: Conceptual

Answer: A) anti-anxiety

144. **Anti-anxiety drugs are most often known as _____.**
A) minor tranquilizers
B) major tranquilizers
C) analgesics
D) hallucinogens

Difficulty: 1
QuestionID: 02-144
Page-Reference: 66
Skill: Conceptual

Answer: A) minor tranquilizers

145. **Valium is a member of the benzodiazepine family of _____.**
A) barbiturates
B) stimulants
C) minor tranquilizers
D) major tranquilizers

Difficulty: 3
QuestionID: 02-145
Page-Reference: 66
Skill: Factual

Answer: C) minor tranquilizers

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146. **Valium, Miltown, Librium, and Xanax are all types of _____.**
A) minor tranquilizers
B) major tranquilizers
C) analgesics
D) hallucinogens

Difficulty: 1
QuestionID: 02-146
Page-Reference: 66
Skill: Factual

Answer: A) minor tranquilizers

147. **Each of the following is an anti-anxiety drug EXCEPT _____.**
A) Valium
B) Miltown
C) Elavil
D) Librium

Difficulty: 3
QuestionID: 02-147
Page-Reference: 66
Skill: Factual

Answer: C) Elavil

148. **Regular use of benzodiazepines can produce _____.**
A) tolerance
B) the TDs
C) psychosis
D) serotonin syndrome

Difficulty: 2
QuestionID: 02-148
Page-Reference: 66
Skill: Conceptual

Answer: A) tolerance

149. **_____ 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

Difficulty: 1
QuestionID: 02-149
Page-Reference: 66
Skill: Factual

Answer: B) Anti-anxiety

150. **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.

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C) They can cause fatigue, drowsiness, and impaired motor coordination.
D) Deaths have resulted from mixing alcohol with minor tranquilizers.

Difficulty: 2
QuestionID: 02-150
Page-Reference: 66
Skill: Factual

Answer: B) They can be used safely and effectively on a controlled long-term basis.

151. **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

Difficulty: 2
QuestionID: 02-151
Page-Reference: 66
Skill: Conceptual

Answer: C) tolerance

152. **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

Difficulty: 2
QuestionID: 02-152
Page-Reference: 67
Skill: Conceptual

Answer: D) rebound anxiety

153. **Rebound anxiety is a common problem associated with _____.**
A) minor tranquilizers
B) major tranquilizers
C) stimulants
D) hallucinogens

Difficulty: 2
QuestionID: 02-153
Page-Reference: 67
Skill: Factual

Answer: A) minor tranquilizers

154. **Antipsychotic drugs are known as _____.**
A) minor tranquilizers
B) major tranquilizers
C) analgesics
D) hallucinogens

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Difficulty: 1
QuestionID: 02-154
Page-Reference: 67
Skill: Conceptual

Answer: B) major tranquilizers

155. **Neuroleptics are _____.**
A) antipsychotic drugs
B) antineurotic drugs
C) antidepressants
D) analgesics

Difficulty: 2
QuestionID: 02-155
Page-Reference: 67
Skill: Conceptual

Answer: A) antipsychotic drugs

156. **Thorazine, Mellaril, Prolixin, and Stelazine are all types of _____.**
A) benzodiazepines
B) phenothiazines
C) tricyclics
D) MAO inhibitors

Difficulty: 3
QuestionID: 02-156
Page-Reference: 67
Skill: Conceptual

Answer: B) phenothiazines

157. **Phenothiazines are a class of _____.**
A) antipsychotic drugs
B) antineurotic drugs
C) antidepressants
D) analgesics

Difficulty: 2
QuestionID: 02-157
Page-Reference: 67
Skill: Conceptual

Answer: A) antipsychotic drugs

158. **Phenothiazines control psychotic features by blocking the action of _____.**
A) serotonin
B) cholinesterase
C) norepinephrine
D) dopamine

Difficulty: 2
QuestionID: 02-158
Page-Reference: 67
Skill: Factual

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Answer: D) dopamine

159. **An effective antipsychotic drug that is NOT a member of the phenothiazine class of drugs is _____.**
A) clozapine
B) Nardil
C) Elavil
D) Prolixin

Difficulty: 3
QuestionID: 02-159
Page-Reference: 67
Skill: Factual

Answer: A) clozapine

160. **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

Difficulty: 2
QuestionID: 02-160
Page-Reference: 67
Skill: Factual

Answer: D) major tranquilizers

161. **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

Difficulty: 2
QuestionID: 02-161
Page-Reference: 67
Skill: Applied

Answer: D) tardive dyskinesia

162. **Tardive dyskinesia is most closely associated with the long-term use of _____ drugs.**
A) anti-anxiety
B) antidepressant
C) antipsychotic
D) anti-inflammatory

Difficulty: 2
QuestionID: 02-162
Page-Reference: 67
Skill: Factual

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Answer: C) antipsychotic

163. **Each of the following is a class of antidepressant EXCEPT _____.**
A) neuroleptics
B) tricyclics
C) serotonin reuptake inhibitors
D) MAO inhibitors

Difficulty: 3
QuestionID: 02-163
Page-Reference: 67
Skill: Factual

Answer: A) neuroleptics

164. **Tricyclics and MAO inhibitors are types of _____.**
A) antineurotics
B) antidepressants
C) minor tranquilizers
D) major tranquilizers

Difficulty: 2
QuestionID: 02-164
Page-Reference: 67
Skill: Factual

Answer: B) antidepressants

165. **Tofranil and Elavil are types of _____.**
A) tricyclics
B) MOA inhibitors
C) phenothiazines
D) benzodiazepines

Difficulty: 3
QuestionID: 02-165
Page-Reference: 67
Skill: Factual

Answer: A) tricyclics

166. **Nardil and Parnate are types of _____.**
A) tricyclics
B) MAO inhibitors
C) phenothiazines
D) benzodiazepines

Difficulty: 3
QuestionID: 02-166
Page-Reference: 67
Skill: Factual

Answer: B) MAO inhibitors

167. **Which of the following antidepressant drugs is neither a MAO inhibitor nor a tricyclic?**
A) Prozac

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B) Elavil
C) Tofranil
D) Sinequan

Difficulty: 3
QuestionID: 02-167
Page-Reference: 67
Skill: Factual

Answer: A) Prozac

168. **Prozac and Zoloft are types of _____.**
A) neuroleptics
B) tricyclics
C) serotonin reuptake inhibitors
D) MAO inhibitors

Difficulty: 3
QuestionID: 02-168
Page-Reference: 67
Skill: Factual

Answer: C) serotonin reuptake inhibitors

169. **Drugs such as Prozac and Zoloft increase the availability of the neurotransmitter _____ in the brain.**
A) dopamine
B) norepinephrine
C) acetylcholine
D) serotonin

Difficulty: 2
QuestionID: 02-169
Page-Reference: 67
Skill: Factual

Answer: D) serotonin

170. **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 four classes of antidepressants are similar in effectiveness

Difficulty: 2
QuestionID: 02-170
Page-Reference: 68
Skill: Factual

Answer: D) all four classes of antidepressants are similar in effectiveness

171. **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

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Difficulty: 2
QuestionID: 02-171
Page-Reference: 68
Skill: Factual

Answer: C) selective serotonin reuptake inhibitors have the fewest side effects

172. **Anxiety and eating disorders are most likely to be treated with _____ drugs.**
A) anti-anxiety
B) anti-inflammatory
C) antipsychotic
D) antidepressant

Difficulty: 2
QuestionID: 02-172
Page-Reference: 68
Skill: Factual

Answer: D) antidepressant

173. **Lithium carbonate has shown remarkable success in treating _____.**
A) obsessive-compulsive disorder
B) bipolar disorder
C) acute psychotic episodes among schizophrenics
D) major depression

