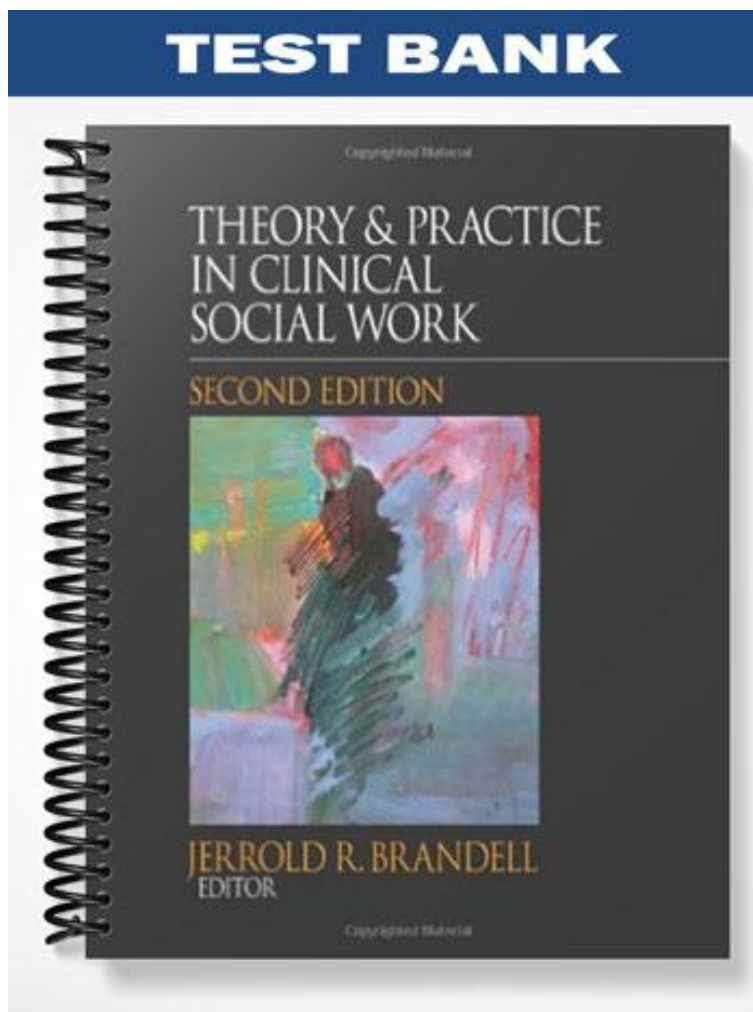


TEST BANK



Chapter 2: Behavioral and Cognitive Theories
Bruce A. Thyer and Laura L. Myers

Test Questions

1. A child watched the scary movie *Snakes on a Plane*. Prior to this, he had no fear of snakes or of air travel. Afterwards, he is very frightened of both snakes and of flying. Now, the fear evoked by seeing a snake is best seen as a type of:
 - a. Unconditioned Response
 - b. Unconditioned Stimulus
 - c. **Conditioned Response**
 - d. Conditioned Stimulus

2. Your roommate left her stereo playing obnoxious music very loudly. You walk over and turn the stereo off and the painfully unpleasant music disappeared. In the future, you are more likely to turn the power off when she left obnoxious music playing. The act of turning the stereo off was:
 - a. Positively reinforced
 - b. **Negatively Reinforced**
 - c. Positively Punished
 - d. Negatively Punished

3. The learning theory foundations of behavioral and cognitive methods can be best said to represent what form of conceptual framework?
 - a. **Person-in-Environment**
 - b. Person as a Black-Box
 - c. Stimulus-Response Programming
 - d. The Strengths Perspective

4. Negative reinforcement and negative punishment have the following feature in common:
 - a. Both weaken subsequent behavior
 - b. Both strengthen subsequent behavior
 - c. Both involve presenting the client with an aversive stimulus, consequent on a given behavior
 - d. **Both involve removing something, consequent on a given behavior**

5. The two individuals most influential on developing cognitive theory and therapy are:
 - a. **Ellis and Beck**
 - b. Skinner and Watson
 - c. Wodarski and Bagarozzi
 - d. Nathan and Gorman