

Treatment of Mental Disorders

1. Which type of therapy focuses on the development of personal coping strategies that target solving current problems and changing unhelpful patterns in thoughts, behaviors, and emotional regulation?

- A. behaviorist
- B. psychoanalytic
- C. cognitive-behaviorist
- D. humanist

2. The following procedure has proven efficacy in reducing test anxiety:

1) Make a list of four or five scenes (events and thoughts) associated with test anxiety and rank them from low to high in terms of the amount of anxiety they trigger.

2) Practice a set of relaxation skills until relaxation comes readily such as tensing and relaxing key muscle groups, focusing awareness on breathing and doing full complete breaths, or picturing a relaxing scene with good associations.

3) Alternate picturing the relaxing image (30 seconds) with scenes associated with test anxiety (15 seconds) beginning with those scenes that trigger the least amount of anxiety. Move on to higher ranked scenes when the initial scenes produce little or no anxiety.

Which technique from behavior therapy is epitomized by the above procedure?

- A. operant conditioning
- B. aversion therapy
- C. flooding
- D. systematic desensitization

3. On the day of his first appointment, Rudy's therapist shared that the process in their sessions is not about Rudy being helped or healed by the her. Instead, their sessions are an exploration they create together in the here-and-now of the therapy. She explained that her own experience is also very much part of the therapy. Since we co-create our self-other experiences, the way a therapist experiences being with a client is useful in helping understand how the client experiences themselves.

What kind of psychotherapy is Rudy receiving?

- A. Gestalt
- B. humanistic
- C. cognitive-behavioral
- D. person-centered

4. Which of the following therapeutic techniques is based on classical conditioning principles?

- I. aversion therapy
- II. flooding
- III. behavioral activation
- IV. token economy

- A. I only
- B. I and II
- C. II and III
- D. I, II, III, and IV

5. Josephine's therapist maintains a kindly reticence and is reluctant to offer his own opinions during their therapy sessions. Which type of therapy does this exemplify?

- A. humanistic
- B. cognitive
- C. psychoanalytic
- D. behaviorist

6. Which of the following psychiatric medications is a dopamine antagonist?
- A. Prozac
 - B. Xanax
 - C. Zoloft
 - D. Haldol
7. At one point in the animated film, *The Iron Giant*, Hogarth is talking to his older friend, Dean. Hogarth relates the trouble he is having fitting in at school. Dean says, "Look, it's none of my business, but who cares what these creeps think of you? They don't make you what you are. You do. You are who you choose to be." Of the following psychologists, whose therapeutic approach does Dean's statement best exemplify?
- A. Carl Rogers
 - B. Aaron Beck
 - C. Carl Jung
 - D. Albert Ellis
8. The greatest demonstrated clinical effectiveness of electroconvulsive therapy is in the treatment of _____.
- A. schizophrenia
 - B. major depressive disorder
 - C. dissociative personality disorder
 - D. general anxiety disorder
9. The goal of cognitive therapy for depression is
- A. to reduce maladaptive behavior and increase positive behavior patterns
 - B. to help the patient develop insight into their unconscious processes
 - C. to help a person learn to recognize negative patterns of thought and replace them with healthier ways of thinking
 - D. to help the client develop a stronger, healthier sense of self, as well as access and understand their feelings to help gain a sense of meaning in life
10. A patient experiencing the manic phase of bipolar disorder is most likely to be prescribed
- A. haldol
 - B. thorazine
 - C. lithium
 - D. xanax
11. Which of the following is traditionally seen as playing a crucial and essential role in determining the client-therapist relationship in successful Freudian psychoanalysis?
- A. repression
 - B. resistance
 - C. transference
 - D. reaction-formation
12. Systematic desensitization is based on the principle of
- A. reciprocal inhibition
 - B. negative reinforcement
 - C. positive punishment
 - D. latent learning