Difficulty: 2
QuestionID: 02-173
Page-Reference: 68
Skill: Factual

Answer: B) bipolar disorder

174. **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

Difficulty: 2
QuestionID: 02-174
Page-Reference: 68
Skill: Factual

Answer: D) must continue to take the drug indefinitely

175. **Electroconvulsive therapy is used today to treat _____.**
A) depression
B) autism
C) schizophrenia
D) convulsions

Difficulty: 2
QuestionID: 02-175
Page-Reference: 68

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Skill: Factual

Answer: A) depression

176. **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

Difficulty: 2
QuestionID: 02-176
Page-Reference: 68
Skill: Factual

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

177. **About _____ percent of depressive patients experience treatment-resistent depression.**
A) 15
B) 10
C) 5
D) 2

Difficulty: 1
QuestionID: 02-177
Page-Reference: 68
Skill: Factual

Answer: A) 15

178. **An alternative form of brain stimulation treatment for depression is repetitive _____ magnetic stimulation.**
A) prefrontal
B) frontal lobe
C) transcranial
D) thalamus

Difficulty: 2
QuestionID: 02-180
Page-Reference: 69
Skill: Factual

Answer: C) transcranial

179. **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

Difficulty: 2
QuestionID: 02-181
Page-Reference: 70
Skill: Factual

Answer: D) depression

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180. **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

Difficulty: 2
QuestionID: 02-182
Page-Reference: 70
Skill: Factual

Answer: B) deep brain stimulation

181. **Most candidates for deep brain stimulation are participants _____.**

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

Difficulty: 2
QuestionID: 02-183
Page-Reference: 70
Skill: Factual

Answer: A) in clinical trials

182. **Follow-up studies of the effectiveness of deep brain stimulation show marked improvement in _____ of cases.**

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

Difficulty: 3
QuestionID: 02-184
Page-Reference: 70
Skill: Factual

Answer: B) one half

183. **Psychoanalysis is the form of therapy originated by _____.**

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

Difficulty: 1
QuestionID: 02-185
Page-Reference: 69
Skill: Factual

Answer: A) Freud

184. **Practitioners of psychoanalysis view psychological problems as _____.**

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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

Difficulty: 2
QuestionID: 02-186
Page-Reference: 70
Skill: Conceptual

Answer: C) rooted in early childhood experiences and unconscious conflicts

185. **Freud used psychoanalysis to help clients _____.**
A) gain insight
B) self-actualize
C) find their self-identity
D) uncover past lives

Difficulty: 2
QuestionID: 02-187
Page-Reference: 70
Skill: Factual

Answer: A) gain insight

186. **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

Difficulty: 2
QuestionID: 02-188
Page-Reference: 73
Skill: Applied

Answer: D) free association

187. **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

Difficulty: 2
QuestionID: 02-189
Page-Reference: 70
Skill: Applied

Answer: C) psychoanalyst

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188. **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

Difficulty: 2
QuestionID: 02-190
Page-Reference: 69
Skill: Applied

Answer: A) Sigmund Freud

189. **The process of uttering uncensored thoughts as soon as they come to mind is called _____.**

A) catharsis
B) transference
C) abreaction
D) free association

Difficulty: 1
QuestionID: 02-191
Page-Reference: 70
Skill: Conceptual

Answer: D) free association

190. **The processes of transference and countertransference involve the use of _____.**

A) sublimation
B) reaction formation
C) displacement
D) intellectualization

Difficulty: 3
QuestionID: 02-192
Page-Reference: 70-71
Skill: Conceptual

Answer: C) displacement

191. **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

Difficulty: 2
QuestionID: 02-193
Page-Reference: 70-71
Skill: Conceptual

Answer: C) transference

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192. **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

Difficulty: 2
QuestionID: 02-194
Page-Reference: 70-71
Skill: Applied

Answer: C) transference

193. **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

Difficulty: 2
QuestionID: 02-195
Page-Reference: 70-71
Skill: Applied

Answer: B) transference neurosis

194. **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

Difficulty: 2
QuestionID: 02-196
Page-Reference: 71
Skill: Applied

Answer: D) countertransference

195. **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

Difficulty: 1
QuestionID: 02-197
Page-Reference: 71
Skill: Factual

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Answer: D) months or years

196. **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

Difficulty: 1
QuestionID: 02-198
Page-Reference: 72
Skill: Factual

Answer: B) they focus more on unconscious conflicts

197. **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

Difficulty: 1
QuestionID: 02-199
Page-Reference: 72
Skill: Conceptual

Answer: D) behaviour therapy

198. **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

Difficulty: 2
QuestionID: 02-200
Page-Reference: 69-80
Skill: Conceptual

Answer: A) psychoanalysis

199. **_____ 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

Difficulty: 1
QuestionID: 02-201
Page-Reference: 72
Skill: Factual

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Answer: C) Behaviour

200. **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

Difficulty: 1
QuestionID: 02-202
Page-Reference: 73
Skill: Factual

Answer: A) generalization

201. **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

Difficulty: 3
QuestionID: 02-203
Page-Reference: 73
Skill: Applied

Answer: B) systematic desensitization

202. **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

Difficulty: 3
QuestionID: 02-204
Page-Reference: 73
Skill: Applied

Answer: C) gradual exposure

203. **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

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C) gradual exposure
D) modelling

Difficulty: 3
QuestionID: 02-205
Page-Reference: 73
Skill: Applied

Answer: D) modelling

204. **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

Difficulty: 3
QuestionID: 02-206
Page-Reference: 73
Skill: Applied

Answer: A) behaviour therapist

205. **Modelling approaches for curing phobias were pioneered by _____.**
A) Albert Ellis
B) Albert Bandura
C) Aaron Beck
D) Margaret Mahler

Difficulty: 2
QuestionID: 02-207
Page-Reference: 73
Skill: Factual

Answer: B) Albert Bandura

206. **_____ 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

Difficulty: 1
QuestionID: 02-208
Page-Reference: 73
Skill: Conceptual

Answer: B) Operant

207. **Token economies utilize principles of _____.**
A) classical conditioning
B) operant conditioning
C) aversive conditioning

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D) covert sensitization

Difficulty: 2
QuestionID: 02-209
Page-Reference: 73
Skill: Conceptual

Answer: B) operant conditioning

208. **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

Difficulty: 3
QuestionID: 02-210
Page-Reference: 74
Skill: Applied

Answer: C) token economy

209. **The development of Jack.org has lead to all of the following except**
A) youth-led workshops on mental health
B) increased awareness of mental health challenges
C) decreased rates of mental health challenges among youth
D) creation a mobile app that can be used to access help

Difficulty: 2
QuestionID: 02-211
Page-Reference: 73
Skill: Conceptual

Answer: C) decreased rates of mental health challenges among youth

210. **Psychodynamic therapies tend to focus on _____ processes.**
A) unconscious
B) subjective, conscious
C) biological
D) social-interactive

Difficulty: 1
QuestionID: 02-212
Page-Reference: 74
Skill: Conceptual

Answer: A) unconscious

211. **Humanistic therapies tend to focus on _____ processes.**
A) subconscious
B) subjective, conscious
C) biological
D) social-interactive

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Difficulty: 1
QuestionID: 02-213
Page-Reference: 74
Skill: Conceptual

Answer: B) subjective, conscious

212. **The founder of person-centred therapy is _____.**
A) Carl Rogers
B) Victor Frankl
C) Abraham Maslow
D) Rollo May

