

**AP Psychology 12**  
**Unit 13- Therapies & Treatment**  
70 Practice Questions  
Ms Carey

1. Which of the following best illustrates a form of psychotherapy?
  - A) systematic desensitization
  - B) electroconvulsive therapy
  - C) psychosurgery
  - D) rTMS
  - E) psychopharmacology
  
2. Psychological disorders that researchers believe are learned, such as phobias, are most likely to be treated with
  - A) meta-analysis.
  - B) psychotherapy.
  - C) aversive conditioning.
  - D) psychoanalysis.
  - E) transference.
  
3. Schizophrenia is a disorder that is MOST likely to be treated with
  - A) biomedical therapies.
  - B) behavior therapies.
  - C) psychoanalysis.
  - D) cognitive therapies.
  - E) humanistic therapies.
  
4. Dr. Byrne is a clinical psychologist who often uses operant conditioning techniques to treat her clients. She also encourages them to modify their thought patterns, and on occasion she interprets their transference behaviors. Dr. Byrne's therapeutic approach would best be described as
  - A) client-centered.
  - B) meta-analytic.
  - C) psychoanalytic.
  - D) behavioral.
  - E) eclectic.

5. Therapists who seek to combine intervention strategies into a single coherent treatment system best illustrate
- A) interpersonal psychotherapy.
  - B) psychotherapy integration.
  - C) client-centered therapy.
  - D) behavior modification.
  - E) eclectic therapy.
6. The first psychological therapy was introduced by
- A) Joseph Wolpe.
  - B) Sigmund Freud.
  - C) Aaron Beck.
  - D) Carl Rogers.
  - E) Albert Ellis.
7. Sigmund Freud introduced a form of psychotherapy known as
- A) counterconditioning.
  - B) active listening.
  - C) cognitive therapy.
  - D) psychoanalysis.
  - E) psychosexual fixation.
8. Psychoanalytic techniques are designed primarily to help patients
- A) focus on their immediate conscious feelings.
  - B) feel more trusting toward others.
  - C) become aware of their repressed conflicts and impulses.
  - D) develop greater self-esteem.
  - E) overcome negative conditioned behaviors.
9. Free association involves the
- A) expression toward a therapist of feelings linked with earlier relationships.
  - B) therapeutic interpretation of a client's unconscious conflicts.
  - C) repeated association of a relaxed state with anxiety-arousing stimuli.
  - D) uncensored reporting of any thoughts that come to mind.
  - E) replacement of a negative response to a harmless stimulus with a positive response.

10. Sheena's therapist tells her to relax, close her eyes, and state aloud whatever comes to mind no matter how trivial or absurd. The therapist is using a technique that is central to
- A) client-centered therapy.
  - B) psychoanalysis.
  - C) cognitive therapy.
  - D) EMDR.
  - E) systematic desensitization.
11. An important component of psychoanalysis is
- A) active listening.
  - B) dream analysis.
  - C) spontaneous recovery.
  - D) systematic desensitization.
  - E) unconditional positive regard.
12. Transference refers to a client's
- A) conversion of psychological conflicts into physical and behavioral disorders.
  - B) expression toward a therapist of feelings linked with earlier life relationships.
  - C) replacement of self-centeredness with a genuine concern for others.
  - D) translation of threatening dream content into nonthreatening manifest symbols.
  - E) improving ability to avoid anxiety-arousing thoughts and focus on positive cognitions.
13. Psychoanalysts are most likely to
- A) attend to patients' positive and negative feelings toward their therapists.
  - B) associate a client's undesirable behavior with unpleasant experiences.
  - C) repeat or rephrase what a client says during the course of therapy.
  - D) help clients identify a hierarchy of anxiety-arousing experiences.
  - E) vigorously challenge clients' illogical ways of thinking.
14. Which form of therapy is most likely to be criticized for being too expensive and time-consuming?
- A) systematic desensitization
  - B) family therapy
  - C) client-centered therapy
  - D) psychoanalysis
  - E) cognitive therapy

