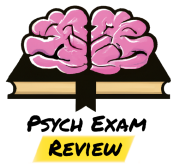




## Treatment of Mental Illness Questions

- The notion that all people naturally strive for improvement and growth is most associated with this therapeutic approach:
  - psychoanalytic therapy
  - humanistic therapy
  - couples therapy
  - behavioral therapy
  - phototherapy
- The notion of a "negative cognitive triad" is associated with which therapist?
  - Carl Rogers
  - Fritz Perls
  - Albert Ellis
  - Aaron Beck
  - Joseph Wolpe
- The influence of a psychodynamic approach is most likely to be seen in which treatment?
  - systematic desensitization
  - psychosurgery
  - interpersonal therapy
  - psychopharmacology
  - aversion therapy
- Which hypothesis is associated with treatment of schizophrenia?
  - the activation-synthesis hypothesis
  - the carpentered world hypothesis
  - the catecholamine hypothesis
  - the serotonin hypothesis
  - the dopamine hypothesis
- Both Rita and her client want to see improvement, which may bias their perception of progress, known as:
  - malingering
  - the therapeutic alliance
  - the nocebo effect
  - regression to the mean
  - wait-list control
- Benzodiazepines would fall into this category of pharmaceuticals:
  - anxiolytics
  - neuroleptics
  - antidepressants
  - mood stabilizers
  - monoamine-oxidase inhibitors
- Jill suffers from bipolar I disorder and has been receiving treatment. Which medication has she likely been prescribed?
  - a selective serotonin reuptake inhibitor
  - lithium
  - diazepam
  - haloperidol
  - a tricyclic antidepressant
- Gabriel holds a PsyD and specializes in cognitive behavioral therapy for patients diagnosed with depression. Gabriel is likely a:
  - psychiatrist
  - counseling psychologist
  - clinical psychologist
  - neurologist
  - clinical social worker
- It's possible that a percentage of patients who don't receive any type of treatment will still show improvements over time, known as:
  - the placebo effect
  - nonspecific treatment effects
  - spontaneous remission
  - anti-rumination
  - deinstitutionalization
- Despite negative media presentations, this biomedical treatment has been shown to be effective, painless, and with only minor side effects:
  - trephining
  - electro-convulsive therapy
  - exposure therapy
  - tardive dyskinesia
  - frontal lobotomy



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## 1. B - Humanistic therapy

Humanistic approaches had a positive view of human nature and focused on personal development and self-acceptance with an emphasis on concepts like unconditional positive regard, active listening, & self-actualization.

## 2. D - Aaron Beck

Aaron Beck referred to distorted views of the *self*, *others*, and the *world* as a negative cognitive triad that may be both a cause and a consequence of cognitive symptoms of depression.

## 3. C - interpersonal therapy

Interpersonal therapy's focus on relationship patterns contains influences of psychodynamic thought, while the other approaches here are more biologically or behaviorally oriented.

## 4. E - the dopamine hypothesis

The dopamine hypothesis proposes that symptoms of schizophrenia are related to distorted dopamine signaling in the midbrain. Several drug treatments focus on reducing dopaminergic activity, though these may cause side effects related to motor activity.

## 5. B - the therapeutic alliance

The therapeutic alliance refers to practitioners' belief in their treatment combining with patients' desire to improve. While this can aid treatment, and can also distort perceptions of progress and cloud judgments of the true efficacy of a treatment.

## 6. A - anxiolytics

Benzodiazepines are anti-anxiety medications (or anxiolytics) which influence GABA signaling and reduce heart rate and arousal. These can be effective for a range of anxiety disorders but carry a risk of dependency and side effects.

## 7. B - lithium

Lithium citrate is a commonly prescribed mood stabilizer for patients suffering from bipolar I and bipolar II disorder, and many show reduced depression, fewer manic episodes, & decreased risk of suicide.

## 8. C - clinical psychologist

Clinical psychologists hold a PhD or PsyD, specialize in psychotherapy, and often work with diagnosed patients. Counseling psychologists hold a master's or Ph.D in counseling and tend to work with healthier patients on life problems, while psychiatrists & neurologists hold an MD or DO & clinical social workers hold a master's degree in social work.

## 9. C - spontaneous remission

Spontaneous remission refers to an illness going away on its own, creating a challenge for assessing the efficacy of treatments and avoiding pseudo-treatments that may appear to be effective if some patients recover.

## 10. B - electro-convulsive therapy (ECT)

Despite depictions in films like "One Flew Over the Cuckoo's Nest", modern ECT is painless, involves anesthesia & muscle relaxants, and can be effective for many patients, with the main side effect being some memory loss.