

Chapter 4 teachers

- 1) Which of the following is not an antidepressant drug?
 - a) Tricyclic antidepressants
 - b) Monoamine oxidase inhibitors (MAOIs)
 - c) Selective serotonin reuptake inhibitors (SSRIs)
 - d) Antinoamine tritase rehibitor (ATRs) (A)

- 2) Anxiolytic drugs are used to treat:
 - a) The symptoms of depression and mood disorder
 - b) The symptoms of anxiety and stress
 - c) The symptoms of psychosis and schizophrenia (A)
 - d) None of the above

- 3) Antipsychotic drugs have their effects by:
 - a) Blocking dopamine receptors
 - b) Blocking serotonin re-uptake (A)
 - c) Increasing the production of norepinephrine
 - d) Increasing the production of serotonin

- 4) Which of the following psychological disorders is characterised by chronic anxiety?
 - a) Generalised anxiety disorder (GAD)
 - b) Obsessive-compulsive disorder (OCD)
 - c) Post-traumatic stress disorder (PTSD)
 - d) All of the above (A)

- 5) Which of the following are so called “designer drugs” ?
 - a) Fluoxetine (Prozac)
 - b) Sertraline (Zoloft)
 - c) Paroxetine (Paxil)
 - d) All of the above (A)

- 6) What is a major side effect of Prozac?

- a) Loss of sexual desire (A)
- b) Loss of hair
- c) Weight loss
- d) Weight gain

7) Antipsychotics do which of the following?

- a) Major positive symptoms (such as thought disorder and hallucinations)
- b) Major negative symptoms (such as social withdrawal)
- c) Reducing the burden of institutional care
- d) All of the above

8) Which of the following is not a common side effect of antipsychotics?

- a) Blurred vision
- b) Muscle spasms
- c) Blood disorders
- d) Sexual dysfunction (A)

9) Which of the following is not a problem associated with drug intervention for depression?

- a) Increase vulnerability to relapse over the longer-term
- b) Drug treatment alone may not facilitate the kinds of beneficial insights into psychopathology
- c) Long-term prescription of drugs for a psychopathology may lead sufferers to believe that their symptoms are unchangeable
- d) Intervenes with positive and negative symptoms (A)

10) Antipsychotic drugs have the effect of:

- a) Drastically reducing the number of individuals with psychotic symptoms who need long-term institutionalised care
- b) Enable many experiencing such symptoms to achieve a level of functioning that permits relatively normal day-to-day functioning
- c) Revolutionise the way that schizophrenia sufferers are treated and cared for
- d) All of the above (A)

11) Aversion therapy is a treatment based on:

- a) Classical conditioning (A)
- b) Operant conditioning
- c) Information processing
- d) Analysis of dreams

12) Aversion therapy is most widely used in the treatment of:

- a) Alcoholism (A)
- b) Depression
- c) Schizophrenis
- d) Generalised anxiety disorder

13) Which of the following is a limitation of aversion therapy?

- a) Produces short lived effects (A)
- b) Involves long term side effects
- c) Changes in personality
- d) None of the above

14) Which of the following computer based packages is used for treating depression?

- a) Beating the Blues
- b) Plumbing the depths
- c) Conquering cognitions
- d) Feeling the force

15) Computerised CBT (CCBT) has the advantage of:

- a) Being cheap to administer
- b) Can be used independently by the client
- c) Equivilant outcomes to therapist led CBT
- d) All of the above (A)

16) Computerised CBT programs help the clint to:

- a) Identify thinking errors
- b) Challenge negative thoughts

- c) Identify core negative beliefs
- d) All of the above (A)

17) Fear Fighter is a CCBT package that treats:

- a) Phobic disorders
- b) Panic disorders
- c) Anxiety disorders
- d) All of the above (A)

18) Beck's theory of depression is based upon:

- a) Biased cognitive schemas (A)
- b) Unbalanced Ego states
- c) Imbalance of Serotonin uptake
- d) Exploration of unconscious mood states

19) Beck's Cognitive therapy of depression requires the individual to:

- a) Make an objective assessment of their beliefs (A)
- b) Keep a dream diary
- c) Keep a mood diary
- d) Set attainable life goals

20) A form of control condition for attention, understanding and caring is known as:

- a) Befriending (A)
- b) Behaviour analysis
- c) Behaviour modification
- d) Behaviour therapy

21) Behaviour analysis is based upon the principles of:

- a) Classical conditioning
- b) Operant conditioning (A)
- c) Dream analysis
- d) All of the above

22) Behaviour modification is a type of:

