

# **Test Bank for Contemporary Behavior Therapy 6th Spiegler**

## **Chapter 2**

### **Antecedents of Contemporary Behavior Therapy**

**HISTORICAL PRECURSORS**

**EARLY EXPERIMENTAL WORK**

**GROWING DISCONTENT WITH PSYCHOANALYSIS**

**FORMAL BEGINNINGS OF CONTEMPORARY BEHAVIOR THERAPY**

**Developments in North America**

Early Resistance to Behavior Therapy

**Developments in South Africa**

**Developments in Great Britain**

**EARLY ETHICAL CONCERNS ABOUT BEHAVIOR THERAPY**

**ACCEPTANCE AND GROWTH OF BEHAVIOR THERAPY**

**EMERGENCE OF BEHAVIOR THERAPY**

**SUMMARY**

**REFERENCE NOTES**

## **Guiding Questions**

2-1. What is meant by the statement "behavior therapy has a long past but a short history"?

2-2. What is the role played by each of the historical precursors in the development of behavior therapy?

2-3. What influence did psychoanalysis have on the development of behavior therapy?

2-4. What were the contributions made by Skinner, Lindsley, Ayllon, Azrin, Wolpe, Lazarus, Eysenck, Bandura, Beck, Ellis, and Meichenbaum in the history of behavior therapy?

2-5. What was Haughton and Ayllon's demonstration of the development and elimination of broom holding with the patient with schizophrenia? What is its significance?

2-6. What types of resistance did early behavior therapists encounter from their non-behavioral colleagues? How did the resistance contribute to the development of behavior therapy?

2-7. What were the early ethical concerns about behavior therapy and how were they, in part, artifacts of the time?

2-8. Who were the major players involved in the beginning of cognitive-behavioral therapy?

2-9. What major developments occurred in the field of behavior therapy in the 1970s and the 1980s?

## Multiple Choice Questions

### 2-1 (p. 16, d)

One reason behavior therapy has “a long past but a short history” is that early examples

- a. were generally ineffective treatments.
- b. haphazardly mixed multiple techniques.
- c. often employed unethical procedures.
- d. had no real influence on its development.

### 2-2 (p. 17, d)

Pavlov’s critical contribution to behavior therapy was his

- a. systematic account of classical conditioning.
- b. application of operant procedures.
- c. public criticism of insight therapy.
- d. influence on Watson.

### 2-3 (p. 17, d)

Behaviorism was founded by

- a. Jones.
- b. Thorndike.
- c. Skinner.
- d. Watson.

### 2-4 (p. 17, a)

The school of psychology on which behavior therapy is largely based is

- a. behaviorism.
- b. structuralism.
- c. Gestalt psychology.
- d. psychoanalysis.

### 2-5 (p. 18, b)

An early, relevant investigation of a treatment for phobias was performed by

- a. Watson.
- b. Jones.
- c. Thorndike.
- d. Pavlov.

### 2-6 (p. 18, a)

A bell and pad treatment for enuresis was developed by

- a. Mower and Mower.
- b. Jacobson.
- c. Thorndike.
- d. Jones.

**2-7 (p. 19, b)**

Skeletal Muscle Relaxation as a treatment for tension was developed by

- a. Mower and Mower.
- b. Jacobson.
- c. Thorndike.
- d. Watson.

**2-8 (p. 19, c)**

The only major approach to psychotherapy until about 1950 was

- a. existential therapy.
- b. client-centered therapy.
- c. insight therapy.
- d. action therapy.

**2-9 (pp. 19-20, c)**

The formal, systematic application of behavior therapy began around

- a. 1930.
- b. 1940.
- c. 1950.
- d. 1960.

**2-10 (pp. 19-20, c)**

Behavior therapy emerged, in part, due to the

- a. open-mindedness of the era in which it developed.
- b. over-reliance on psychiatric medications.
- c. growing discontent with psychoanalysis.
- d. availability of financial support for research.

**2-11 (p. 20, b)**

Eysenck played a major role in the growth of behavior therapy by

- a. promoting the therapy in America and the United Kingdom.
- b. investigating the effectiveness of insight therapies.
- c. developing therapies from Skinner's animal-work.
- d. introducing behavior therapy to the hospital setting.

**2-12 (pp. 20-21, b)**

To change simple behaviors of adults hospitalized with psychiatric disorders, Lindsley used

- a. desensitization.
- b. reinforcement.
- c. talk-therapy.
- d. modeling.

**2-13 (p. 21, c)**

The term behavior therapy was probably coined by

- a. Skinner.
- b. Eysenck.
- c. Lindsley.
- d. Watson.

**2-14 (p. 21, a)**

Demonstrations by Ayllon in the late 1950s served to

- a. question existing explanations for behavioral symptoms.
- b. show that behaviors cannot be influenced by reinforcement.
- c. suggest learning as a cause for schizophrenia.
- d. highlight the poor conditions of psychiatric hospitals.

**2-15 (p. 21, d)**

The first contemporary token economy was established in 1961 by

- a. Lindsley.
- b. Mowrer and Mowrer.
- c. Lazarus.
- d. Ayllon and Azrin.

**2-16 (p. 22, b)**

Employee reception of the token economy at Anna State Hospital in the 1950s is best characterized as

- a. outright rejection.
- b. reluctance and resistance.
- c. cautious optimism.
- d. acceptance and praise.

**2-17 (p. 22, d)**

Behavior therapists overcame the early widespread resistance to behavior therapy by

- a. setting up large-scale treatment centers around the country.
- b. arguing that behavior therapy was similar to insight therapy.
- c. attacking the theoretical foundations of psychoanalysis.
- d. demonstrating the effectiveness of behavior therapy.

**2-18 (p. 22, c)**

Joseph Wolpe is sometimes referred to as the founder of behavior therapy, in part because he developed

- a. the token economy.
- b. reinforcement therapy.
- c. systematic desensitization.
- d. modeling therapy.

**2-19 (p. 23, a)**

Ethical concerns that arose during the formative years of behavior therapy may have resulted from

- a. increased concerns about external control.
- b. early therapists' inadequate training.
- c. inefficacy of early procedures.
- d. the radical departure from existing therapies.

**2-20 (p. 23, d)**

Which of the following terms was shown to raise ethical concerns?

- a. Experimental control
- b. Controlling variables
- c. Contingency Manipulation
- d. Behavior modification

**2-21 (p. 24, d)**

Following both classical and operant conditioning, \_\_\_\_\_ learning was a third major approach that influenced behavior therapy.

- a. latent
- b. cognitive
- c. passive
- d. observational

**2-22 (p. 24, b)**

Bandura's social learning theory emphasized

- a. economic models of behavior.
- b. the role of cognitions.
- c. an evolutionary foundation.
- d. classical conditioning.

**2-23 (p. 25, b)**

The Association for Advancement of Behavior Therapy was established in

- a. 1953.
- b. 1966.
- c. 1974.
- d. 1982.

**2-24 (p. 26, b)**

A major development for behavior therapy during the 1980s was the

- a. Code of Ethical Conduct.
- b. contribution to behavioral medicine.
- c. founding of behavior therapy journals.
- d. foray of cognitive therapy.

**2-25 (p. 26, a)**

One trend apparent at the end of the 20th century was the

- a. increased emphasis on empirical validity.
- b. dismissal of purely operant techniques.
- c. syncretism of insight and action therapies.
- d. disenchantment with cognitive therapy.