

MULTIPLE CHOICE ITEMS

W: These questions in the test bank are available online as part of the student companion website.

Chapter 1. Defining and Comparing the Psychotherapies

1. The text authors cite an estimate that there are how many brands of psychotherapy in marketplace?
- | | |
|--------|----------|
| A) 50 | C) 320 |
| B) 150 | * D) 500 |

2. Theoretical orientations generally provide a consistent perspective on all of the following EXCEPT:
- | | |
|-------------------------|--------------------------------------|
| A) human behavior. | C) mechanisms of therapeutic change. |
| * B) human development. | D) psychopathology. |

- W** 3. Prochaska and Norcross's definition of psychotherapy would include all of the following EXCEPT:
- A) an informed and intentional application.
 - B) clinical methods and interpersonal stances.
 - C) a derivation of established psychological principles.
 - * D) assisting people to change in the direction the therapist deems desirable.

4. According to the textbook's authors, which of the following is FALSE regarding expectations:
- A) a positive expectation is a critical precondition for therapy to continue.
 - * B) expectation is a central process of change.
 - C) expectation is an important variable for all systems of therapy.
 - D) it refers to a patient's expectation about procedures in therapy.

5. The text authors assert that psychotherapy theories help clinicians do all of the following EXCEPT:
- A) describe the clinical phenomena.
 - * B) understand how to adapt their therapeutic style to individual clients.
 - C) delimit the amount of relevant information.
 - D) prioritize their case conceptualization and guide their treatment.

6. Jean views the therapeutic relationship as a necessary but not sufficient precondition for therapy to proceed. Jean is likely to practice:

- | | |
|-------------------------|-----------------------------|
| * A) behavior therapy. | C) person-centered therapy. |
| B) existential therapy. | D) psychoanalytic therapy. |

7. When you asked a therapist to describe her approach, she responded that she is "eclectic." What did she mean by this?

- * A) She tries to tailor her approach to the client's specific style and problems.
- B) She is very committed to one system of psychotherapy.
- C) She relies on common factors to promote positive client outcomes.
- D) She uses only those techniques that have clearly been shown by research to help people change.

- W** 8. Which therapy believes the therapeutic relationship is necessary and sufficient for constructive personality change?

- | | |
|------------------------|------------------------------|
| A) Behavior therapy | * C) Person-centered therapy |
| B) Existential therapy | D) Psychoanalytic therapy |

9. According to Jerome Frank, therapeutic change is predominantly a function of which of the following?

- | | |
|-------------------------------------|---------------------------|
| A) Free association | C) Progressive relaxation |
| * B) Rationale or conceptual scheme | D) None of the above |

10. Maria and Salvatore are having marital difficulties. Their therapist recognizes that for treating marital conflict, psychotherapy research has generally demonstrated the differential effectiveness of:

- A) behavior therapy.
- B) cognitive therapy.
- C) Rogerian therapy.
- * D) systemic therapy.

W 11. The conceptual level of analysis of change processes is:

- A) technical.
- B) theoretical.
- C) relational.
- * D) intermediate between technique and theory.

12. Common factors in psychotherapy refer to:

- A) the unique change processes derived from each therapy system.
- * B) nonspecific factors that are common to even disparate forms of therapy.
- C) the notion that all psychotherapies produce equivalent outcomes.
- D) the concept that psychotherapy is not that different from other helping professions.

13. The text authors suggest that of the common factors that have been proposed, two appear to have the most consensual support. They are:

- A) the Hawthorne effect and the therapeutic relationship.
- B) improved self-esteem and mastery.
- * C) the therapeutic relationship and positive expectations.
- D) the Hawthorne effect and exposure to previously avoided stimuli or situations.

14. The Hawthorne effect refers to:

- A) the expectations for success that a client brings to any therapy relationship.
- B) the added value of a good therapy relationship on therapy outcomes.
- * C) improvements in behavior as a result of increased attention from others.
- D) research studies that show a significant difference between the treatment and placebo control group.