- 13.** Flooding therapy is based on the idea that
- A.** depression is the result of faulty thinking
 - B.** dysfunctional habits are the result of reinforcement
 - C.** neurosis is the result of repression
 - D.** fears are maintained by avoidance
- 14.** As an example of the cognitive-behavioral model of addiction relapse, consider the following. In heavy traffic a recovering alcoholic decides one afternoon to exit the highway and travel on side roads. He realizes he is inadvertently driving by his old favorite bar. If he lacks coping mechanisms, he may experience a lapse—an isolated return to substance intoxication. This may produce _____ characterized by guilt for having gotten intoxicated and low efficacy for future abstinence in similar tempting situations. This is a dangerous pathway to full-blown relapse.
- A.** the abstinence violation effect
 - B.** an extinction burst
 - C.** avoidant behavior
 - D.** projection
- 15.** The Dodo bird verdict, derived through meta-analysis regarding the relative efficacy of different psychotherapies, determined which of the following as the most generally effective psychotherapy for treating anxiety and major depression?
- A.** cognitive-behavioral
 - B.** psychodynamic
 - C.** person-centered
 - D.** all of the above are roughly equivalent in their outcomes
- 16.** Mescaline's hallucinogenic properties stem from its structural similarities to dopamine and serotonin. Which of the following types of prescribed medication is most likely to cause symptoms similar to mescaline overdose if a person ingests mescaline with the medication already in their system?
- A.** benzodiazepene
 - B.** MAO inhibitor
 - C.** first generation antipsychotic
 - D.** barbiturate
- 17.** Of the following therapies for treatment of ADHD in children, which is the most effective?
- A.** stimulant medication
 - B.** cognitive behavioral therapy
 - C.** group therapy
 - D.** behavioral therapy plus stimulant medication
- 18.** Which of the following has been demonstrated experimentally to be an effective treatment for major depressive disorder?
- I. serotonin reuptake inhibitors
 - II. transcranial magnetic stimulation
 - III. electroconvulsive therapy
 - IV. cognitive behavioral therapy
- A.** I only
 - B.** I and II
 - C.** II and IV
 - D.** I, II, III and IV

19. The counseling technique of reflection is most closely associated with which of the following types of psychotherapy?
- A. Gestalt
 - B. psychodynamic
 - C. interpersonal
 - D. person-centered
20. Claudette's therapist, Dr. Robinson, invited her to participate in an exercise in which Claudette imagined her 'Inner Critic' sitting in a chair opposite her. In the exercise, Claudette shuttled back and forth between the two chairs, embodying the Critic in one chair and responding to it in the other. She was encouraged to argue against the Inner Critic and recognize its extreme and distorted logic. She spoke to it about the emotional pain and suffering that she had experienced from its criticisms. At one point Dr. Robinson stepped in and dialogued with the Critic directly. He defended Claudette, challenged the logic of the attacks, and generally pointed out the uselessness of the Critic. Which of the following best describes the therapeutic technique is Dr. Robinson is employing?
- A. cognitive-behavioral
 - B. Gestalt
 - C. interpersonal
 - D. psychodynamic
21. When a psychiatric patient recovers without any intervention it may be due to
- A. placebo effect
 - B. regression to the mean
 - C. self-serving bias
 - D. spontaneous remission
22. Which of the following statements best exemplifies the perspective of structural family therapy?
- A. Family problems arise from maladaptive boundaries and subsystems that are created within the overall family system of rules and rituals that governs their interactions.
 - B. Individuals choose relationships that attempt to heal insecure attachments from childhood. Negative patterns established by their parents are projected onto their partners.
 - C. People use stories to make sense of their experience and to establish their identity as a social and political constructs based on local knowledge.
 - D. Complications from social and political disparity between genders are identified as underlying causes of conflict within a family system.
23. The phrase 'neuroleptic-induced dopamine supersensitivity in the nigrostriatal pathway' is describing
- A. a symptom of opioid addiction
 - B. a side-effect of an antipsychotic medication
 - C. methamphetamine induced psychosis
 - D. a potential underlying cause of schizophrenia