15. A brief variation of psychodynamic therapy that has been effective in treating depression is known as
- A) EMDR.
  - B) meta-analysis.
  - C) spontaneous recovery.
  - D) interpersonal psychotherapy.
  - E) exposure therapy.
16. Interpersonal therapy focuses primarily on helping people to
- A) stop blaming themselves for their failures.
  - B) associate relaxation with stressful circumstances.
  - C) improve their relationship skills.
  - D) understand the origins of their conflicts.
  - E) reduce harmful levels of serotonin.
17. The psychoanalytic and humanistic therapies are often referred to as
- A) behavior therapies.
  - B) biomedical therapies.
  - C) insight therapies.
  - D) eclectic therapies.
  - E) exposure therapies.
18. Carl Rogers is known for the development of
- A) therapeutic touch.
  - B) the token economy.
  - C) cognitive therapy.
  - D) client-centered therapy.
  - E) systematic desensitization.
19. Humanistic therapists are most likely to
- A) encourage clients to carefully observe the consequences of their maladaptive behaviors.
  - B) focus special attention on clients' positive and negative feelings toward their therapists.
  - C) emphasize the importance of self-awareness for psychological adjustment.
  - D) use a wide variety of psychological theories and therapeutic methods.
  - E) help clients identify a hierarchy of anxiety-arousing experiences.

20. Carl Rogers encouraged client-centered therapists to \_\_\_\_\_ during the process of therapy.
- A) clearly communicate their diagnosis of a client's disorder
  - B) genuinely express their own true feelings
  - C) explain the immediate causes of a client's difficulties
  - D) identify a hierarchy of the client's anxiety-arousing experiences
  - E) confront patients about examples of resistance
21. When Murli told his therapist, "I came to see what you could do for me," the therapist responded, "It sounds like you're feeling you need some help. Am I right?" The therapist's response illustrates the technique of
- A) meta-analysis.
  - B) transference.
  - C) free association.
  - D) active listening.
  - E) systematic desensitization.
22. Psychological research on the principles of learning has most directly influenced the development of
- A) psychoanalysis.
  - B) behavior therapy.
  - C) humanistic therapy.
  - D) psychodynamic therapy.
  - E) cognitive therapy.
23. Empathic understanding of the patient's subjective experiences is a major goal of a
- A) psychoanalyst.
  - B) biomedical therapist.
  - C) client-centered therapist.
  - D) behavior therapist.
  - E) exposure therapist.
24. A procedure that trains people to make new responses to stimuli that currently trigger unwanted responses is called
- A) light exposure therapy.
  - B) transference.
  - C) counterconditioning.
  - D) unconditional positive regard.
  - E) resistance.

25. In an effort to reduce his daughter's fear of the dark, Mr. Chew would hug and gently rock her immediately after turning off the lights at bedtime. Mr. Chew's strategy best illustrates the technique of
- A) stress inoculation training.
  - B) light exposure therapy.
  - C) free association.
  - D) counterconditioning.
  - E) unconditional positive regard.
26. Counterconditioning techniques were derived from principles first developed by
- A) Aaron Beck.
  - B) Ivan Pavlov.
  - C) Carl Rogers.
  - D) B. F. Skinner.
  - E) Sigmund Freud.
27. The counterconditioning technique developed by Mary Cover Jones was refined by
- A) Sigmund Freud.
  - B) Joseph Wolpe.
  - C) Aaron Beck.
  - D) Egas Moniz.
  - E) Carl Rogers.
28. In 1924, Mary Cover Jones reported that 3-year-old Peter lost his fear of rabbits when a rabbit was repeatedly presented while Peter was eating a tasty snack. This episode best illustrated the potential usefulness of
- A) stress inoculation training.
  - B) exposure therapies.
  - C) aversive conditioning.
  - D) free association.
  - E) the placebo effect.
29. Systematic desensitization is a form of \_\_\_\_\_, which is a type of \_\_\_\_\_.
- A) facilitated communication; interpersonal psychotherapy
  - B) stress inoculation training; biomedical therapy
  - C) free association; cognitive therapy
  - D) counterconditioning; behavior therapy
  - E) insight therapy; psychodynamic therapy