- a) Behaviour therapy (A)
- b) Cognitive behavioural therapy
- c) Humanistic therapy
- d) Client centred therapy

23) behaviour therapy was developed in the 1940s and 1950s due to:

- a) Dissatisfaction with the medical or disease model of psychopathology
- b) Unscientific approaches being generated by many psychodynamic theories
- c) A desire for objective knowledge that might be used to inform treatment and therapy
- d) All of the above (A)

24) Behaviour therapies stressed the need to treat:

- a) Behavioural problems
- b) **Faulty learning**
- c) Reinforced behaviour
- d) All of the above (A)

25) Behaviour therapy is a treatment which:

- a) Directly changes cognitions
- b) Directly changes behaviour (A)
- c) Directly changes unconscious motivations
- d) Directly changes interpersonal transactions

26) Behavioural self-control was developed to treat a range of personal problems including:

- a) Addiction
- b) Habits
- c) Obsessions
- d) All of the above (A)

27) Behavioural self-control was based upon:

- a) Classical conditioning principles
- b) Operant conditioning principles (A)
- c) Response shaping principles
- d) Information processing principals

28) The main elements of Stuart's (1967) behavioural self-control program to address obesity was:

- a) Recording the time and quantity of food consumption
- b) Weighing in before each meal
- c) Removal of food from all places in the house except the kitchen
- d) All of the above

29) A behavioural self-control programme could be used to promote:

- a) An activity (A)
- b) Unconscious processes
- c) Ego states
- d) Response shaping

30) Benzodiazepines are used to treat:

- a) Depression
- b) Anxiety disorders (A)
- c) Schizophrenia
- d) Mood disorders

31) Client centred therapy is a type of:

- a) Humanistic therapy (A)
- b) Psychodynamic therapy
- c) Cognitive therapy
- d) Behavioural therapy

32) Which of the following are central tenets of Client-Centred Therapy:

- a) Empathy
- b) Unconditional positive regard

- c) Congruence
- d) All of the above (A)

33) Client centred therapy encourages an individual to become:

- a) Independent (A)
- b) Dependable
- c) Conscientious
- d) Motivated

34) Client-Centred Therapy attempts to eliminate symptoms of psychopathology by:

- a) Moving the client from one phenomenological state to another (e.g. from anxiety and depression to worthy and respected individuals) (A)
- b) Encourages the individual to change their behaviour
- c) Eliminates biased thought processes
- d) Enables successful dream analysis

35) Cognitive behavioural therapy changes:

- a) Thought processes
- b) Behaviour
- c) Thoughts and behaviour (A)
- d) Mood states

36) CBT intervention involves:

- a) Keep a diary
- b) Homework
- c) Identify dysfunctional thoughts
- d) All of the above (A)

37) CBT is generally perceived as:

- a) Evidence-based (A)
- b) Phenomenological
- c) Psychodynamic
- d) Humanistic

- 38) In CBT the reason for keeping a diary may be:
- a) Noting the occurrence of significant events and associated feelings, moods, and thoughts (A)
 - b) Recording dreams for analysis
 - c) Ensuring attendance of social events
 - d) Noting in changes in eating habits
- 39) In CBT behavioural experiments are used to:
- a) Test whether their thoughts and assumptions are accurate and rational (A)
 - b) Test whether their behaviour matches their cognitions
 - c) Enable collection of reliable data
 - d) Ensure the validity of the treatment
- 40) A CBT therapist would urge the client to:
- a) Identify and challenge irrational thoughts and beliefs (A)
 - b) Challenge irrational beliefs of others
 - c) Interpret dreams
 - d) Identify non-conscious mood states
- 41) Which of the following is not a Behaviour Therapy technique?
- a) Flooding
 - b) Counterconditioning
 - c) Systematic desensitisation
 - d) Counter transference (A)
- 42) The body of knowledge known as conditioning has given rise to:
- a) Behaviour therapies (A)
 - b) Cognitive therapies
 - c) Psychodynamic therapies
 - d) Client centred therapies
- 43) The principle of extinction assumes that emotional problems can be:

- a) Unlearned (A)
- b) Removed from your mental lexicon
- c) Derived from childhood experiences
- d) Become prehistoric

44) Counterconditioning is an exposure therapy technique which involves:

- a) Learning that an event or situation is no longer threatening (A)
- b) Learning that one negative event may be linked to another
- c) Exposing the client to the feared stimulus
- d) Helping the client to see that their behaviour is counterproductive

45) Continual professional development (CPD) demonstrates that a therapist:

- a) Regularly updates their knowledge of recent developments in treatment techniques (A)
- b) Relies on information from informal sources
- c) Relies solely on research literature as a way of updating their therapeutic skills
- d) Attends all therapeutic conferences

46) Counselling is a profession that aims to:

- a) Promote personal growth and productivity (A)
- b) Provide a successful diagnosis in psychopathology
- c) Ensure that clients are on the correct medication
- d) Solely address behaviour

47) The main theoretical approaches adopted by counsellors are:

- a) Psychodynamic
- b) Cognitive - behavioural
- c) Humanistic
- d) All of the above (A)

48) Which of the following is not a recognised counselling role:

- a) Mental health counsellor

- b) Marriage counsellor
- c) Student counsellor
- d) County councillor (A)

49) A counsellors level of training is monitored and accredited by which professional body?

- a) British Association for Counselling and Psychotherapy (BACP) (A)
- b) British Association for Behavioural and Cognitive Psychotherapies (BABCP)
- c) British Psychological Society (BPS)
- d) British Association of Counsellors (BAC)

50) Dream analysis is one of the central tenets of:

- a) Psychoanalysis (A)
- b) Cognitive behaviour therapy
- c) Humanistic therapy
- d) Client centred therapy

51) Freud believed that dream analysis enabled:

- a) Accessing unconscious beliefs and conflicts (A)
- b) Accessing behavioural motivations
- c) Accessing negative biases
- d) Changing mood states

52) Empathy involves:

- a) Putting yourself in someone else's shoes (A)
- b) Feeling sorry for someone
- c) Putting others before yourself
- d) Putting yourself before others

53) Empathy is the ability which is essential for:

- a) Guiding the client towards resolving their own life problems (A)

- b) Knowing when you have overstayed your welcome
- c) Making a correct diagnosis
- d) Discovering how psychopathology is acquired

54) Which of the following is not a type of group therapy?

- a) Experiential groups
- b) Encounter groups
- c) Self-help groups
- d) Existential groups (A)

55) An encounter group:

- a) Encourages therapy and self-growth through disclosure and interaction (A)
- b) Enables individuals to interact with others in a social setting
- c) Encourages team building
- d) Aids the therapist in diagnosis

56) Group therapy can be used for:

- a) When a group of individuals share similar problems or psychopathologies (A)
- b) When there is a need to treat an individual in the presence of others
- c) Therapeutic benefit from observing and watching others
- d) Behavioural intervention

57) Self-help groups can:

- a) Bring together people who share a common problem
- b) Enable individuals to work through their problems alone
- c) Enable self diagnosis (A)
- d) Not require the presence of a therapist

58) Group therapy can be advantageous when an individual:

- a) May need to work out their problems in the presence of others (e.g. in the case of emotional problems relating to relationships, feelings of isolation, loneliness and rejection)

- b) May need comfort and support from others
- c) May acquire therapeutic benefit from observing and watching others
- d) All of the above (A)

59) E-therapy describes:

- a) Email contact between therapist and client (A)
- b) Emotional support
- c) Electric shock treatment
- d) Exercise therapy

60) Email is a useful adjunct to face-to-face sessions in a number of ways:

- a) Monitor treatment from a distance
- b) Monitor behaviour daily
- c) Intervene in a crisis
- d) All of the above (A)

61) Which of the following are limitations to email communication:

- a) Miscommunication because neither party to the communication is able to see the nonverbal cues
- b) Difficult to ensure the confidentiality of online communications
- c) Online communication makes it very difficult to intervene effectively in severe emergencies when, for example, a client may have suicidal intentions
- d) All of the above (A)

62) Family therapy is used to:

- a) Improve communications between members of the family
- b) Resolve specific conflicts – for example between adolescents and their parents
- c) Attempts to understand the family as a social system
- d) All of the above (A)

63) Systems theory involves:

- a) Attempts to understand the family as a social system (A)

- b) Uses computer based programs for therapy
- c) Uses data analysis systems as a diagnostic tool
- d) Relies on self-report measures

64) Family therapists may focus on:

- a) Patterns of interaction which maintain the problem (A)
- b) Trying to identify the cause
- c) A families genealogy
- d) Maintenance of good family relations

65) As theorists, family therapists are:

- a) Eclectic (A)
- b) Psychodynamic
- c) Humanistic
- d) Cognitive-behavioural

66) Faulty learning is one of the central tenets of:

- a) Behavioural therapy (A)
- b) Psychodynamic therapy
- c) Humanistic therapy
- d) Cognitive-behavioural therapy

67) Faulty learning involves:

- a) Acquiring psychological disorders through simple conditioning processes (A)
- b) Acquiring psychological disorders through poor school attendance
- c) Acquiring psychological disorders through low self esteem
- d) Acquiring psychological disorders by exposure to aversive stimuli

68) In free association, the client is encouraged to:

- a) Verbalise all thoughts, feelings and images that come to mind (A)

- b) Behave towards the analyst as they would have behaved towards an important person in their lives
- c) Identify past experiences or discuss the nature of important relationships
- d) Think for themselves

69) Functional analysis is a therapy based on:

- a) Operant conditioning (A)
- b) Classical conditioning
- c) Humanistic principles
- d) Psychodynamic principles

70) Functional analysis is where the therapist attempts to:

- a) Identify consistencies between problematic behaviours and their consequences (A)
- b) Analyse unconscious functioning
- c) Examine brain functioning
- d) Diagnosis based on statistical testing

71) A functional analysis allows the therapist to:

- a) Disrupt the reinforcement contingency
- b) Reduce the frequency of that behaviour through extinction
- c) Identifying the nature of the reinforcing consequence
- d) All of the above (A)

72) A functional analysis has been adopted across a range of clinical settings, and has been successfully applied to:

- a) Controlling aggressive/challenging behaviour
- b) Depression
- c) Eating problems
- d) All of the above (A)

73) A Token Economy is an influential intervention based upon:

- a) Operant conditioning (A)
- b) Classical conditioning
- c) Implicit learning
- d) Client centred therapy

74) Token Economy involves participants:

- a) Receiving tokens (A)
- b) Giving tokens
- c) Accumulating tokens
- d) Saving tokens

75) In a psychiatric setting, the Token Economy was first used to:

- a) Foster prosocial or self-help behaviours (A)
- b) Enable the client to get food from the canteen
- c) Determine the length of treatment
- d) None of the above

76) Holistic therapies emphasise the needs for therapists to:

- a) Consider purely the unconscious mind of the individual
- b) Consider the whole person (A)

- c) Consider parts of the individual that manifest psychopathology
- d) Consider the importance of drug intervention

77) Humanistic therapies include:

- a) Gestalt Therapy
- b) Existential Therapies
- c) Narrative Therapy
- d) All of the above (A)

78) Which of the following is considered the most successful of the Humanistic therapies?

- a) Client centred therapy (A)
- b) Psychodynamic therapy
- c) Cognitive behavioural therapy
- d) Hypnotherapy

79) Humanistic therapies espoused the need for:

- a) The therapist to develop a more personal relationship with the client
- b) The client to make decisions and to solve their own problems
- c) The therapist-client relationship to be a genuine reciprocal and empathetic
- d) All of the above (A)

80) Determining whether a treatment works because of the principles it contains is known as assessing it's:

- a) Internal validity (A)
- b) Ecological validity
- c) Reliability
- d) Internal consistency

81) In psychoanalysis one way of aiding the client to identify important underlying conflicts is:

- a) Interpretation (A)
- b) Conflagration
- c) Interjection
- d) Introspection

82) The role of a mental health counsellor is:

- a) To alleviate any personal problems that may reflect underlying psychopathology
- b) To promote self-acceptance and personal freedom
- c) Management and control of behaviour and symptoms of psychopathology
- d) All of the above (A)

83) Meta-analysis can be used to compare the effectiveness of studies that may have used:

- a) Different procedures
- b) Different numbers of participants

- c) Different types of control procedures
- d) All of the above (A)

84) Meta-analysis compares the effectiveness of studies by:

- a) Comparing effect sizes across studies (A)
- b) Comparing standard deviations across studies
- c) Comparing Z scores across studies
- d) Comparing sample sizes across studies

85) Meta-analyses has been to try and answer which of the following question in psychotherapy :

- a) Are psychotherapists more effective than no treatment at all? (A)
- b) Which is the best psychotherapy?
- c) Is one psychotherapy better than another ?
- d) Are placebo treatments effective in psychotherapy?