Difficulty: 2
QuestionID: 02-214
Page-Reference: 74
Skill: Factual

Answer: A) Carl Rogers

213. **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

Difficulty: 3
QuestionID: 02-215
Page-Reference: 74
Skill: Applied

Answer: B) Carl Rogers

214. **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

Difficulty: 2
QuestionID: 02-216
Page-Reference: 74
Skill: Applied

Answer: B) humanistic therapy

215. **Each of the following types of therapy is directional EXCEPT _____.**
A) psychoanalysis
B) person-centred therapy
C) rational-emotive therapy

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D) Gestalt therapy

Difficulty: 2
QuestionID: 02-217
Page-Reference: 74
Skill: Conceptual

Answer: B) person-centred therapy

216. **In person-centred therapy, the therapist is _____.**
A) passive and nondirective
B) active and nondirective
C) passive and directive
D) active and directive

Difficulty: 1
QuestionID: 02-218
Page-Reference: 74
Skill: Factual

Answer: A) passive and nondirective

217. **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

Difficulty: 3
QuestionID: 02-219
Page-Reference: 74
Skill: Applied

Answer: B) Carl Rogers

218. **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

Difficulty: 2
QuestionID: 02-220
Page-Reference: 74
Skill: Factual

Answer: A) Carl Rogers

219. **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

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D) existential reality

Difficulty: 2
QuestionID: 02-221
Page-Reference: 74
Skill: Factual

Answer: D) existential reality

220. **Unconditional positive regard refers to unconditional _____.**
A) praise
B) acceptance
C) generosity
D) desire

Difficulty: 1
QuestionID: 02-222
Page-Reference: 74
Skill: Conceptual

Answer: B) acceptance

221. **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

Difficulty: 3
QuestionID: 02-223
Page-Reference: 74
Skill: Applied

Answer: A) unconditional positive regard

222. **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

Difficulty: 2
QuestionID: 02-224
Page-Reference: 74
Skill: Conceptual

Answer: D) congruence

223. **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

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Difficulty: 2
QuestionID: 02-225
Page-Reference: 75
Skill: Conceptual

Answer: A) emotion-focused therapy

224. **An emotion-focused therapist acts as a (n) _____.**
A) encourager
B) coach
C) interpreter
D) teacher

Difficulty: Conceptual
QuestionID: 02-226
Page-Reference: 75
Skill: Factual

Answer: B) coach

225. **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

Difficulty: 2
QuestionID: 02-227
Page-Reference: 75
Skill: Conceptual

Answer: D) emotion-focused

226. **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

Difficulty: 3
QuestionID: 02-228
Page-Reference: 76
Skill: Applied

Answer: C) rational-emotive

227. **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

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Difficulty: 2
QuestionID: 02-229
Page-Reference: 76
Skill: Applied

Answer: B) cognitive

228. **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

Difficulty: 1
QuestionID: 02-230
Page-Reference: 76
Skill: Factual

Answer: C) identify and correct maladaptive beliefs and self-defeating attitudes

229. **The founder of rational-emotive therapy is _____.**
A) Albert Ellis
B) Albert Bandura
C) Aaron Beck
D) Rollo May

Difficulty: 1
QuestionID: 02-231
Page-Reference: 76
Skill: Factual

Answer: A) Albert Ellis

230. **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

Difficulty: 2
QuestionID: 02-232
Page-Reference: 76
Skill: Applied

Answer: A) Albert Ellis

231. **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

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C) existential therapy
D) humanistic therapy

Difficulty: 3
QuestionID: 02-233
Page-Reference: 76
Skill: Applied

Answer: A) cognitive therapy

232. **The concept of irrational beliefs would be most important to _____.**
A) Margaret Mahler
B) Sigmund Freud
C) Carl Rogers
D) Albert Ellis

Difficulty: 2
QuestionID: 02-234
Page-Reference: 76
Skill: Factual

Answer: D) Albert Ellis

233. **The concept of cognitive distortions would be most important to _____.**
A) Aaron Beck
B) Sigmund Freud
C) Carl Rogers
D) Abraham Maslow

Difficulty: 2
QuestionID: 02-235
Page-Reference: 77
Skill: Factual

Answer: A) Aaron Beck

234. **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

Difficulty: 3
QuestionID: 02-236
Page-Reference: 77
Skill: Applied

Answer: D) Aaron Beck

235. **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**

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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

Difficulty: 3
QuestionID: 02-237
Page-Reference: 75-77
Skill: Applied

Answer: A) cognitive therapy

236. **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

Difficulty: 3
QuestionID: 02-238
Page-Reference: 77
Skill: Applied

Answer: A) cognitive distortions

237. **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

Difficulty: 3
QuestionID: 02-239
Page-Reference: 77
Skill: Applied

Answer: D) cognitive

238. **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

Difficulty: 1
QuestionID: 02-240
Page-Reference: 78
Skill: Factual

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Answer: D) rational-emotive therapists tend to be more confrontational than cognitive therapists

239. **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

Difficulty: 2
QuestionID: 02-241
Page-Reference: 78
Skill: Factual

Answer: C) cognitive-behaviour therapy

240. **Meichenbaum is known as one of the founders of _____.**
A) REBT
B) EFT
C) PCT
D) CBT

Difficulty: 3
QuestionID: 02-242
Page-Reference: 78
Skill: Factual

Answer: D) CBT

241. **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

Difficulty: 1
QuestionID: 02-243
Page-Reference: 79
Skill: Conceptual

Answer: A) eclectic

242. **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

Difficulty: 3
QuestionID: 02-244

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Page-Reference: 79
Skill: Applied

Answer: D) eclectic

243. **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

Difficulty: 3
QuestionID: 02-245
Page-Reference: 78
Skill: Applied

Answer: A) cognitive-behavioural

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

Difficulty: 2
QuestionID: 02-246
Page-Reference: 79
Skill: Factual

Answer: C) eclectic

245. **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

Difficulty: 3
QuestionID: 02-247
Page-Reference: 79
Skill: Factual

Answer: C) one third to one half

246. **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.

Difficulty: 2
QuestionID: 02-248
Page-Reference: 80
Skill: Factual

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Answer: B) It is usually preferred by clients over individual therapy.

247. **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.

Difficulty: 2
QuestionID: 02-249
Page-Reference: 80
Skill: Factual

Answer: A) It allows clients to see that their problems are not unique.

248. **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

Difficulty: 2
QuestionID: 02-250
Page-Reference: 80
Skill: Factual

Answer: C) individual therapy has been shown to be more effective than group therapy

249. **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.

Difficulty: 3
QuestionID: 02-251
Page-Reference: 80
Skill: Factual

Answer: D) Family therapists work with family members to resolve conflicts, lessen autonomy, and encourage mutual dependence to bring the family closer together.

250. **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

Difficulty: 3
QuestionID: 02-252

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Page-Reference: 80
Skill: Applied

Answer: A) conjoint family therapy

251. **Conjoint family therapy was developed by _____.**
A) Minuchin
B) Satir
C) Westheimer
D) Dawson

Difficulty: 3
QuestionID: 02-253
Page-Reference: 80
Skill: Factual

Answer: B) Satir

252. **Virginia Satir conceptualizes the family in terms of a (n) _____.**
A) iceberg
B) system
C) forest
D) prism

Difficulty: 2
QuestionID: 02-254
Page-Reference: 80
Skill: Factual

Answer: B) system

253. **Both conjoint and structural family therapy adopt a _____ model of abnormal behaviour.**
A) sociocultural
B) psychodynamic
C) systems
D) humanistic

Difficulty: 2
QuestionID: 02-255
Page-Reference: 80
Skill: Factual

Answer: C) systems

254. **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

Difficulty: 3

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QuestionID: 02-256
Page-Reference: 80
Skill: Applied

Answer: B) structural

255. **Marital therapy is a special type of _____ therapy.**
A) individual
B) psychodynamic
C) family
D) sociocultural

