### Affordable ABA

# **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

#### 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

### 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

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

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

### 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

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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

### 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

### 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

#### 9. Why is a person drawn into attempts of understanding and explaining psychological events?

- A. the reinforcement that is received for exhibiting the behavior continues the cycle
- B. the punishment that is received for the omission of the exhibited behavior perpetuates the cycle
- C. the social demand for reason giving and the practical utility of human symbolic behavior encourage this behavior
- D. an individual's mind continually reinforces attempts to understand and seeks to find answers

### 10. Which type of tool is viewed more so as a general measure of several ACT processes that are designed to be used within population-based studies?

- A. Cognitive Defusion Questionnaire
- B. Physicalizing Defusion Questionnaire
- C. General Health Questionnaire
- D. Acceptance and Action Questionnaire

### 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

#### 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

#### 13. What are human language and cognition dependent on?

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

### 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

#### 15. How should an ACT therapist act when a client is frustrated, trapped, or anxious?

- A. the therapist should feel as though they can open up to these experiences
- B. attempt to persuade an individual to act in a different manner
- C. view the situation not necessarily as much of a problem but as an opportunity for the individual to work on those powerful events in the moment
- D. allow the individual to express their problems and persuade them to work on these events at a later time

## 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

D. paper and pen to write with	
17. What key principle of ACT is known of difficult emotions?	for taking steps aligned with one's values, even in the face
A. values	
B. cognitive defusion	
C. self-as-context	
D. committed action	
18. Which ACT exercise maintains that is experiential contact with the transcender	ndividuals keep their eyes closed in an effort to promote at sense of self?
A. Card Exercise	
B. Observer Exercise	
C. Person in the Hole Exercise	
D. Controlling Exercise	
19. Acceptance is not able to occur witho	ut
A. defusion	
B. tolerance	
C. action	
D. barriers	
20 and	require an individual to experience actively and
completely within the present moment, as	
A. Tolerance and defusion	
B. Committment and willingness	
C. Exposure and action	
D. Acceptance and willingness	

C. free range to express their emotions

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