24. Marcella suffers from obsessive compulsive disorder. She has particular issues with germs. Her therapist gave her the homework of touching a toilet seat and then refraining from washing her hands. Which of the following techniques does her therapist's advice best exemplify?
- A. exposure and response prevention
 - B. cognitive restructuring
 - C. mindfulness practice
 - D. systematic desensitization
25. For Ronda it felt like any moment of stress could unpredictably transform into a sudden rush of intense fear or dread. She would feel shortness of breath, smothering feelings, and nausea accompanied by chest-pain and fear of cardiac arrest. She sought help from a psychotherapist who diagnosed panic disorder. She was prescribed medication by an MD and Ronda and her therapist began sessions seeking the underlying cause of the anxiety leading to her distress. However, Ronda continued to experience several panic attacks per week. She visited a second therapist. Instead of seeking an underlying cause of her anxiety, her second therapist encouraged Ronda to learn how to recognize the first symptoms of a panic attack. Ronda related the fear of having a heart attack and her therapist helped her understand how chest pain could occur with anxiety. She taught Ronda to tell herself 'It's okay. I'm not having a heart attack.' Over time Ronda learned to recognize the early symptoms of a panic attack and became skilled at helping them dissipate. What type of therapy did the second therapist use to treat Ronda?
- A. behavior therapy
 - B. modeling
 - C. cognitive therapy
 - D. rational emotive behavior therapy
26. For which mental disorder are behavior therapy techniques especially effective in treating?
- A. major depressive disorder
 - B. anti-social personality disorder
 - C. specific phobia
 - D. borderline personality disorder
27. Looking at the empty mailbox, waiting for a package from the elite graduate program to which she had applied, Josephine became convinced that the delay must be because the admissions office was sending the rejection letters last. Which of the following types of cognitive distortion does this best exemplify?
- A. arbitrary inference
 - B. selective abstraction
 - C. personalization
 - D. overgeneralization
28. Because of the severity of his depression and the exhaustion of other treatment options, Alan is considering receiving electroconvulsive therapy. As a prelude to informed consent, Alan is notified of possible side-effects. Which of the following is the most common side-effect of ECT?
- A. increased suicidal ideation
 - B. memory loss
 - C. delusional thinking
 - D. as practiced today, there are few side-effects of ECT

29. A basic assumption of modern cognitive behavior therapy over traditional behaviorism is that people are capable of self-directed behavior change. Of the following theorists, whose research and theories were most responsible for this aspect of modern behavior therapy?

- A. Bandura
- B. Skinner
- C. Thorndike
- D. Wolpe

30. Mood stabilizers are used primarily for

- A. major depressive disorder
- B. dysthymia
- C. bipolar disorder
- D. borderline personality disorder

31. The psychosocial interventions that psychiatry residents in the United States are mandated to receive training in for professional practice are

- I. cognitive-behavior therapy
- II. interpersonal therapy
- III. psychoanalysis
- IV. structured family therapy

- A. I only
- B. I and II
- C. I and IV
- D. I, II, III, and IV

32. Despite the early promise of cognitive theories of depression, important questions remain. The proposition that both depression and anxiety are characterized by biases in all aspects of information processing, for example, has received little support. A closer comparison of studies that have provided evidence for depression-related biases with studies that have not can lead to a more comprehensive characterization of cognitive processing in depression that could have important implications for models of, and interventions for, depression. Moreover, whereas numerous studies have provided evidence that cognitive biases are present during current episodes of depression, empirical support for the presence of these biases outside of current episodes is more elusive. And even fewer investigators have tested explicitly the diathesis-stress model of depression by, for example, assessing biased processing prior to the first onset of depression to examine whether it predicts depression following the experience of a negative life event. Finally, there has been little connection between cognitive theories of depression and other aspects of depressive functioning. Few studies have examined how deficits in recall, attentional biases for negative material, and mood-congruent memory are related to each other and, more importantly, how they are related to the hallmark feature of depression—sustained negative affect.

