

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

- A. changing negative thought patterns 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

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. 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
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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
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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. 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
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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. Which ACT exercise maintains that individuals keep their eyes closed in an effort to promote experiential contact with the transcendent sense of self?

- A. Card Exercise
 - B. Observer Exercise
 - C. Person in the Hole Exercise
 - D. Controlling Exercise
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19. Acceptance is not able to occur without _____.

- A. defusion
 - B. tolerance
 - C. action
 - D. barriers
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20. _____ and _____ require an individual to experience actively and completely within the present moment, as these moments occur.

- A. Tolerance and defusion
 - B. Commitment and willingness
 - C. Exposure and action
 - D. Acceptance and willingness
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