30. Systematic desensitization involves
- A) depriving a client access to an addictive drug.
  - B) associating unwanted behaviors with unpleasant experiences.
  - C) replacing a positive response to a harmful stimulus with a negative response.
  - D) associating a pleasant relaxed state with anxiety-arousing stimuli.
  - E) vigorously challenging clients' illogical ways of thinking.
31. To help Thor overcome his fear of giving public speeches, his therapist instructs him to relax and then to imagine speaking to a small audience. The therapist is using
- A) psychoanalysis.
  - B) client-centered therapy.
  - C) cognitive therapy.
  - D) aversive conditioning.
  - E) systematic desensitization.
32. Virtual reality exposure therapy is a form of
- A) stress inoculation training.
  - B) aversive conditioning.
  - C) systematic desensitization.
  - D) transference.
  - E) insight therapy.
33. Aversive conditioning involves
- A) replacing a negative response to a harmless stimulus with a positive response.
  - B) identifying a hierarchy of anxiety-arousing experiences.
  - C) depriving a client of access to an addictive drug.
  - D) associating unwanted behaviors with unpleasant experiences.
  - E) systematically controlling the consequences of patients' maladaptive behaviors.
34. To treat nail biting, one can paint a patient's fingernails with a bitter-tasting nail polish. This procedure best illustrates
- A) free association.
  - B) light exposure therapy.
  - C) stress inoculation training.
  - D) aversive conditioning.
  - E) systematic desensitization.

35. The practice of \_\_\_\_\_ is based on the application of operant conditioning principles.
- A) unconditional positive regard
  - B) systematic desensitization
  - C) free association
  - D) behavior modification
  - E) psychoanalysis
36. A token economy represents an application of the principles of
- A) operant conditioning.
  - B) systematic desensitization.
  - C) humanistic therapy.
  - D) classical conditioning.
  - E) observational learning.
37. To encourage Mrs. Coleman, a withdrawn schizophrenia patient, to be more socially active, institutional staff members give her small plastic cards whenever she talks to someone. She is allowed to exchange these cards for candy and cigarettes. Staff members are making use of
- A) active listening.
  - B) systematic desensitization.
  - C) a token economy.
  - D) free association.
  - E) classical conditioning.
38. Several years after his wife's death, Mr. Stattler remains incapacitated by feelings of guilt and sadness. To reduce Mr. Stattler's depression, a therapist is actively encouraging him to stop blaming himself for not being able to prevent his wife's death. The therapist's approach is most representative of
- A) systematic desensitization.
  - B) psychoanalysis.
  - C) cognitive therapy.
  - D) client-centered therapy.
  - E) behavior therapy.



39. Although Ethan is actually doing very well in college, he feels depressed and academically incompetent. His therapist has instructed him to explain in writing how his own hard work and personal abilities contributed to each of the good grades he received during the previous semester. This therapeutic procedure is most characteristic of \_\_\_\_\_ therapy.
- A) behavior
  - B) cognitive
  - C) psychoanalytic
  - D) humanistic
  - E) biomedical
40. Which of the following is a form of cognitive therapy?
- A) EMDR
  - B) systematic desensitization
  - C) stress inoculation training
  - D) rTMS
  - E) transference
41. An integrated therapy that aims to modify both self-defeating thinking and maladaptive actions is known as
- A) light exposure therapy.
  - B) meta-analysis.
  - C) psychopharmacology.
  - D) cognitive-behavioral therapy.
  - E) biomedical therapy.
42. A famous 12-step program is associated with
- A) EMDR.
  - B) ECT.
  - C) rTMS.
  - D) AA.
  - E) DSM.
43. Most self-help and support groups focus on \_\_\_\_\_ illnesses.
- A) childhood
  - B) terminal
  - C) stress-induced
  - D) stigmatized
  - E) biomedical