15. Specific factors refer to:

- A) changes in client behavior that are related to the quality of therapy relationship.
- B) the acquisition and practice of new behaviors.
- C) those client behavioral changes related to emotional expression or interpretation.
- * D) specific procedures advanced by different therapies to promote change.

16. The information given a client in psychotherapy concerning environmental events is called:

- A) consciousness raising.
- * B) education.
- C) feedback.
- D) reinforcement.

17. Carole was very worried about the C grade she was to receive in her Research Methodology course. After reviewing published material from the university, she was very relieved when she learned that such a grade was average for most students. This is an example of:

- A) consciousness raising.
- * B) education.
- C) feedback.
- D) reinforcement.

18. Thomas, an exceptionally qualified student, interviewed at a number of competitive doctoral programs this year but was not accepted. He decided to never apply again because he believed he would continue to be rejected. After speaking with knowledgeable professors he realized that he did not know the rationale for being rejected by these programs (e.g., they could have been looking for someone with different research interests), and he decided to apply again next year. This is an example of:

- A) contingency management.
- B) education.
- * C) feedback.
- D) reevaluation.

19. Which of the following theories talks primarily about the *content* of therapy?

- A) Behavioral
- B) Integrative
- * C) Existential
- D) Systemic

20. Which of the following theories does NOT talk primarily about the *content* of therapy?

- A) Psychoanalysis
- * B) Behavioral
- C) Existential
- D) Multicultural

21. The transtheoretical model is able to identify meaningful points of convergence and contention among psychotherapy systems by employing:

- A) a method for contrasting global theories of therapy.
- * B) an intermediate level of analysis of change processes.
- C) a low level analysis of specific clinical interventions or techniques.
- D) a broad integration of both common and specific factors.

W 22. The text authors' integrative model supports comparative analysis of systems of psychotherapy by:

- A) minimizing the focus on levels of personal functioning.
- * B) assuming a limited number of change processes.
- C) categorizing therapy systems by their stage of change.
- D) linking systems of therapy to their implicit and explicit theory of psychopathology.

23. The processes of change are:

- A) components of specific therapy systems.
- B) concrete and specific interventions suggested by therapy systems.
- * C) generic change strategies that cut across many therapy systems.
- D) alternative names for therapy systems.

24. When the information given clients is contained in the stimulation generated by the individual's own actions and experiences, we call that:

- A) contingency management.
- B) counterconditioning.
- C) education.
- * D) feedback.

25. Cathartic reactions evoked by observing emotional scenes in the environment is called:

- A) corrective emotional experiences.
- * B) dramatic relief.
- C) environmental catharsis.
- D) reactionary catharsis.

26. A conflict between a desire to be independent and fears about leaving home would be considered:

- * A) intrapersonal.
- B) interpersonal.
- C) individuo-social.
- D) beyond growth to fulfillment.

27. A conflict between a woman who likes to save money and her husband who likes to spend money would be considered:

- A) intrapersonal.
- * B) interpersonal.
- C) individuo-social.
- D) beyond growth to fulfillment.

28. A conflict for an individual who wants to live a homosexual life but is afraid of the ostracism that may occur because of society's lack of acceptance of homosexual individuals would be considered:

- A) intrapersonal.
- B) interpersonal.
- * C) individuo-social.
- D) beyond growth to fulfillment.

29. _____ would be considered a good emotional bowel movement.

- * A) Catharsis
- B) Self liberation
- C) Consciousness raising
- D) Social liberation

W 30. Changing responses to consequences without changing contingencies would be considered:

- A) contingency management.
- B) counterconditioning.
- * C) reevaluation.
- D) stimulus control.

31. Changing our responses to stimuli is referred to as _____, whereas changing the environment involves _____.

- A) contingency management; counterconditioning
- * B) counterconditioning; stimulus control
- C) counterconditioning; contingency management
- D) stimulus control; contingency management

32. In psychotherapy studies, an attention placebo control group is one in which comparable time or attention to the active treatment group is provided without:

- A) a therapeutic relationship.
- B) any of psychotherapy's common factors.
- * C) specific interventions.
- D) producing the Hawthorne effect.