The main point of the passage above is to call for future research to develop a better understanding of

- A. how negative affect in depression leads to cognitive biases
- B. how cognitive biases function as a state marker of depression
- C. whether or not cognitive biases predict depression following a negative life event
- D. the relationship between cognitive biases and the dysregulation of emotion in depression

33. To date the most successful and effective psychotherapeutic approach for borderline personality disorder is

- A. interpersonal therapy
- B. Gestalt therapy
- C. rational emotive behavior therapy
- D. dialectical behavior therapy

34. The preferred first-line medications for treatment of generalized anxiety disorder are

- A. benzodiazepenes
- B. selective serotonin reuptake inhibitors
- C. monoamine oxidase inhibitors
- D. dopamine reuptake inhibitors

35. The therapeutic method of functional analysis is a tool for interpretation based on

- A. operant conditioning
- B. neurobiology
- C. psychodynamic principles
- D. social and cultural context

36. Which drug is similar in mechanism to Celexa?

- A. Xanax
- B. Ativan
- C. Zoloft
- D. Thorazine

37. There are relatively few studies and no randomized controlled trials that isolate pharmacological treatment strategies in bipolar patients with comorbid anxiety. Traditional bipolar treatments (such as lithium) tend to be less effective when anxiety coexists. Anticonvulsants have been studied in anxiety conditions. There is limited controlled evidence to support the use of these agents in comorbid anxiety. The efficacy of antidepressant agents, including the SSRIs and SNRIs, has been extensively demonstrated in anxiety conditions. These agents are often used to manage anxiety conditions when comorbid with BPD. Although controversial, the use of these agents is widespread in bipolar depression and its associated comorbidities. It has been found that rapid switching of moods may be more prominent in the face of early-onset bipolarity, anxiety comorbidity, and antidepressant activation. Second-generation antipsychotic agents have shown direct or adjunctive benefits in the treatment of anxiety conditions. Their additional role as mood stabilizers, with a relatively protective effect against bipolar mood switching, may be advantageous for the patient with comorbidities. The clinician's task is to treat the comorbid anxiety condition (along with its heightened attendant risks) while first insulating the patient against further destabilization of the primary mood disorder.

According to the author of the passage above, prescribing a drug such as Lexapro or Paxil to treat anxiety comorbid with bipolar disorder may be characterized by

- A. a protective result against bipolar mood switching
- B. an exacerbation of the core mood disturbance
- C. extrapyramidal side effects
- D. a decreased effectiveness in treating bipolar symptoms

38. Which of the following describes a feature shared by the therapeutic approaches to depression of Aaron Beck and Albert Ellis?

- A. staunch commitment to the basic operant and respondent paradigm in behavioral management
- B. the importance of transference in establishing the therapist-client relationship
- C. motivational-affective considerations as underlying depressive symptoms
- D. the relevance of information processing biases in depressed people's cognitions

39. Which of the following modern psychotherapies relies most heavily on neo-Freudian ideas?

- A. interpersonal psychotherapy
- B. rational emotive behavior therapy
- C. cognitive therapy
- D. strategic family therapy

40. Tina's therapist, Dr. Martin, believes in the importance of helping Tina gain insight into her difficulties. However, doctor Martin believes that insight is not sufficient for most people to recover from their psychiatric disorder or improve their psychological functioning. What kind of therapy is it likely that Dr. Martin practices?

- A. cognitive-behavioral therapy
- B. person-centered therapy
- C. psychoanalysis
- D. Gestalt therapy

41. The possibility of adopting a human science approach to research in counselling and psychotherapy raises a number of difficult issues. There are two main points of tension. On the one hand, by emphasizing human intentionality and purpose, the role of language and history in maintaining and creating meaning, and the interconnectedness of people, qualitative research/human science and psychotherapy are talking the same language and seeing the world from a similar standpoint. On the other hand, the cost of this similarity in world-view is that it directly opens up theories of therapy, and the way that therapists think about their work, to critical reappraisal. The second point of tension relates to the social function of therapy research. Therapy is inevitably a messy business. At the best of times, there is a lot happening in a therapy session that does not readily fit into any model or protocol. A positivist-empiricist, measurement-oriented approach to research simplifies and tidies up this complexity, and presents the world with an appearance of certainty in respect to what is known. The cost of a human science approach, therefore, may be to undermine public belief in the efficacy of therapy.