44. By overestimating the actual benefits of their psychotherapeutic treatment, clients are most likely attempting to satisfy their motivation for
- A) a token economy.
  - B) free association.
  - C) self-justification.
  - D) light exposure therapy.
  - E) meta-analysis.
45. The placebo effect refers to
- A) relief from symptoms without psychotherapy.
  - B) the alleviation of depression and anxiety by means of aerobic exercise.
  - C) the use of drugs in the therapeutic treatment of psychological disorders.
  - D) the beneficial consequences of merely expecting that a treatment will be effective.
  - E) the use of a variety of psychological theories and therapeutic methods.
46. Unusual ESP subjects who defy chance when first tested nearly always lose their “psychic powers” when retested. This decline effect is best explained in terms of
- A) rTMS.
  - B) progression relaxation.
  - C) regression toward the mean.
  - D) the placebo effect.
  - E) ECT
47. Meta-analysis refers to
- A) a procedure for statistically combining the results of many different studies.
  - B) the use of a variety of therapeutic techniques in the treatment of a single client.
  - C) counseling and treatment of troubled individuals by friends, family, and other nonprofessionals.
  - D) a procedure for identifying the common factors that underlie many different disorders.
  - E) the technique of simply rephrasing much of what a client says during the course of therapy.
48. The best outcome studies for evaluating the effectiveness of psychotherapy typically use
- A) virtual reality.
  - B) token economies.
  - C) randomized clinical trials.
  - D) rTMS.
  - E) ECT.

49. Statistical summaries of psychotherapy outcome studies indicate that
- A) psychotherapy is no more effective than talking to a friend.
  - B) no single form of therapy proves consistently superior to the others.
  - C) psychotherapy actually harms just as many people as it helps.
  - D) it is impossible to measure the effectiveness of psychotherapy.
  - E) cognitive therapies are incompatible with behavioral therapies.
50. EMDR is most similar to a technique known as
- A) stress inoculation training.
  - B) aversive conditioning.
  - C) systematic desensitization.
  - D) electroconvulsive therapy.
  - E) family therapy.
51. Light exposure therapy was developed to relieve symptoms of
- A) insomnia.
  - B) anxiety.
  - C) bulimia.
  - D) depression.
  - E) alcoholism.
52. A common ingredient underlying the success of diverse psychotherapies is the
- A) professional training and experience of the therapist.
  - B) escape from real-life pressures offered by psychotherapy.
  - C) length of time the client spends in psychotherapy.
  - D) client's expectation that psychotherapy will make things better.
  - E) use of of an eclectic approach to therapy.
53. Three benefits attributed to all psychotherapies are
- A) an eclectic approach, nondirective treatment, and psychotherapy integration.
  - B) hope, a new perspective, and a caring relationship.
  - C) exposure, desensitization, and relaxation.
  - D) neurogenesis, transference, and spontaneous recovery.
  - E) transference, resilience, and resistance.

54. Immigrants from Asia would most likely experience difficulty as clients of American psychotherapists who emphasize the value of
- A) marital fidelity.
  - B) individualism.
  - C) forgiveness.
  - D) humility.
  - E) collectivism.
55. Which therapeutic specialists are most likely to have received a Ph.D. degree in psychology?
- A) clinical psychologists
  - B) psychopharmacologists
  - C) psychiatrists
  - D) pastoral counselors
  - E) family therapists
56. Psychopharmacology involves the study of how:
- A) diseases influence psychological well-being.
  - B) exercise alleviates depression.
  - C) drugs affect mind and behavior.
  - D) physical relaxation reduces anxiety.
  - E) psychosurgery and ECT influence emotions.
57. The biomedical treatment most widely used today is
- A) electroconvulsive therapy.
  - B) psychosurgery.
  - C) drug therapy.
  - D) rTMS.
  - E) systematic desensitization.
58. Double-blind studies enable researchers to assess the extent to which drug therapy outcomes are attributable to
- A) the therapeutic alliance.
  - B) the placebo effect.
  - C) progressive relaxation.
  - D) stress inoculation training.
  - E) meta-analysis.

