Contemporary Behavior Therapy 6th edition Spiegler Test Bank

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Chapter 2

Antecedents of Contemporary Behavior Therapy

HISTORICAL PRECURSORS
EARLY EXPERIMENTAL WORK
GROWING DISCONTENT WITH PSYCHOANALYSIS
FORMAL BEGINNINGS OF CONTEMPORARY BEHAVIOR THERAPY
- **Developments in North America**
  - Early Resistance to Behavior Therapy
- **Developments in South Africa**
- **Developments in Great Britain**

EARLY ETHICAL CONCERNS ABOUT BEHAVIOR THERAPY
ACCEPTANCE AND GROWTH OF BEHAVIOR THERAPY
EMERGENCE OF BEHAVIOR THERAPY
SUMMARY
REFERENCE NOTES

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Guiding Questions

2-1. What is meant by the statement “behavior therapy has a long past but a short history"?

2-2. What is the role played by each of the historical precursors in the development of behavior therapy?

2-3. What influence did psychoanalysis have on the development of behavior therapy?

2-4. What were the contributions made by Skinner, Lindsley, Ayllon, Azrin, Wolpe, Lazarus, Eysenck, Bandura, Beck, Ellis, and Meichenbaum in the history of behavior therapy?

2-5. What was Haughton and Ayllon's demonstration of the development and elimination of broom holding with the patient with schizophrenia? What is its significance?

2-6. What types of resistance did early behavior therapists encounter from their non-behavioral colleagues? How did the resistance contribute to the development of behavior therapy?

2-7. What were the early ethical concerns about behavior therapy and how were they, in part, artifacts of the time?

2-8. Who were the major players involved in the beginning of cognitive-behavioral therapy?

2-9. What major developments occurred in the field of behavior therapy in the 1970s and the 1980s?

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Multiple Choice Questions

2-1 (p. 16, d)
One reason behavior therapy has "a long past but a short history" is that early examples
a. were generally ineffective treatments.
b. haphazardly mixed multiple techniques.
c. often employed unethical procedures.
d. had no real influence on its development.

2-2 (p. 17, d)
Pavlov's critical contribution to behavior therapy was his
a. systematic account of classical conditioning.
b. application of operant procedures.
c. public criticism of insight therapy.
d. influence on Watson.

2-3 (p. 17, d)
Behaviorism was founded by
a. Jones.
b. Thorndike.
c. Skinner.
d. Watson.

2-4 (p. 17, a)
The school of psychology on which behavior therapy is largely based is
a. behaviorism.
b. structuralism.
c. Gestalt psychology.
d. psychoanalysis.

2-5 (p. 18, b)
An early, relevant investigation of a treatment for phobias was performed by
a. Watson.
b. Jones.
c. Thorndike.
d. Pavlov.

2-6 (p. 18, a)
A bell and pad treatment for enuresis was developed by
a. Mower and Mower.
b. Jacobson.
c. Thorndike.
d. Jones.

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2-7 (p. 19, b)
Skeletal Muscle Relaxation as a treatment for tension was developed by
a. Mower and Mower.
b. Jacobson.
c. Thorndike.
d. Watson.

2-8 (p. 19, c)
The only major approach to psychotherapy until about 1950 was
a. existential therapy.
b. client-centered therapy.
c. insight therapy.
d. action therapy.

2-9 (pp. 19-20, c)
The formal, systematic application of behavior therapy began around
a. 1930.
b. 1940.
c. 1950.
d. 1960.

2-10 (pp. 19-20, c)
Behavior therapy emerged, in part, due to the
a. open-mindedness of the era in which it developed.
b. over-reliance on psychiatric medications.
c. growing discontent with psychoanalysis.
d. availability of financial support for research.

2-11 (p. 20, b)
Eysenck played a major role in the growth of behavior therapy by
a. promoting the therapy in America and the United Kingdom.
b. investigating the effectiveness of insight therapies.
c. developing therapies from Skinner's animal-work.
d. introducing behavior therapy to the hospital setting.

2-12 (pp. 20-21, b)
To change simple behaviors of adults hospitalized with psychiatric disorders, Lindsley used
a. desensitization.
b. reinforcement.
c. talk-therapy.
d. modeling.

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2-13 (p. 21, c)
The term behavior therapy was probably coined by
a. Skinner.
b. Eysenck.
c. Lindsley.
d. Watson.

2-14 (p. 21, a)
Demonstrations by Ayllon in the late 1950s served to
a. question existing explanations for behavioral symptoms.
b. show that behaviors cannot be influenced by reinforcement.
c. suggest learning as a cause for schizophrenia.
d. highlight the poor conditions of psychiatric hospitals.

2-15 (p. 21, d)
The first contemporary token economy was established in 1961 by
a. Lindsley.
b. Mowrer and Mowrer.
c. Lazarus.
d. Ayllon and Azrin.

2-16 (p. 22, b)
Employee reception of the token economy at Anna State Hospital in the 1950s is best characterized as
a. outright rejection.
b. reluctance and resistance.
c. cautious optimism.
d. acceptance and praise.

2-17 (p. 22, d)
Behavior therapists overcame the early widespread resistance to behavior therapy by
a. setting up large-scale treatment centers around the country.
b. arguing that behavior therapy was similar to insight therapy.
c. attacking the theoretical foundations of psychoanalysis.
d. demonstrating the effectiveness of behavior therapy.

2-18 (p. 22, c)
Joseph Wolpe is sometimes referred to as the founder of behavior therapy, in part because he developed
a. the token economy.
b. reinforcement therapy.
c. systematic desensitization.
d. modeling therapy.

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2-19 (p. 23, a)
Ethical concerns that arose during the formative years of behavior therapy may have resulted from
a. increased concerns about external control.
b. early therapists' inadequate training.
c. inefficacy of early procedures.
d. the radical departure from existing therapies.

2-20 (p. 23, d)
Which of the following terms was shown to raise ethical concerns?
a. Experimental control
b. Controlling variables
c. Contingency Manipulation
d. Behavior modification

2-21 (p. 24, d)
Following both classical and operant conditioning, _____ learning was a third major approach that influenced behavior therapy.
a. latent
b. cognitive
c. passive
d. observational

2-22 (p. 24, b)
Bandura's social learning theory emphasized
a. economic models of behavior.
b. the role of cognitions.
c. an evolutionary foundation.
d. classical conditioning.

2-23 (p. 25, b)
The Association for Advancement of Behavior Therapy was established in
a. 1953.
b. 1966.
c. 1974.
d. 1982.

2-24 (p. 26, b)
A major development for behavior therapy during the 1980s was the
a. Code of Ethical Conduct.
b. contribution to behavioral medicine.
c. founding of behavior therapy journals.
d. foray of cognitive therapy.

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2-25 (p. 26, a)
One trend apparent at the end of the 20th century was the
a. increased emphasis on empirical validity.
b. dismissal of purely operant techniques.
c. syncretism of insight and action therapies.
d. disenchantment with cognitive therapy.

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