

BEHAVIOR MODIFICATION TECHNIQUES IN COUNSELING

This test emphasizes the basic concepts and techniques of behavior modification including classical and operant conditioning, systematic desensitization, various aspects of behavior analysis, increasing and decreasing behavior, and the application of behavior therapy. (3 s.h.) PSY-339-TE

This is a 2 hour examination in which you must answer 100 multiple choice questions (worth 1 point each). A passing score is **65** out of 100 points.

Here are the topics covered and their approximate importance on the test:

- I. HISTORICAL OVERVIEW OF BEHAVIOR MODIFICATION (10%)
 - A. Operant conditioning orientation
 - B. Classical conditioning orientation
 - C. Social learning orientation
- II. SYSTEMATIC DESENSITIZATION (10%)
 - A. Treatment of simple phobias
 - B. Techniques of systematic desensitization
- III. INTRODUCTION TO BEHAVIOR ANALYSIS (30%)
 - A. Reinforcers: primary, secondary, immediate and delayed
 - B. Shaping and schedules
 - C. Punishment
- IV. ACCELERATING DESIRABLE BEHAVIOR (20%)
 - A. Positive reinforcement
 - B. Intermittent reinforcement
 - C. Fading
 - D. Escape and avoidance conditioning
 - E. Stimulus discrimination training
- V. ELIMINATING UNDESIRABLE BEHAVIOR (20%)
 - A. Punishment
 - B. Extinction
 - C. Intermittent reinforcement
- VI. APPLICATIONS OF BEHAVIOR THERAPY (10%)
 - A. Various areas of clinical behavior therapy ranging from anxiety disorders to marital distress

Textbooks to help you prepare:

Baldwin, John and Janice Baldwin. *Behavior Principles in Everyday Life*.
Current edition. Upper Saddle River, NJ: Prentice-Hall

Martin, Garry and Joseph Pear. *Behavior Modification: What It Is and How to Do It*.
Current edition. Upper Saddle River, NJ: Prentice-Hall

SAMPLE QUESTIONS

1. "The consequences of behavior affect their recurrence" is a basic principle of
 - a. respondent conditioning
 - b. Wolpian conditioning
 - c. Hullian conditioning
 - d. operant conditioning

2. When using desensitization with a client, first put the client into a(n)
 - a. heavy state of relaxation
 - b. mild tension-arousing scene
 - c. intense tension-arousing scene
 - d. scene in which the client can rationally attack the fear

3. Bill, who has a tremendous fear of public speaking, has to take a literature course that requires an oral presentation. Which of the following should be the last tense scene for desensitization?
 - a. Bill preparing for his presentation the night before he has to present it
 - b. Bill registering for the course
 - c. Bill finding out the course requirements the first day of class
 - d. Bill talking to his professor about his fears of making the presentation

4. Which of the following is an example of a secondary reinforcer?
 - a. Grades
 - b. Hamburger
 - c. Water
 - d. Headache

5. Which statement concerning punishment is NOT correct?
 - a. Mild punishment is not as effective as the use of positive rewards.
 - b. Behaviors learned under punishment conditions extinguish quickly.
 - c. Punishment has longer lasting effects than positive reinforcement.
 - d. Punishment may result in unforeseen negative emotional consequences.

6. In the extinction process the
 - a. client is not permitted to behave
 - b. client is allowed intermittent reinforcement
 - c. reinforcement is totally eliminated
 - d. stimulus satiation is an important factor

7. Playoffs on slot machines are based upon
 - a. fixed ratio schedules of reinforcement
 - b. fixed interval schedules of reinforcement
 - c. variable ratio schedules of reinforcement
 - d. variable interval schedules of reinforcement

8. Behavior modification programs work best when
 - a. the individual is not aware of the consequences of his/her behavior
 - b. the behavior selected for modification occur infrequently
 - c. there are no baseline data
 - d. none of the above

9. Which of the following is the best example of punishment through satiation to eliminate an undesirable behavior?
 - a. Administering an aversive stimulus whenever the client displays an undesirable behavior
 - b. Giving the client an overabundance of whatever he or she wants
 - c. Withdrawing privileges whenever the client's behavior becomes excessive
 - d. Allowing the client to do whatever he or she pleases and rewarding him or her only for desirable behavior

10. Which procedure will NOT produce increased behavior rates?
 - a. Escape conditioning
 - b. Avoidance conditioning
 - c. Extinction
 - d. Reinforcement

11. A child is given money for not using profanity. His use of profanity decreases. This is an example of
 - a. intrinsic reinforcement
 - b. extrinsic motivation
 - c. intrinsic motivation
 - d. extrinsic reinforcement

12. A soda vending machine dispenses two cans of soda every time money is deposited. This is an example of
 - a. continuous reinforcement
 - b. functional reinforcement
 - c. bootleg reinforcement
 - d. intrinsic reinforcement

13. Which schedule of reinforcement is illustrated when someone is paid every Friday?
 - a. Fixed ratio
 - b. Fixed interval
 - c. Variable interval
 - d. Variable ratio

14. John has a fear of heights. Which of the following programs of treatment would be most appropriate to help him?
 - a. Modeling
 - b. Token economy
 - c. Systematic desensitization
 - d. Behavioral contracting

15. Which of the following is a primary reinforcer?
- Money
 - Candy bar
 - A toy
 - Poker chips
16. The most appropriate treatment method to deal with someone who becomes very anxious when she is at a large shopping center is
- modeling
 - relaxation
 - rational thinking
 - shaping
17. A Freudian approach to treatment, in contrast to behavior modification, emphasizes
- the underlying causes of a system
 - short-term treatment
 - the unlearning of maladaptive habits
 - environmental maintenance of symptoms
18. The client's response terminates the aversive, negative stimulus in
- avoidance learning
 - escape learning
 - modeling
 - shaping
19. Being able to apologize is a sign of
- low self-esteem
 - assertiveness
 - humbleness
 - defensiveness
20. Having a client repeat a negative behavior until it becomes aversive is called
- stimulus satiation
 - drive satiation
 - response satiation
 - reinforcer satiation
21. Juliet enters the women's washroom. The sign on the door, "WOMEN," is a(n) _____ for Juliet's response of entering the washroom.
- ineffective S^D (discriminative stimulus)
 - effective S^D
 - ineffective S^Δ (generalized stimulus)
 - effective S^Δ

22. Scott's teacher tells him that he will receive a reward at the end of the day if he only gets out of his seat three times. Which type of reinforcement is this?
- a. DRO (differential reinforcement of other behavior)
 - b. DRC (differential reinforcement of continuous behavior)
 - c. DRA (differential reinforcement of alternative behavior)
 - d. DRL (differential reinforcement of low rates of responding)

ANSWERS TO SAMPLE QUESTIONS

1. **d** 2. **a** 3. **a** 4. **a** 5. **c** 6. **c** 7. **c** 8. **d** 9. **b** 10. **c** 11. **d**
12. **a** 13. **b** 14. **c** 15. **b** 16. **b** 17. **a** 18. **b** 19. **b** 20. **c** 21. **d** 22. **d**