Difficulty: 1
QuestionID: 02-257
Page-Reference: 80
Skill: Conceptual

Answer: C) family

256. **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

Difficulty: 2
QuestionID: 02-258
Page-Reference: 81-84
Skill: Factual

Answer: A) receives strong support from the research literature

257. **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

Difficulty: 3
QuestionID: 02-259
Page-Reference: 82
Skill: Factual

Answer: D) 80

258. **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

Difficulty: 2
QuestionID: 02-260
Page-Reference: 84

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Skill: Conceptual

Answer: C) meta-analysis

259. **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

Difficulty: 1
QuestionID: 02-261
Page-Reference: 81-84
Skill: Factual

Answer: A) Smith and Glass

260. **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

Difficulty: 2
QuestionID: 02-262
Page-Reference: 81-84
Skill: Factual

Answer: 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

261. **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

Difficulty: 3
QuestionID: 02-263
Page-Reference: 81-84
Skill: Factual

Answer: C) 75

262. **The elements that psychotherapies share are called _____.**
A) placebo factors
B) specific factors
C) treatment factors
D) nonspecific factors

Difficulty: 2
QuestionID: 02-264
Page-Reference: 81-84

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Skill: Conceptual

Answer: D) nonspecific factors

263. **Nonspecific factors in psychotherapy stem largely from _____.**
A) the therapist–client relationship
B) genetically inherited traits
C) environmental cues
D) response biases

Difficulty: 2
QuestionID: 02-265
Page-Reference: 81-84
Skill: Factual

Answer: A) the therapist–client relationship

264. **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

Difficulty: 2
QuestionID: 02-266
Page-Reference: 81-84
Skill: Conceptual

Answer: C) therapeutic alliance

265. **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

Difficulty: 1
QuestionID: 02-267
Page-Reference: 81-84
Skill: Conceptual

Answer: A) working alliance

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

Difficulty: 2
QuestionID: 02-268
Page-Reference: v

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Skill: Factual

Answer: B) behaviour

267. **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

Difficulty: 2
QuestionID: 02-269
Page-Reference: 81-84
Skill: Factual

Answer: A) humanistic therapy

268. **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

Difficulty: 3
QuestionID: 02-270
Page-Reference: 81-84
Skill: Factual

Answer: C) cognitive

269. **Empirical studies have found cognitive therapy to be effective for treating _____.**
A) phobias
B) chronic pain
C) bulimia
D) depression

Difficulty: 3
QuestionID: 02-271
Page-Reference: 81-84
Skill: Factual

Answer: D) depression

270. **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

Difficulty: 3
QuestionID: 02-272
Page-Reference: 81-84
Skill: Factual

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Answer: A) substance abuse

271. **In Canada, almost _____ people are foreign-born.**
A) one in five
B) one in ten
C) one in fifteen
D) one in twenty

Difficulty: 3
QuestionID: 02-273
Page-Reference: 83
Skill: Factual

Answer: A) one in five

272. **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

Difficulty: 3
QuestionID: 02-274
Page-Reference: 83
Skill: Factual

Answer: D) work with existing systems using a culturally diverse team

273. **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

Difficulty: 2
QuestionID: 02-275
Page-Reference: 85-87
Skill: Factual

Answer: C) how to balance the rights of the individual with the rights of society

274. **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

Difficulty: 2
QuestionID: 02-276
Page-Reference: 87
Skill: Factual

Answer: D) civil

275. **Psychiatric commitment is the same as _____ commitment.**

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

Difficulty: 2
QuestionID: 02-277
Page-Reference: 87
Skill: Conceptual

Answer: D) civil

276. **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

Difficulty: 1
QuestionID: 02-278
Page-Reference: 87
Skill: Conceptual

Answer: C) legal

277. **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

Difficulty: 1
QuestionID: 02-279
Page-Reference: 87
Skill: Factual

Answer: D) mentally ill and dangerous

278. **Mental health professionals tend to _____ dangerousness in mental health patients.**
A) refuse to predict
B) underpredict
C) accurately predict
D) overpredict

Difficulty: 1
QuestionID: 02-280
Page-Reference: 88
Skill: Factual

Answer: D) overpredict

279. **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

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D) bias in favour of overpredicting dangerousness

Difficulty: 2
QuestionID: 02-281
Page-Reference: 88
Skill: Factual

Answer: D) bias in favour of overpredicting dangerousness

280. **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

Difficulty: 1
QuestionID: 02-282
Page-Reference: 89
Skill: Factual

Answer: D) a specific, direct threat

281. **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

Difficulty: 3
QuestionID: 02-283
Page-Reference: 90
Skill: Factual

Answer: A) two

282. **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

Difficulty: 2
QuestionID: 02-284
Page-Reference: 90
Skill: Factual

Answer: A) least restrictive

283. **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

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Difficulty: 2
QuestionID: 02-285
Page-Reference: 89
Skill: Factual

Answer: B) Tarasoff case

284. **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

Difficulty: 2
QuestionID: 02-286
Page-Reference: 89
Skill: Factual

Answer: 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

285. **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

Difficulty: 1
QuestionID: 02-287
Page-Reference: 89
Skill: Conceptual

Answer: B) principles of confidentiality

286. **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

Difficulty: 2
QuestionID: 02-288
Page-Reference: 89
Skill: Factual

Answer: B) clients may be more likely to act out their violent impulses on therapists rather than on the original intended victims

287. **About _____% of patients persistently refuse treatment.**
A) 10

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B) 20
C) 30
D) 40

Difficulty: 2
QuestionID: 02-289
Page-Reference: 90
Skill: Factual

Answer: A) 10

288. **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

Difficulty: 2
QuestionID: 02-290
Page-Reference: 90
Skill: Factual

Answer: A) Charter of Rights and Freedoms

289. **André Dallaire, who attempted to murder former Prime Minister Jean Chretien, was found _____.**
A) innocent but insane
B) guilt 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

Difficulty: 2
QuestionID: 02-291
Page-Reference: 91
Skill: Factual

Answer: D) guilty but not criminally responsible on account of a mental disorder

290. **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

Difficulty: 3
QuestionID: 02-292
Page-Reference: 91
Skill: Factual

Answer: C) rarely; is not

291. **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

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D) not guilty

Difficulty: 3
QuestionID: 02-293
Page-Reference: 90
Skill: Factual

Answer: C) not criminally responsible on account of a mental disorder

292. **The M'Naghten 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

Difficulty: 3
QuestionID: 02-294
Page-Reference: 91
Skill: Factual

Answer: D) the person was unable to tell right from wrong

293. **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*

Difficulty: 2
QuestionID: 02-295
Page-Reference: 92
Skill: Factual

Answer: C) *R. v. Swain*

294. ***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

Difficulty: 2
QuestionID: 02-296
Page-Reference: 92
Skill: Conceptual

Answer: D) a person can be guilty of a crime but not be held criminally responsible

295. **Morgan is charged with a crime. It was determined that Morgan was not able to understand his charges and the proceedings that were brought against him in a criminal action. Morgan would be considered _____.**
A) incoherent
B) incompetent to stand trial
C) guilty but mentally ill
D) not guilty by reason of insanity

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Difficulty: 3
QuestionID: 02-297
Page-Reference: 93
Skill: Applied

Answer: B) incompetent to stand trial

296. **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

Difficulty: 2
QuestionID: 02-298
Page-Reference: 93
Skill: Factual

Answer: B) can distinguish between available pleas

297. **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

Difficulty: 3
QuestionID: 02-299
Page-Reference: 93
Skill: Applied

Answer: A) be committed to compulsory treatment in a psychiatric hospital

298. **When assessing a client, the interviewer will usually adapt her or his theoretical orientation to each individual client.**
a True
b False