Chapter 2. Psychoanalytic Therapies

W 1. A form of therapy that emphasizes the critical role of transference and countertransference is:

- A) person-centered therapy.
- * B) psychoanalysis.
- C) cognitive therapy.
- D) experiential therapy.

2. Even for the mature individual, psychoanalytic theory posits that inner conflicts between conscious and unconscious forces result in:

- A) an oral fixation.
- B) neurotic anxiety.
- * C) a compromise formation.
- D) defensive instincts.

3. According to Freud, the two main causes of fixation are:

- * A) frustration and overindulgence.
- B) fear and dependency.
- C) aggression and anxiety.
- D) mistrust and insecurity.

4. According to psychoanalytic theory, the anxiety due to the assumed birth trauma of being overwhelmed with stimulation is called:

- A) genetic anxiety.
- B) neurotic anxiety.
- * C) primal anxiety.
- D) separation anxiety.

5. According to psychoanalytic theory, the anxiety deriving from breaking rules that have been internalized is called:

- A) genetic anxiety.
- * B) moral anxiety.
- C) neurotic anxiety.
- D) primal anxiety.

6. Freud's structural theory suggests that human personality has three key structures. Which serves as the source of all psychic energy?

- * A) Id
- B) Ego
- C) Libido
- D) Superego

7. The essential component of Freud's personality theory that serves to alert the ego to internal or external danger is:

- A) libido.
- * B) anxiety.
- C) defense.
- D) id.

8. According to psychoanalytic theory, which of the following disorders would make a patient a suitable candidate for psychoanalysis?

- A) Manic-depression
- * B) Neurotic personality
- C) Phobic disorders
- D) Schizophrenia

9. According to psychoanalytic theory, which of the following is NOT considered a part of the analytic process?

- * A) Catharsis
- B) Consciousness raising
- C) Resolution of the transference
- D) Working through

W 10. According to psychoanalytic theory, which of the following character types has intimate/sexual relationships in which they relate with a clinginess and demandingness that can smother a partner?

- A) Anal character
- B) Genital character
- * C) Oral character
- D) Phallic character

11. According to psychoanalytic theory, which of the following character types has intimate/sexual relationships in which they relate as the teasing, seductive person who promises so much but has so little to give?

- A) Anal character
- B) Genital character
- C) Oral character
- * D) Phallic character

12. According to psychoanalytic theory, which of the following statements is NOT true regarding Freud's view of rules for living?

- A) The ego should rule the individual.
- B) The primary ego rule is to maximize pleasure and minimize pain.
- * C) Freud saw churches as the best source of rules for living.
- D) Rules for living were never directly addressed by Freud.

13. To have a client just freely say whatever comes to mind, no matter how trivial the thought may seem, would most likely be advocated by a(n):

- A) cognitive therapist.
- B) existential therapist.
- C) transactional analyst.
- * D) psychoanalyst.

14. The goal of all defense mechanisms and the basis of all neuroses in Freud's theory of psychopathology is:

- A) resistance.
- B) transference.
- * C) repression.
- D) catharsis.

15. Among the more primitive or immature defense mechanisms that develop during the oral stage, which of the following involves closing off one's attention to threatening aspects of the world or self?

- * A) Denial
- B) Projection
- C) Intellectualization
- D) Reaction formation

16. An adult who is inclined to talk about the regularity of bowel movements as being a source of satisfaction may be fixated in which stage of psychosexual development and relying on which defense mechanism?

- A) Oral stage; incorporation
- B) Anal stage; undoing
- C) Oral stage; reaction formation
- * D) Anal stage; intellectualization

17. The psychoanalytic notion of oral fixation results from which of the following childhood experiences?

- * A) Deprivation or overindulgence
- B) Deprivation
- C) Overindulgence
- D) Authoritarian parenting

18. Psychoanalysis regards a client's free associations, dreams, and transferences as a form of:

- A) libido.
- B) repression.
- C) working through.
- * D) resistance.

19. Primary process thinking is all of the following EXCEPT:

- A) alogical.
- B) atemporal.
- * C) concrete.
- D) condensed.

20. The most important analytic event is:

- A) clarification.
- B) confrontation.
- * C) interpretation.
- D) working through.

