

Chapter 01

1. Behavior modification places emphasis on current environmental events as important causes of behavior.

- a. True
- b. False

ANSWER: True

2. People implement behavior modification techniques in everyday life.

- a. True
- b. False

ANSWER: True

3. Behavior modification emphasizes past events as important causes of behavior.

- a. True
- b. False

ANSWER: False

4. Behavior modification emphasizes hypothetical underlying causes of behavior.

- a. True
- b. False

ANSWER: False

5. In behavior modification, measurement of behavior before and after treatment is important.

- a. True
- b. False

ANSWER: True

6. Behavior modification is also referred to as applied behavior analysis.

- a. True
- b. False

ANSWER: True

7. Pavlov did experiments in operant behavior.

- a. True
- b. False

ANSWER: False

8. A behavior does not have an impact on the environment.

- a. True
- b. False

ANSWER: False

9. Behavior is defined as what people do and say.

- a. True
- b. False

ANSWER: True

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10. All behavior is overt and observable by others.

- a. True
- b. False

ANSWER: False

11. Behavior is defined as what people do and feel.

- a. True
- b. False

ANSWER: False

12. Behavior impacts the social and/or physical environment.

- a. True
- b. False

ANSWER: True

13. An overt behavior, also called a private event, is not observable to others.

- a. True
- b. False

ANSWER: False

14. Checking social media ten times every hour is an example of behavioral excess.

- a. True
- b. False

ANSWER: True

15. Another term for behavior modification is applied behavior analysis.

- a. True
- b. False

ANSWER: True

16. In behavior modification, what a person says and does is referred to as:

- a. behavior
- b. effort
- c. motivated acts
- d. intention

ANSWER: a

17. Behavior is defined as:

- a. traits of a person
- b. what a person says and does
- c. a person's mental processes
- d. attitudes and beliefs that lead to action

ANSWER: b

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18. The subject matter behavior modification concerns itself with is/are:

- a. past events
- b. human characteristics
- c. internal motivation
- d. human behavior

ANSWER:

d

19. Which of the following is NOT a characteristic of behavior?

- a. behavior has dimensions
- b. behavior is lawful
- c. behavior can be observed, described, and recorded
- d. behavior is always overt

ANSWER:

d

20. Which of the following is NOT a dimension of behavior?

- a. frequency
- b. impact
- c. duration
- d. intensity

ANSWER:

b

21. Frequency, duration, intensity, and latency are _____ of behavior.

- a. states
- b. dimensions
- c. phases
- d. qualities

ANSWER:

b

22. During a basketball game, John made 10 baskets. The number of baskets John made is an example of:

- a. latency
- b. intensity
- c. duration
- d. frequency

ANSWER:

d

23. The amount of time it takes a student to complete a test would be an example of what dimension of behavior?

- a. frequency
- b. intensity
- c. duration
- d. latency

ANSWER:

c

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24. What dimension of behavior is a measure of how long the behavior occurred?

- a. latency
- b. frequency
- c. duration
- d. intensity

ANSWER:

c

25. Mary's parents are concerned about her screaming. If the loudness of Mary's screams is what they are interested in, this would be an example of:

- a. latency
- b. frequency
- c. intensity
- d. duration

ANSWER:

c

26. Usagi's teacher observes him purposely shove another student. Usagi's observable act of shoving would be an example of:

- a. covert behavior
- b. overt behavior
- c. frequency
- d. duration

ANSWER:

b

27. An example of covert behavior would be:

- a. thinking
- b. writing
- c. running
- d. frowning

ANSWER:

a

28. Mikhail's parents are trying to figure out why he hits his little brother. The process of trying to identify the functional relationship between a behavior and the environment is referred to as:

- a. targeting
- b. analysis
- c. modification
- d. exploration

ANSWER:

b

29. With training from a behavior analyst, Mikhail's parents take steps to help him change his behavior of hitting his little brother. The process of developing and implementing techniques to influence behavior is known as:

- a. assessment
- b. observation
- c. modification
- d. analysis

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ANSWER:

c

30. Which of the following is NOT a characteristic of behavior modification?

- a. focus on behavior
- b. procedures based on behavioral principles
- c. emphasis on past events
- d. precise description of procedures

ANSWER:

c

31. Which is an example of behavior modification in community psychology?

- a. helping a couple reconnect by using daily affirmations
- b. reducing energy consumption in a neighborhood
- c. improving a supervisor's performance
- d. reducing problems in a classroom

ANSWER:

b

32. Sheva bites her nails but wants to stop. The behavior she wants to change (biting her nails) is called the:

- a. deficit behavior
- b. target behavior
- c. covert behavior
- d. desired behavior