Difficulty: 0
QuestionID: 02-300
Page-Reference: 42

Answer: b. False

299. **The mental status exam is based on observation of the client's behaviour and self-presentation.**
a True
b False

Difficulty: 0
QuestionID: 02-301
Page-Reference: 43

Answer: a. True

300. **Psychological tests are unstructured methods of assessment.**

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a True
b False

Difficulty: 0
QuestionID: 02-302
Page-Reference: 43

Answer: b. False

301. **Children can provide identical answers to intelligence test questions but attain markedly different IQ scores.**
a True
b False

Difficulty: 0
QuestionID: 02-303
Page-Reference: 44

Answer: a. True

302. **Terman developed several individually administered intelligence tests for children and adults.**
a True
b False

Difficulty: 0
QuestionID: 02-304
Page-Reference: 44

Answer: b. False

303. **Mental age refers to a person's overall level of intellectual functioning.**
a True
b False

Difficulty: 0
QuestionID: 02-305
Page-Reference: 44

Answer: a. True

304. **An IQ score of 95 is above the mean or average score of IQ.**
a True
b False

Difficulty: 0
QuestionID: 02-306
Page-Reference: 44

Answer: b. False

305. **Wechsler scales are able to give insight into a person's relative strengths and weaknesses.**
a True
b False

Difficulty: 0
QuestionID: 02-307
Page-Reference: 44

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Answer: a. True

306. **The MMPI contains several hundred open-ended questions that assess intellectual ability.**
a True
b False

Difficulty: 0
QuestionID: 02-308
Page-Reference: 46

Answer: b. False

307. **The MMPI was intended to establish the parameters and explore the varieties of normal behaviour.**
a True
b False

Difficulty: 0
QuestionID: 02-309
Page-Reference: 46

Answer: b. False

308. **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

Difficulty: 0
QuestionID: 02-310
Page-Reference: 46-48

Answer: b. False

309. **Test items can be used to measure traits even when they bear no resemblance to the traits being measured.**
a True
b False

Difficulty: 0
QuestionID: 02-311
Page-Reference: 46-48

Answer: a. True

310. **"None of the above" is often a response available in a forced-choice format.**
a True
b False

Difficulty: 0
QuestionID: 02-312
Page-Reference: 46

Answer: b. False

311. **Because the PAI is so much more extensive than the MMPI, it takes considerably longer to complete.**
a True

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b False

Difficulty: 0
QuestionID: 02-313
Page-Reference: 47

Answer: b. False

312. **A weakness of the MMPI is that it has no validity scales.**
a True
b False

Difficulty: 0
QuestionID: 02-314
Page-Reference: 46-48

Answer: b. False

313. **Projective tests rely heavily on self-reports.**
a True
b False

Difficulty: 0
QuestionID: 02-315
Page-Reference: 49

Answer: b. False

314. **Some clinicians examine how clients interpret inkblots to reveal aspects of their underlying intelligence.**
a True
b False

Difficulty: 0
QuestionID: 02-316
Page-Reference: 49-50

Answer: b. False

315. **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

Difficulty: 0
QuestionID: 02-317
Page-Reference: 49-50

Answer: a. True

316. **The TAT has been used extensively in research on motivation as well as in clinical practice.**
a True
b False

Difficulty: 0
QuestionID: 02-318
Page-Reference: 49-50

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Answer: a. True

317. **Despite the lack of direct supportive evidence, the appeal of projective tests among clinicians remains high.**
a True
b False

Difficulty: 0
QuestionID: 02-319
Page-Reference: 49-50

Answer: a. True

318. **Neuropsychological tests attempt to reveal brain dysfunctions without surgical procedures.**
a True
b False

Difficulty: 0
QuestionID: 02-320
Page-Reference: 51

Answer: a. True

319. **Analogue measures are the hallmark of behavioural assessment.**
a True
b False

Difficulty: 0
QuestionID: 02-321
Page-Reference: 53

Answer: b. False

320. **Behavioural observation is limited to measuring overt behaviours.**
a True
b False

Difficulty: 0
QuestionID: 02-322
Page-Reference: 53

Answer: a. True

321. **Behavioural clinicians rarely supplement behavioural observations with traditional forms of psychometric assessment.**
a True
b False

Difficulty: 0
QuestionID: 02-323
Page-Reference: 53

Answer: b. False

322. **In self-monitoring, the client assumes primary responsibility for assessing the problem behaviour.**
a True

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b False

Difficulty: 0
QuestionID: 02-324
Page-Reference: 53

Answer: a. True

323. **Behavioural diaries can help clients increase desirable, but low-frequency behaviours.**
a True
b False

Difficulty: 0
QuestionID: 02-325
Page-Reference: 53

Answer: a. True

324. **Coding behaviours would likely be part of a behavioural assessment.**
a True
b False

Difficulty: 0
QuestionID: 02-326

Answer: a. True

325. **A concern of self-reporting is reliability.**
a True
b False

QuestionID: 02-327
Page-Reference: 53

Answer: a. True

326. **Perhaps the most popular example of an analogue measure is the Behavioural Rating Scale.**
a True
b False

Difficulty: 0
QuestionID: 02-328
Page-Reference: 54

Answer: b. False

327. **Cognitive assessment techniques are used most frequently by Gestalt therapists.**
a True
b False

Difficulty: 0
QuestionID: 02-329
Page-Reference: 54

Answer: b. False

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328. **Thought diaries can be used for both assessment and treatment programs.**
a True
b False

Difficulty: 0
QuestionID: 02-330
Page-Reference: 55

Answer: a. True

329. ***Negative self-concept is one of the defining factors on the Automatic Thoughts Questionnaire.***
a True
b False

Difficulty: 0
QuestionID: 02-331
Page-Reference: 55

Answer: a. True

330. **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

Difficulty: 0
QuestionID: 02-332
Page-Reference: 55-58

Answer: a. True

331. **Modern imaging techniques allow us to see inside the brain without surgery.**
a True
b False

Difficulty: 0
QuestionID: 02-333
Page-Reference: 55-58

Answer: a. True

332. **Despite advances in technology, physicians today still need to perform surgery to study the workings of the brain.**
a True
b False

Difficulty: 0
QuestionID: 02-334
Page-Reference: 55-58

Answer: b. False

333. **We are able to correlate anxiety with the amount of electricity conducted across the skin.**
a True
b False

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Difficulty: 0
QuestionID: 02-335
Page-Reference: 55-58

Answer: a. True

334. **Muscle tension can be measured by the galvanic skin response test.**
a True
b False

Difficulty: 0
QuestionID: 02-336
Page-Reference: 55-58

Answer: b. False

335. **A physician can remove damaged brain tissue using a combination of MEG and MRI.**
a True
b False

Difficulty: 0
QuestionID: 02-337
Page-Reference: 55-58

Answer: a. True

336. **The DSM system was introduced at the turn of the century.**
a True
b False

Difficulty: 0
QuestionID: 02-338
Page-Reference: 59

Answer: b. False

337. **The World Health Organization published the ICD-10 system for classifying diseases.**
a True
b False

Difficulty: 0
QuestionID: 02-339
Page-Reference: 59

Answer: a. True

338. **The DSM system does not subscribe to a particular theory of abnormal behaviour.**
a True
b False

Difficulty: 0
QuestionID: 02-340
Page-Reference: 59

Answer: a. True

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339. **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

Difficulty: 0
QuestionID: 02-341
Page-Reference: 59

Answer: b. False

340. **The DSM treats behaviour as signs and symptoms of underlying pathologies.**
a True
b False

Difficulty: 0
QuestionID: 02-342
Page-Reference: 59

Answer: a. True

341. **The DSM system assumes that all abnormal behaviour reflects biological causes or defects.**
a True
b False