59. Chlorpromazine is an antipsychotic drug that reduces paranoia and hallucinations by
- A) reducing involuntary muscle movements.
  - B) dampening responsiveness to irrelevant stimuli.
  - C) decreasing the availability of norepinephrine.
  - D) elevating arousal and mood.
  - E) restoring the balance of serotonin.
60. Xanax and Ativan are \_\_\_\_\_ drugs.
- A) antidepressant
  - B) antipsychotic
  - C) mood-stabilizing
  - D) antianxiety
  - E) psychodynamic
61. Long-term use of certain antipsychotic drugs can produce involuntary movements of the facial muscles, tongue, and limbs. This menacing condition is known as
- A) serotonin reuptake inhibition.
  - B) tardive dyskinesia.
  - C) Parkinson's disease.
  - D) neurogenesis.
  - E) waxy flexibility.
62. SSRIs are prescribed to
- A) reduce involuntary muscle movements.
  - B) reduce hallucinations and paranoia.
  - C) elevate arousal and mood.
  - D) decrease the availability of norepinephrine.
  - E) decrease the availability of serotonin.
63. Prozac is an antidepressant drug that partially blocks the reabsorption and removal of \_\_\_\_\_ from synapses.
- A) serotonin
  - B) dopamine
  - C) acetylcholine
  - D) chlorpromazine
  - E) thiorazine

64. Inflated estimates of the value of antidepressant drugs are in large part due to the fact that patient recovery often results from
- A) the therapeutic touch.
  - B) the double-blind procedure.
  - C) the placebo effect.
  - D) meta-analysis.
  - E) stress inoculation training.
65. Lithium is often an effective \_\_\_\_\_ drug.
- A) antipsychotic
  - B) antianxiety
  - C) antidepressant
  - D) mood-stabilizing
  - E) dual-action
66. A chest implant that intermittently stimulates the vagus nerve has been used to treat some patients with
- A) bulimia.
  - B) anxiety disorders.
  - C) schizophrenia.
  - D) chronic depression.
  - E) mania.
67. Deep-brain stimulation has been reported to provide relief from
- A) dissociative disorders.
  - B) phobias.
  - C) schizophrenia.
  - D) depression.
  - E) conversion disorders.
68. Lyle Bensfield emphasizes that recovery from bipolar disorder involves a continuous interplay among patients' physical reactions to mood-stabilizing drugs, their positive expectations that their lives will improve, and the supportive responses of patients' families and friends. Mr. Bensfield's emphasis best illustrates a(n) \_\_\_\_\_ approach to therapy.
- A) psychodynamic
  - B) client-centered
  - C) biopsychosocial
  - D) operant conditioning
  - E) cognitive-behavioral

69. Bolstering parents' and teachers' skills at nurturing children's achievement and resulting self-esteem best illustrates
- A) virtual reality exposure therapy.
  - B) meta-analysis.
  - C) counterconditioning.
  - D) preventive mental health.
  - E) insight therapy.
70. Treating the mind and body as independent entities seems especially inappropriate to those who take a \_\_\_\_\_ approach to therapy.
- A) biopsychosocial
  - B) classical conditioning
  - C) psychoanalytic
  - D) client-centered
  - E) cognitive-behavioral

## Answer Key

1. A
2. B
3. A
4. E
5. B
6. B
7. D
8. C
9. D
10. B
11. B
12. B
13. A
14. D
15. D
16. C
17. C
18. D
19. C
20. B
21. D
22. B
23. C
24. C
25. D
26. B
27. B
28. B
29. D
30. D
31. E
32. C
33. D
34. D
35. D
36. A
37. C
38. C
39. B
40. C
41. D
42. D
43. D
44. C



- 45. D
- 46. C
- 47. A
- 48. C
- 49. B
- 50. C
- 51. D
- 52. D
- 53. B
- 54. B
- 55. A
- 56. C
- 57. C
- 58. B
- 59. B
- 60. D
- 61. B
- 62. C
- 63. A
- 64. C
- 65. D
- 66. D
- 67. D
- 68. C
- 69. D
- 70. A