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Acceptance and Commitment Therapy: Model Overview and Outcomes

1. What is the main goal of ACT?

A. to provide a behavioral analytic explanation for human language and cognition
B. to help individuals identify, understand, and change negative thought patterns and maladaptive behaviors that contribute to mental health issues and emotional difficulties
C. increase one’s psychological flexibility by helping others to accept their own thoughts and feelings instead of trying to do away with them
D. to improve an individual's mental health and well-being

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2. Which response does not reflect a focus of ACT?

A. changing negative thought patters that lead to emotional difficulties
B. understanding one's relationship with thoughts and feelings
C. aligning behavior with personal values
D. committing to actions that lead to a meaningful life

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3. What type of psychotherapy focuses on changing negative thoughts and behaviors to improve mental health and well-being?

A. Acceptance and Commitment Therapy
B. Dialectical Behavior Therapy
C. Mindfulness-Based Cognitive Therapy
D. Cognitive Behavior Therapy

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4. What is an example of a second order change strategy?

A. behavior charts
B. mindfulness
C. symptom focus
D. environmental change

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5. What type of contextualism aims to predict and influence events, with accuracy, scope, and depth?

A. descriptive contextualism
B. epistemic contextualism
C. functional contextualism

D. semantic contextualism

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6. Which response is not considered a generation of behavior therapy?

A. traditional behavior therapy
B. mindfulness-based cognitive therapy
C. cognitive behavior therapy
D. contextualistic approaches

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7. What is known as a psychological framework that explains human language and higher cognition as the result of learning to create arbitrary connections between things?

A. Cognitive Behavior Therapy
B. Acceptance and Commitment Therapy
C. Mindfulness-Based Cognitive Therapy
D. Relational Frame Theory

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8. What causes an increase in the functional importance of attempts to avoid uncomfortable private events?

A. as these private events become more salient and the control efforts are verbally linked to conceptualized negative outcomes, then the range of behaviors that are possible are narrowed down
B. as overt behaviors become more prominent, then the range of behaviors increases
C. as overt behaviors transform into covert behaviors and become less salient, then the behaviors that are possible are narrowed down
D. as private events continue to become less salient, then the range of behaviors increases

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9. A client states: "Because I feel anxious, I cannot apply for a promotion." This statement is most consistent with:

A. Present-moment awareness
B. Cognitive fusion
C. Self-as context
D. Values Clarification

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10. An individual repeatedly says a difficult thought aloud until it loses its literal meaning and becomes only a sound. Which ACT process is primarily being targeted?

A. Cognitive defusion
B. Values clarification
C. Committed action
D. Acceptance

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11. What exercise encourages an individual to rapidly repeat a thought aloud until it no longer has meaning?

A. Card Exercise
B. Milk-Milk Exercise
C. Leaves on the Stream Exercise
D. Physicalizing Defusion Exercise

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12. Which response is not considered a main component of relational learning?

A. able to demonstrate mutual entailment or “bi-directionality”
B. able to demonstrate combinatorial entailment
C. able to demonstrate singular entailment
D. enable a transformation of stimulus functions among stimuli that are found to be related

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13. What are human language and cognition dependent on?

A. relational frames
B. reinforcement of action
C. self-as-context
D. arbitrary relations

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14. What key principle of ACT is known for recognizing that one is more than just their thoughts and feelings?

A. being present
B. self-as-context
C. cognitive defusion
D. acceptance

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15. When working with a client experiencing anxiety, an ACT therapist is most likely to:

A. Challenge the accuracy of the anxious thoughts
B. Encourage suppression of anxiety symptoms
C. Help the client make room for the anxiety while pursuing valued actions
D. Delay action until anxiety has resolved

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16. What should an individual be allowed to have when asked to experience difficult thoughts and feelings?

A. safe place
B. a friend in the room to help them process
C. free range to express their emotions
D. paper and pen to write with

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17. What key principle of ACT is known for taking steps aligned with one's values, even in the face of difficult emotions?

A. values
B. cognitive defusion
C. self-as-context
D. committed action

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18. A client learns to observe thoughts, emotions, and memories while recognizing that these experiences do not define who they are. Which ACT principle is being targeted?

A. Self-as-context
B. Acceptance
C. Values
D. Defusion

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19. ACT-informed interventions have increasingly been applied in:

A. Educational settings
B. organizational settings
C. caregiver support
D. All of the above

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20. Research suggests psychological flexibility is best described as:

A. A disorder-specific treatment outcome
B. A transdiagnostic process associated with adaptive functioning
C. A form of cognitive restrucuring
D. A measure of symptom severity

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