Difficulty: 0
QuestionID: 02-343
Page-Reference: 59

Answer: b. False

342. **The DSM system is explanatory, not descriptive.**
a True
b False

Difficulty: 0
QuestionID: 02-344
Page-Reference: 60

Answer: b. False

343. **The validity of a measure of assessment is its consistency.**
a True
b False

Difficulty: 0
QuestionID: 02-345
Page-Reference: 61

Answer: b. False

344. **The most appropriate test of the validity of a diagnostic system is its correspondence with behavioural observations.**
a True
b False

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Difficulty: 0
QuestionID: 02-346
Page-Reference: 61

Answer: a. True

345. **The DSM system is based on the behavioural approach to classification.**
a True
b False

Difficulty: 0
QuestionID: 02-347
Page-Reference: 61

Answer: b. False

346. **The Chinese Society of Psychiatry has published its own system of classification of mental disorders.**
a True
b False

Difficulty: 0
QuestionID: 02-348
Page-Reference: 59

Answer: a. True

347. **Clinicians have criticized the DSM system for its reliance on the medical model.**
a True
b False

Difficulty: 0
QuestionID: 02-349
Page-Reference: 59-64

Answer: a. True

348. **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

Difficulty: 0
QuestionID: 02-350
Page-Reference: 59-64

Answer: b. False

349. **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

Difficulty: 0
QuestionID: 02-351
Page-Reference: 59-64

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Answer: a. True

350. **The DSM-5 is reorganized, with chapters organized starting with mild disorders and finishing with more severe disorders.**
a True
b False

Difficulty: 0
QuestionID: 02-352
Page-Reference: 59-64

Answer: b. False

351. **The DSM-5 includes criterion changes for almost every disorder.**
a True
b False

Difficulty: 0
QuestionID: 02-353
Page-Reference: 59-64

Answer: b. False

352. **The DSM-5 includes hoarding disorder.**
a True
b False

Difficulty: 0
QuestionID: 02-354
Page-Reference: 59-64

Answer: a. True

353. **Psychotherapies are "talking therapies."**
a True
b False

Difficulty: 0
QuestionID: 02-355
Page-Reference: 65-79

Answer: a. True

354. **Psychotherapies involve nonverbal communication.**
a True
b False

Difficulty: 0
QuestionID: 02-356
Page-Reference: 65-79

Answer: a. True

355. **An eclectic orientation draws on more than one theory of psychotherapy.**
a True
b False

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Difficulty: 0
QuestionID: 02-357
Page-Reference: 65-79

Answer: a. True

356. **In some provinces in Canada, anyone can set up shop as a psychotherapist.**
a True
b False

Difficulty: 0
QuestionID: 02-358
Page-Reference: 65-79

Answer: a. True

357. **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

Difficulty: 0
QuestionID: 02-359
Page-Reference: 65-79

Answer: b. False

358. **Mild tranquilizers often lead to dependence.**
a True
b False

Difficulty: 0
QuestionID: 02-360
Page-Reference: 66

Answer: a. True

359. **Antipsychotic drugs can cure a person's psychotic disorder.**
a True
b False

Difficulty: 0
QuestionID: 02-361
Page-Reference: 67

Answer: b. False

360. **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

Difficulty: 0
QuestionID: 02-362
Page-Reference: 67

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Answer: a. True

361. **Lithium has proven to be useful in alleviating the acute episodes associated with psychosis.**
a True
b False

Difficulty: 0
QuestionID: 02-363
Page-Reference: 68

Answer: b. False

362. **Drugs have not been found helpful in treating abnormal behaviour problems.**
a True
b False

Difficulty: 0
QuestionID: 02-364
Page-Reference: 68

Answer: b. False

363. **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

Difficulty: 0
QuestionID: 02-365
Page-Reference: 68

Answer: a. True

364. **Deep brain stimulation is the most practiced form of treatment for depression.**
a True
b False

Difficulty: 0
QuestionID: 02-366
Page-Reference: 69

Answer: b. False

365. **Deep brain stimulation has been approved for treatment of some disorders, but not depression.**
a True
b False

Difficulty: 0
QuestionID: 02-367
Page-Reference: 69

Answer: a. True

366. **Ego analysis is the form of psychodynamic therapy originated by Freud.**
a True

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b False

Difficulty: 0
QuestionID: 02-368
Page-Reference: 70

Answer: b. False

367. **Freud intended that his clients should become conscious of all repressed material.**
a True
b False

Difficulty: 0
QuestionID: 02-369
Page-Reference: 71

Answer: b. False

368. **In classic psychoanalysis, you are asked to express whatever thought happens to come to mind.**
a True
b False

Difficulty: 0
QuestionID: 02-370
Page-Reference: 71

Answer: a. True

369. **Most therapists still practice classic psychoanalysis.**
a True
b False

Difficulty: 0
QuestionID: 02-371
Page-Reference: 73

Answer: b. False

370. **Behaviour therapists focus on the here and now.**
a True
b False

Difficulty: 0
QuestionID: 02-372
Page-Reference: 2

Answer: a. True

371. **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

Difficulty: 0
QuestionID: 02-373
Page-Reference: 73

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Answer: a. True

372. **Humanistic therapies tend to focus on unconscious processes.**
a True
b False

Difficulty: 0
QuestionID: 02-374
Page-Reference: 74

Answer: b. False

373. **Some psychotherapists believe that the goal of psychotherapy is to teach clients to be themselves.**
a True
b False

Difficulty: 0
QuestionID: 02-375
Page-Reference: 74

Answer: a. True

374. **Person-centred therapy is nondirective.**
a True
b False

Difficulty: 0
QuestionID: 02-376
Page-Reference: 74

Answer: a. True

375. **Unconditional positive regard is a key element of client-centred therapy.**
a True
b False

Difficulty: 0
QuestionID: 02-377
Page-Reference: 74

Answer: a. True

376. **An essential tenet of emotion-focused therapy is the elimination of intense or uncomfortable feelings.**
a True
b False

Difficulty: 0
QuestionID: 02-378
Page-Reference: 75

Answer: b. False

377. **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

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b False

Difficulty: 0
QuestionID: 02-379
Page-Reference: 75

Answer: a. True

378. **Some therapists actively dispute their clients' most cherished beliefs.**
a True
b False

Difficulty: 0
QuestionID: 02-380
Page-Reference: 75

Answer: a. True

379. **Emotion-focused therapy (EFT) tries to teach clients methods for controlling their emotions.**
a True
b False

Difficulty: 0
QuestionID: 02-381
Page-Reference: 76

Answer: b. False

380. **Albert Ellis believed that irrational beliefs may be formed on the basis of early childhood experiences.**
a True
b False

Difficulty: 0
QuestionID: 02-382
Page-Reference: 76

Answer: a. True

381. **Cognitive distortions would be noted by a therapist who uses emotion-focused therapy.**
a True
b False

Difficulty: 0
QuestionID: 02-383
Page-Reference: 76-79

Answer: b. False

382. **Rational-emotive therapy and Beck's cognitive therapy have much in common.**
a True
b False

Difficulty: 0
QuestionID: 02-384
Page-Reference: 76-79

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Answer: a. True

383. **Cognitive therapists tend to be more confrontive than rational-emotive therapists.**
a True
b False

Difficulty: 0
QuestionID: 02-385
Page-Reference: 76-79

Answer: b. False

384. **Eclectic therapy has been a growing movement in psychotherapy in recent years.**
a True
b False

Difficulty: 0
QuestionID: 02-386
Page-Reference: 79

Answer: a. True

385. **More psychotherapists identify with an eclectic approach than with any specific school of therapy.**
a True
b False

