COURSES ARTICLE - THERAPYTOOLS.US

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1. Obsessive-Compulsive Disorder (OCD) is not a common, chronic and long-lasting disorder in which a person has uncontrollable, reoccurring thoughts (obsessions) and behaviors (compulsions) that he or she feels the urge to repeat over and over.

   True
   False

2. Obsessive thoughts make people who have OCD feel nervous and afraid. They try to get rid of these feelings by performing certain behaviors according to rules that they make up for themselves. These behaviors are called?

   tics
   obsesssions
   compulsions.
   not here

3. Compulsions are ideas, images and impulses that run through the mind over and over again.

   True
   False

4. What is not a common tp OCD?

   Disgust with bodily waste or fluids
   Thinking about certain sounds, images
   Fear of thinking evil or sinful thoughts
   No need for constant reassurance

5. Compulsive behaviors are sometimes also called rituals.

   True
   False

6. Which is not a common compulsion?
Concern with order, symmetry (balance) and exactness
Checking drawers, door lock
Fear of thinking evil or sinful thoughts
Counting to a certain number, over and over

7. Not all rituals or habits are compulsions.

True
False

8. What is not true about a person with OCD?

can not control his or her thoughts or behaviors
gets pleasure when performing the behaviors or rituals
spends at least 1 hour a day on these thoughts or behaviors
all are correct

9. Some individuals with OCD also have a tic disorder.

True
False

10. Which is not a symptom to check for?

Spends at least 1 hour a day on these thoughts or behaviors
Excessive focus on religious or moral ideas
Order and symmetry: the idea that everything must line up just right
Fear of having too many things

11. OCD is a common disorder that affects adults, adolescents, and children all over the world.

True
False

12. Which is not a risk factor?

Genetics
Brain Structure and Functioning
Environment
Race

13. SRIs often require lower daily doses in the treatment of OCD than of depression,

True
False
14. In Cognitive-Behavioral Therapy (CBT) The role of the therapist is to assist the client in finding and practicing effective ___________ to address the identified goals and decrease symptoms of the disorder.

strategies
thoughts
causes
not here

15. Cognitive-Behavioral Therapy (CBT): Is a psycho-social intervention that is the most widely used evidence-based practice for improving mental health.

True
False

16. The goal of cognitive behavioral therapy is to not diagnose a person with a ____________.

increase self esteem
diagnose a particular disease
not to diagnose a particular disease
demand constant change

17. Which is not a Exposure and Response (Ritual) Prevention (EX/RP)?

Confront the things one fears as often as possible.
Do not avoid something, when feeling a strong desire to do so.
Perform a ritual to feel better.
Do not perform a ritual to feel better


True
False

19. The primary concern or problem will surface and _______________ will be evident as the treatment process continues.

terminal problems
ideologies
secondary problems
behavioral definitions

20. Recurrent and persistent ideas, thoughts, or impulses that are viewed as intrusive, senseless that interÂ¬phere with daily routine, or social relaÂ¬ionships, is a long term goal

True
False

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