ANSWER:

b

33. A behavior excess is a behavior that:

- a. occurs too often
- b. annoys other people
- c. occurs at the wrong time
- d. needs to be increased

ANSWER:

a

34. Alex likes to drive faster than the speed limit. Alex's behavior of driving too fast is an example of a behavioral:

- a. risk
- b. deficit
- c. excess
- d. intention

ANSWER:

c

35. Sam gets poor grades in school because he rarely studies. Sam's lack of studying is an example of:

- a. avoidance
- b. poor motivation
- c. a behavioral excess
- d. a behavioral deficit

ANSWER:

d

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36. All but one statement related to current diversity, equity, and inclusion priorities in behavior modification and behavior analysis are accurate. Which statement is not representative?

- a. There is more focus on varied racial and ethnic backgrounds as well as LGBTQIA+ individuals in behavior modification.
- b. There is an increased priority on teaching children with autism about racism.
- c. There is an emphasis on decreasing the role of non-Black people in the conversation about racism.
- d. Ethics related to speaking to those with sexual and gender minority issues are a recent focal point.

ANSWER:

c

37. In behavior modification, measurement of behavior is taken:

- a. before intervention
- b. during intervention
- c. following intervention
- d. all of these

ANSWER:

d

38. Who among the following was an important figure in the development of behavior modification and demonstrated that a reflex could be conditioned to a neutral stimulus?

- a. Freud
- b. Pavlov
- c. Thorndike
- d. Skinner

ANSWER:

b

39. Thorndike demonstrated that a behavior that produces a favorable effect on the environment will likely be repeated. This is known as the law of:

- a. effect
- b. causation
- c. behavior
- d. replication

ANSWER:

a

40. Watson started a movement in psychology known as:

- a. psychoanalysis
- b. experimental psychology
- c. behaviorism
- d. existentialism

ANSWER:

c

41. Who is credited with laying the foundation of behavior modification?

- a. Freud
- b. Skinner
- c. Watson

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d. Pavlov

ANSWER:

b

42. In which area has the most behavior modification research been conducted?

- a. mental illness
- b. clinical psychology
- c. community psychology
- d. developmental disabilities

ANSWER:

d

43. In what area(s) can behavior modification procedures be used?

- a. education
- b. rehabilitation
- c. business and industry
- d. all of these

ANSWER:

d

44. In which area do individuals use behavior modification procedures on their own behaviors?

- a. mental illness
- b. developmental disabilities
- c. rehabilitation
- d. self-management

ANSWER:

d

45. Behavior modification in child behavior management should be carried out by who among of the following?

- a. parents
- b. therapists
- c. teachers
- d. all of these

ANSWER:

d

46. Behavior modification in the area of prevention deals with the area of _____ psychology.

- a. applied
- b. community
- c. psychoanalytical
- d. cognitive behavioral

ANSWER:

b

47. What type of behavior can be observed and recorded by an individual other than the one engaging in the behavior?

- a. cognitive
- b. overt
- c. latent
- d. covert

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ANSWER:

b

48. Behavior modification is the field of psychology concerned with the _____ and _____ of human behavior.

- a. analysis, categorization
- b. understanding, labeling
- c. analysis, modification
- d. understanding, diagnosing

ANSWER:

c

49. Which example best fits behavior modification in a health-care setting?

- a. reducing smoking, drinking, or overeating
- b. increasing exercise
- c. learning proper nutrition
- d. all of these

ANSWER:

d

50. Which individual conducted research on basic principles of operant behavior and laid the foundation for behavior modification?

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

ANSWER:

c

51. Identify five areas of application of behavior modification.

ANSWER: Areas of application of behavior modification include developmental disabilities, education, community psychology, business, industry and human services, self-management, prevention, health-related behaviors, mental illness, rehabilitation, clinical psychology, child-management, sports psychology, and gerontology.

52. What are four dimensions of behavior that can be observed?

ANSWER: Four dimensions of behavior that can be observed are frequency, duration, intensity, and latency.

53. What does it mean to say that behavior is lawful?

ANSWER: To say that behavior is lawful is to say that its occurrence is systematically influenced by environmental events.

54. What is the difference between overt and covert behavior?

ANSWER: Overt behavior is an action of an individual that can be observed and recorded by an individual other than the one engaging in the behavior. Covert behavior is not observable to others.

55. Why does behavior modification focus on changing current environmental variables rather than past events to change behavior?

ANSWER: Although information of past events is useful, knowledge of current controlling variables will be most useful for developing effective behavior modification interventions because you can only change events in the

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current environment as part of a behavior modification intervention.