86) Meta-analysis is a tool used in:

- a) Research methods (A)
- b) Diagnosis
- c) Treatment plan
- d) Therapeutic intervention

87) Monoamine oxidase inhibitors (MAOIs) are effective for the treatment of:

- a) Major depression (A)
- b) Schizophrenia
- c) Obsessive compulsive disorder
- d) Generalized anxiety disorder

88) In the UK, the National Institute for Health & Clinical Excellence (NICE) recommends treatments for specific psychopathologies on the basis that their effectiveness is: (Pick 2 of 4)

- a) Evidence based (A)
- b) Empirically supported by scientifically rigorous research (A)
- c) Available on public record
- d) Available to all socio-economic classes

89) Randomised Controlled Trials for assessing the effectiveness of therapies will include:

- a) No treatment control group
- b) An expectancy and relationship control group
- c)) A comparative treatment group
- d) All of the above (A)

90)) A no treatment or a 'waiting list' control group is often difficult to achieve because of:

- a) Ethical issues involved in withholding treatment from clinically distressed individuals (A)
- b) Issues of internal validity
- c) Issues with ecological validity
- d) Cost effectiveness

91) An expectancy and relationship control group controls for:

- a) Placebo effects
- b) Befriending effects
- c) Efficacy of contact with therapist
- d) All of the above (A)

92) Practical limitations of Randomized control trials are:

- a) Participants tend to drop out more from some conditions than others (e.g. no treatment conditions)
- b) RCTs are costly and time-consuming to undertake**
- c) Some participants may prefer some types of therapy to others, yet are randomly assigned to groups
- d) All of the above (A)**

93) The Placebo effect involves:

- a) Reported improvement when given a sugar pill (A)

- b)** Reported improvement after a course of therapy
- c) Lack of improvement after drug intervention
- d)** Combined therapy and drug intervention

94) In drug treatment palliative effect refers to:

- a) Reduction of the severity of symptoms and alleviation of distress (A)
- b) Provision of self awareness and insight into their problems
- c) Provision of suitable coping skills
- d)** Provision of behavioural change

95) Psychoanalysis is a type of therapy based on the theoretical works of:

- a) Sigmund Freud (A)
- b) Aaron Beck
- c) Eric Burn
- d) Carl Rodgers

96) The aim of Psychoanalysis is to:

- a) Bring unconscious conflicts into awareness
- b) Help the individual understand the source of these conflicts
- c) Help the individual towards a sense of control over behaviour, feelings and attitudes
- d)** All of the above (A)

97) Which of the following is not a basic technique used in psychoanalysis?

- a) Free association
- b) Transference**
- c) Transactional analysis (A)
- d) Interpretation

98) Most psychodynamic approaches assume that unconscious conflicts:

- a) Develop early in life (A)
- b) Develop after a traumatic event**
- c) Develop before birth
- d) Develop during adolescence**

99) Rational Emotive Therapy (RET) addresses:

- a) How people construe themselves their life and the world (A)
- b) How people interpret their moods
- c) How well people apply their logic
- d) How people interact with others

100) Rational Emotive Therapy attempts to challenge:

- a) Irrational beliefs (A)

- b)** Unconscious conflicts
- c) False memories
- d)** Defence mechanisms

101) The principle of Reciprocal inhibition in which an emotional response is eliminated is a therapy based on:

- a) Classical conditioning (A)
- b) Operant conditioning
- c) Psychodynamic theory
- d)** Humanistic theory

102) Response Shaping is a procedure that can be:

- a) Used to encourage new behaviours that are not already occurring at a reasonable frequency (A)
- b) Shape behaviours which are socially desirable
- c) Alter behaviours based on unconscious conflicts
- d)** Used to identify defence mechanisms

103) SSRI's are used in the treatment of:

- a) Depression (A)
- b)** Schizophrenia
- c) Epilepsy

d) ADHD

104) Spontaneous remission occurs when:

- a) People who have psychological disorders will simply get better without structured treatment (A)
- b) An individual experiences rapid improvement after drug intervention
- c) An individual experiences rapid improvement after psychoanalytic intervention
- d) An individual experiences rapid improvement after behavioural intervention

105) The current estimate of spontaneous remission is:

- a) Around 30% of those diagnosed with anxiety and depression-based disorders (A)
- b) Around 10% of those diagnosed with anxiety and depression-based disorders
- c) Around 50% of those diagnosed with anxiety and depression-based disorders
- d) Around 5% of those diagnosed with anxiety and depression-based disorders

106) Telephone therapy refers to:

- a) CBT procedures for use over the telephone (A)
- b) Regular contact with friends over the telephone

- c) Ringing the Samaritans
- d) None of the above

107) Tricyclic antidepressants have their effect by:

- a) Increasing the amount of norepinephrine and serotonin available for synaptic transmission (A)
- b) Increasing the amount of acetylcholine available for synaptic transmission
- c) Increasing the amount of dopamine available for synaptic transmission
- d) Increasing the amount of dendritic pathways in the brain

108) Unconditional positive regard is a main tenet in:

- a) Psychodynamic therapy (A)
- b) Cognitive behavioural therapy
- c) Humanistic therapy
- d) Hypnotherapy