Which of the following approaches to psychology research most closely matches the 'human science approach' as described in the passage above?

- A. Freudian psychoanalysis
- B. constructivism
- C. positivism
- D. phenomenology

42. Which of the following descriptions is more consistent with strategic family therapy than structured family therapy?
- A. The family therapist is focused on hierarchy, power, roles, and responsibilities.
 - B. An emphasis is for the therapist to join with the family.
 - C. The family therapist is goal-directed, concise, articulate, and problem-focused.
 - D. The therapist's role is not stable and changes over time.
43. Researchers conducted a study to measure the phenomenon that occurs when female trauma therapists experience the physical state of the patient in a clinical context. Their research was influenced by developments in the psychotherapy world which was beginning to see a therapist's role in a therapeutic dyad as reflexive; that a therapist uses their bodies and 'self' as a tuning fork to understand their client's internal experience and to use this attunement as another way of being empathic with a client's internal world. Within the framework of the psychodynamic model, the phenomenon described would be considered a type of
- A. hysteria
 - B. conversion disorder
 - C. projection
 - D. countertransference
44. As a treatment plan to help him overcome his arachnophobia, Ryan's therapist asked him to rank various hypothetical encounters with spiders in order of unpleasantness. The therapist then taught Ryan some relaxation techniques, and in a subsequent session they paired relaxation with increasingly unpleasant levels of imaginary encounters with spiders. In addition to these procedures, Ryan's therapist recommended that they try to discover the underlying unconscious reason for his arachnophobia. In order to accomplish this goal, Ryan began keeping a dream journal which he and his therapist would analyze together. Which of the following best characterizes Ryan's therapeutic program?
- A. behavioral
 - B. psychodynamic
 - C. eclectic
 - D. cognitive-behavioral
45. Psychological treatments based on learning principles were originally conceptualized in terms of reinforcement governed peripherally by relationships between stimuli and responses. A major theoretical shift occurred, however, after the middle of the twentieth century, and cognitive processes came to be seen as playing a prominent role in the acquisition and retention of new behavior patterns. Of the theorists below, whose work was most responsible for laying the groundwork for this paradigm shift?
- A. Aaron Beck
 - B. Albert Bandura
 - C. Albert Ellis
 - D. B.F. Skinner

46. Which of the following is most similar to the concept of self-actualization, the ‘curative force’ in Carl Rogers’ humanistic psychotherapy?
- A. Jung’s concept of individuation
 - B. Bandura’s concept of self-efficacy
 - C. Ellis’ concept of mental wellness
 - D. Freud’s healthy ego
47. In Carl Rogers’ person-centered therapy, the concept of empathy describes a situation in which the therapist
- A. understands the client’s situation from the client’s point of view
 - B. sympathizes with the client’s difficulties
 - C. has confidence in the client’s potential for self-actualization
 - D. has unconditional positive regard for the client
48. During their sessions, Mariana’s therapist frequently asks her questions to help uncover the assumptions and evidence underpinning her thoughts in respect of problems, questions such as ‘What might be another explanation? Why else might it have happened?’ OR ‘What are worst outcome? What’s the most realistic outcome?’ OR ‘Imagine one of your friends in the same situation, what would I tell them?’ In cognitive behavioral therapy, this style of questioning is known as
- A. open-ended
 - B. A-not-A
 - C. Socratic
 - D. leading
49. Self-monitoring in cognitive-behavioral therapy is also called
- A. diary work
 - B. homework
 - C. behavioral experimentation
 - D. systematic desensitization
50. A person must meet which of the following requirements in order to obtain certification as a Certified Clinical Mental Health Counselor?
- I. Extensive work experience of clinical client contact
 - II. Passing score on the National Clinical Mental Health Counseling Examination (NCMHCE)
 - III. Coursework in multiple theories of psychotherapy and personality
 - IV. PhD or PsyD with a major study in counseling
- A. IV only
 - B. I, II, and III
 - C. II and IV
 - D. I, II, III, and IV