Difficulty: 0
QuestionID: 02-387
Page-Reference: 79

Answer: a. True

386. **Group therapy has no real advantages over individual therapy.**
a True
b False

Difficulty: 0
QuestionID: 02-388
Page-Reference: 80

Answer: b. False

387. **Group therapy is less expensive than individual therapy, but individual therapy is preferable for clients who can afford it.**
a True
b False

Difficulty: 0
QuestionID: 02-389
Page-Reference: 80

Answer: b. False

388. **Conjoint family therapy is the only family therapy approach that focuses on the systems model of abnormal behaviour.**
a True

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b False

Difficulty: 0
QuestionID: 02-390
Page-Reference: 80

Answer: b. False

389. **In the case of depression, some psychotherapies may be as effective as drug therapy.**
a True
b False

Difficulty: 0
QuestionID: 02-391
Page-Reference: 81

Answer: a. True

390. **Meta-analysis has generally failed to support the efficacy of psychotherapy.**
a True
b False

Difficulty: 0
QuestionID: 02-392
Page-Reference: 81

Answer: b. False

391. **The average client who receives psychotherapy is no better off than control clients who go without it.**
a True
b False

Difficulty: 0
QuestionID: 02-393
Page-Reference: 81

Answer: b. False

392. **Researchers have found that computer-assisted cognitive therapy has more robust effects than standard cognitive therapy.**
a True
b False

Difficulty: 0
QuestionID: 02-394
Page-Reference: 81

Answer: a. True

393. **Diagnosis and treatment of psychological disorders has been heavily influenced by European and North American thoughts.**
a True
b False

Difficulty: 0
QuestionID: 02-395

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Page-Reference: 82

Answer: a. True

394. **Civil commitment is identical to voluntary hospitalization.**
a True
b False

Difficulty: 0
QuestionID: 02-396
Page-Reference: 87

Answer: b. False

395. **People used to be psychiatrically committed without any clear evidence that they posed a danger to themselves or others.**
a True
b False

Difficulty: 0
QuestionID: 02-397
Page-Reference: 87

Answer: a. True

396. **People can be psychiatrically committed because they are eccentric.**
a True
b False

Difficulty: 0
QuestionID: 02-398
Page-Reference: 87

Answer: b. False

397. **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

Difficulty: 0
QuestionID: 02-399
Page-Reference: 87

Answer: a. True

398. **Clinicians tend to overpredict the dangerousness of their clients.**
a True
b False

Difficulty: 0
QuestionID: 02-400
Page-Reference: 88

Answer: a. True

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399. **Standards for psychiatric commitment have loosened over the past generation.**
a True
b False

Difficulty: 0
QuestionID: 02-401
Page-Reference: 87-91

Answer: b. False

400. **The criterion for civil commitment is the same across Canadian provinces and territories.**
a True
b False

Difficulty: 0
QuestionID: 02-402
Page-Reference: 87-91

Answer: b. False

401. **Psychologists and other mental health professionals are quite accurate when it comes to predicting dangerousness of the people they treat.**
a True
b False

Difficulty: 0
QuestionID: 02-403
Page-Reference: 88

Answer: b. False

402. **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

Difficulty: 0
QuestionID: 02-404
Page-Reference: 87-91

Answer: a. True

403. **Information provided to a therapist by a client is protected by rules of absolute confidentiality.**
a True
b False

Difficulty: 0
QuestionID: 02-405
Page-Reference: 89

Answer: b. False

404. **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

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Difficulty: 0
QuestionID: 02-406
Page-Reference: 89

Answer: b. False

405. **The courts have ruled that the rights of an intended victim are outweighed by a client's rights to confidentiality.**
a True
b False

Difficulty: 0
QuestionID: 02-407
Page-Reference: 89

Answer: a. True

406. **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

Difficulty: 0
QuestionID: 02-408
Page-Reference: 89

Answer: b. False

407. **The Tarasoff ruling carries force of law nationally.**
a True
b False

Difficulty: 0
QuestionID: 02-409
Page-Reference: 89

Answer: b. False

408. **Court rulings have established that hospitalized mental patients do not have the right to refuse medication.**
a True
b False

Difficulty: 0
QuestionID: 02-410
Page-Reference: 90

Answer: b. False

409. **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

Difficulty: 0
QuestionID: 02-411

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Page-Reference: 90

Answer: b. False

410. **The insanity defence is used in a large number of cases, and usually successfully.**
a True
b False

Difficulty: 0
QuestionID: 02-412
Page-Reference: 91

Answer: b. False

411. **The M'Naghten 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

Difficulty: 0
QuestionID: 02-413
Page-Reference: 91

Answer: a. True

412. **As a result of *R. v. M'Naghten,* the Canadian Criminal Code was amended to give the accused person greater procedural and civil rights.**
a True
b False

Difficulty: 0
QuestionID: 02-414
Page-Reference: 91

Answer: b. False

413. **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

Difficulty: 0
QuestionID: 02-415
Page-Reference: 93

Answer: a. True

414. **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

Difficulty: 0
QuestionID: 02-416
Page-Reference: 93

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Answer: a. True

415. **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

Difficulty: 0
QuestionID: 02-417
Page-Reference: 93

Answer: a. True

416. **Describe what is meant by a clinical interview, identifying the topics typically covered during an intake interview, and contrasting structured with unstructured interviews.**

Difficulty: 0
QuestionID: 02-418
Page-Reference: 41-43
Skill:

Answer: Answers may vary.

417. **Describe the elements of the mental status examination.**

Difficulty: 0
QuestionID: 02-419
Page-Reference: 43

Answer: Answers may vary.

418. **Discuss the nature and value of psychological tests.**

Difficulty: 0
QuestionID: 02-420
Page-Reference: 43-51

Answer: Answers may vary.

419. **Discuss the history and features of the Stanford-Binet Intelligence Scale.**

Difficulty: 0
QuestionID: 02-421
Page-Reference: 43

Answer: Answers may vary.

420. **Discuss the features of the Wechsler scales.**

Difficulty: 0
QuestionID: 02-422

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Page-Reference: 43-48

Answer: Answers may vary.

421. **Describe the two subtests of the Wechsler Adult Intelligence Scale and give three examples from each subtest.**

Difficulty: 0
QuestionID: 02-423
Page-Reference: 45

Answer: Answers may vary.

422. **Distinguish between self-report and projective personality assessment techniques.**

Difficulty: 0
QuestionID: 02-424
Page-Reference: 49-51

Answer: Answers may vary.

423. **Discuss the history, features, reliability, and validity of personality tests, focusing on the MMPI and the Rorschach.**

Difficulty: 0
QuestionID: 02-425
Page-Reference: 47-50

Answer: Answers may vary.

424. **Describe the use of psychological tests in the assessment of neuropsychological functioning.**

Difficulty: 0
QuestionID: 02-426
Page-Reference: 51-52

Answer: Answers may vary.

425. **Discuss the advantages and limitations of behavioural assessment.**

Difficulty: 0
QuestionID: 02-427
Page-Reference: 52-54

Answer: Answers may vary.

426. **Describe the following techniques: the behavioural interview, self-monitoring, use of contrived measures, direct observation, behavioural rating scales.**

Difficulty: 0

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QuestionID: 02-428
Page-Reference: 53-54

Answer: Answers may vary.

427. **Discuss the use of thought diaries and questionnaires that assess automatic thoughts and dysfunctional attitudes.**

Difficulty: 0
QuestionID: 02-429
Page-Reference: 54-56

Answer: Answers may vary.

428. **Discuss analogue or contrived measures.**

Difficulty: 0
QuestionID: 02-430
Page-Reference: 54

Answer: Answers may vary.

429. **Discuss cognitive assessment methods.**

Difficulty: 0
QuestionID: 02-431
Page-Reference: 54-56

Answer: Answers may vary.

430. **Discuss methods of observing brain activity without brain surgery.**

Difficulty: 0
QuestionID: 02-432
Page-Reference: 56-58

Answer: Answers may vary.

431. **Discuss historical origins of modern diagnostic systems and the development of the DSM system.**

Difficulty: 0
QuestionID: 02-433
Page-Reference: 59

Answer: Answers may vary.

432. **Define the concept of "mental disorders" in the DSM system and show how the diagnostic system adheres to the medical model.**

Difficulty: 0

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QuestionID: 02-434
Page-Reference: 59

Answer: Answers may vary.

433. **Describe the features of the DSM system.**

Difficulty: 0
QuestionID: 02-435
Page-Reference: 60

Answer: Answers may vary.

434. **Describe the advantages and disadvantages of the DSM system.**

Difficulty: 0
QuestionID: 02-436
Page-Reference: 61-63

Answer: Answers may vary.

435. **Describe the major changes in the DSM-5.**

Difficulty: 0
QuestionID: 02-437
Page-Reference: 62

Answer: Answers may vary.

436. ***Explain why the DSM-5 is still considered controversial.***

Difficulty: 0
QuestionID: 02-438
Page-Reference: 63

Answer: Answers may vary.

437. **Discuss sociocultural and ethnic factors in the assessment of abnormal behaviour.**

Difficulty: 0
QuestionID: 02-439
Page-Reference: 63

Answer: Answers may vary.

438. **Identify the three major groups of mental health professionals discussed in your text and briefly discuss the training and professional requirements of each group.**

Difficulty: 0
QuestionID: 02-440

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Page-Reference: 65-666

Answer: Answers may vary.

439. **Briefly identify several anti-anxiety drugs and explain the benefits and drawbacks to their use.**

Difficulty: 0
QuestionID: 02-441
Page-Reference: 66-67

Answer: Answers may vary.

440. **Briefly identify several antipsychotic drugs and explain the benefits and drawbacks to their use.**

Difficulty: 0
QuestionID: 02-442
Page-Reference: 67

Answer: Answers may vary.

441. **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.**

Difficulty: 0
QuestionID: 02-443
Page-Reference: 67-69

Answer: Answers may vary.

442. **Describe electroconvulsive therapy and explain why it is controversial.**

Difficulty: 0
QuestionID: 02-444
Page-Reference: 68-70

Answer: Answers may vary.

443. **Describe the goals and methods of traditional psychoanalysis.**

Difficulty: 0
QuestionID: 02-445
Page-Reference: 69-72

Answer: Answers may vary.

444. **Compare and contrast traditional psychoanalysis with modern psychodynamic approaches.**

Difficulty: 0
QuestionID: 02-446
Page-Reference: 69-72

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Answer: Answers may vary.

445. **Describe the philosophy and goals of behaviour therapy.**

Difficulty: 0
QuestionID: 02-447
Page-Reference: 772-74

Answer: Answers may vary.

446. **Describe the philosophies, methods, and goals of humanistic therapies.**

Difficulty: 0
QuestionID: 02-448
Page-Reference: 74-76

Answer: Answers may vary.

447. **Compare and contrast the methods of rational-emotive therapy with Beck's cognitive therapy.**

Difficulty: 0
QuestionID: 02-449
Page-Reference: 76-78

Answer: Answers may vary.

448. **Describe the philosophy and techniques of cognitive-behavioural therapy.**

Difficulty: 0
QuestionID: 02-450
Page-Reference: 78-79

Answer: Answers may vary.

449. **Explain what is meant by eclectic therapy and how it is useful.**

Difficulty: 0
QuestionID: 02-451
Page-Reference: 79

Answer: Answers may vary.

450. **Describe the advantages and disadvantages of group therapy.**

Difficulty: 0
QuestionID: 02-452
Page-Reference: 79-80

Answer: Answers may vary.

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451. **Describe family therapy approaches to treating the family unit.**

Difficulty: 0
QuestionID: 02-453
Page-Reference: 79-80

Answer: Answers may vary.

452. **Describe computer-assisted therapy and its reported benefits.**

Difficulty: 0
QuestionID: 02-454
Page-Reference: 81

Answer: Answers may vary.

453. **Summarize the findings of research into the effectiveness of psychotherapy.**

Difficulty: 0
QuestionID: 02-455
Page-Reference: 81-84

Answer: Answers may vary.

454. **Describe how Canada's multicultural nature has posed issues in the assessment and treatment of mental health.**

Difficulty: 0
QuestionID: 02-456
Page-Reference: 83

Answer: Answers may vary.

455. **Describe the cultural consultation services model (CCS) and how it has addressed Canada's multiculturalism in respect to mental health services.**

Difficulty: 0
QuestionID: 02-457
Page-Reference: 83

Answer: Answers may vary.

456. **Compare and contrast voluntary, civil, and legal commitment.**

Difficulty: 0
QuestionID: 02-458
Page-Reference: 87-88

Answer: Answers may vary.

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457. **Discuss the development of safeguards to prevent abuses of psychiatric commitment.**

Difficulty: 0
QuestionID: 02-459
Page-Reference: 87-88

Answer: Answers may vary.

458. **Discuss the controversy concerning psychiatric commitment.**

Difficulty: 0
QuestionID: 02-460
Page-Reference: 87-88

Answer: Answers may vary.

459. **Discuss research concerning the problems of psychologists and other professionals who are given the task of attempting to predict dangerousness.**

Difficulty: 0
QuestionID: 02-461
Page-Reference: 88-89

Answer: Answers may vary.

460. **Explain why professionals tend to overrepresent dangerousness.**

Difficulty: 0
QuestionID: 02-462
Page-Reference: 88-89

Answer: Answers may vary.

461. **Discuss legal developments concerning the right to treatment.**

Difficulty: 0
QuestionID: 02-463
Page-Reference: 87-91

Answer: Answers may vary.

462. **Discuss legal developments concerning the right to refuse treatment.**

Difficulty: 0
QuestionID: 02-464
Page-Reference: 87-91

Answer: Answers may vary.

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463. **Explain the effects of the Tarasoff case on professionals' duty to warn third parties of threats posed by clients.**

Difficulty: 0
QuestionID: 02-465
Page-Reference: 89

Answer: Answers may vary.

464. **Discuss some of the conflicts involved in requiring helping professionals to warn third parties of threats.**

Difficulty: 0
QuestionID: 02-466
Page-Reference: 89

Answer: Answers may vary.

465. **Summarize a recent Canadian case in which NCRMD was applied.**

Difficulty: 0
QuestionID: 02-467
Page-Reference: 91-93

Answer: Answers may vary.

466. **Discuss the history of the legal bases of the insanity plea.**

Difficulty: 0
QuestionID: 02-468
Page-Reference: 91-93

Answer: Answers may vary.

467. **Compare the M'Naghten ruling with the current NCRMD in Canada.**

Difficulty: 0
QuestionID: 02-469
Page-Reference: 91-93

Answer: Answers may vary.

468. **Discuss problems in determining the term of commitment for perpetrators who are found insane.**

Difficulty: 0
QuestionID: 02-470
Page-Reference: 91-93

Answer: Answers may vary.

469. **Discuss the problems the insanity plea creates for jurors.**

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Difficulty: 0
QuestionID: 02-471
Page-Reference: 91-93

Answer: Answers may vary.

470. **Discuss the issue of whether or not the insanity plea is degrading to the defendant.**

Difficulty: 0
QuestionID: 02-472
Page-Reference: 91-93

Answer: Answers may vary.

471. **Discuss the principle of competency to stand trial.**

Difficulty: 0
QuestionID: 02-473
Page-Reference: 93

Answer: Answers may vary.

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