W 21. The therapeutic aim of confrontation is to:

- A) consolidate the therapist's balance of power in the analysis.
- B) eliminate defenses quickly and directly.
- * C) raise awareness of discrepancies between a client's words and behavior.
- D) facilitate the process of working through.

W 22. You are working with a client who is a war veteran and is vulnerable to nightmares and stress. He has a bad dream the night before and becomes somewhat abusive to his family members. From a psychoanalytic perspective, this is an example of which of the following defense mechanisms?

- A) Repression
- B) Reaction-formation
- C) Projection
- * D) Displacement

23. Your client suddenly becomes incensed with you after you ask her a question for the second time in an effort to understand her experience. Based on your impressions and your supervisor's observations, there was not much in your behavior itself to elicit this kind of intense reaction. This is most likely an example of:

- A) displacement.
- B) reaction-formation.
- * C) projection.
- D) sublimation.

24. Despite a very difficult history of domestic violence, your now violence-free client chooses to contribute time and effort to support a local battered woman's shelter. From a psychoanalytic perspective, this might be understood as:

- A) identification.
- * B) sublimation.
- C) projection.
- D) reaction-formation.

25. Your client is inclined to "bend over backward" to be helpful to those she actually dislikes intensely. As a psychoanalytically informed clinician, you would most likely regard this as an example of:

- A) identification.
- B) sublimation.
- C) projection.
- * D) reaction-formation.

26. From a psychoanalytic perspective, which of the following is true about transference?

- * A) Transference is most likely to occur when the client is stressed and distressed.
- B) The more healthy a person is, the more intense and pervasive the transference reaction.
- C) If transference is ignored, the therapy will be more effective and reality based.
- D) Transference only occurs in a therapy relationship.

27. In which of the following therapies does the therapist raise consciousness by analyzing the client's resistance to free associating and transference?

- A) Adlerian therapy
- B) Existential therapy
- C) Interpersonal therapies
- * D) Psychoanalysis

28. According to psychoanalysis, one of the major reasons that therapy moves slowly is because of the patient's problems with:

- * A) anxiety.
- B) communication.
- C) responsibility.
- D) self-esteem.

29. A psychoanalyst would most likely say which of the following about self-esteem?

- A) A solid sense of self-esteem can be created only by creating a style of life that is of value to the world.
- * B) A stable sense of self-esteem can only be experienced when a client's personality is at a more genital level of functioning.
- C) Feelings of genuine esteem accompany the awareness of having decided to live a more effective life.
- D) Self-esteem is the hard-earned, natural response clients can make only to themselves after struggling to be authentic.

30. Which of the following therapies would most likely say that a lack of genuine self-esteem is the result of personality problems, not the cause of such problems?

- A) Adlerian therapy
- B) Cognitive therapy
- C) Existential therapy
- * D) Psychoanalysis

31. Which of the following therapies would most likely say that, theoretically, there is no freedom and no choice, and therefore no responsibility?

- A) Adlerian therapy
- B) Existential therapy
- C) Interpersonal therapies
- * D) Psychoanalysis

32. Which of the following therapies would most likely say that the problem of intimacy is basically a transference problem?

- A) Adlerian therapy
- B) Existential therapy
- C) Interpersonal therapies
- * D) Psychoanalysis

33. Psychoanalysis would most likely say which of the following about intimacy?

- A) All too many people feel safe to relate only to objectified others.
- * B) It is basically a problem of transference.
- C) Requires the ability to truly cooperate with others in commonly shared goals.
- D) We are among the fortunate few if we experience even 15 minutes of intimacy in a lifetime.

34. Which of the following therapies would most likely say that communication is a process in which individuals speak to their internalized image of what the other is supposed to be?

- A) Adlerian therapy
- B) Cognitive therapy
- C) Existential therapy
- * D) Psychoanalysis

35. Psychoanalysis would most likely say which of the following about communication?
- A) Communication problems are fundamentally problems with cooperation.
 - * B) It is a process of interlocking monologues.
 - C) It proceeds smoothly and satisfactorily as long as the transactions between two people are complementary.
 - D) Since we can never directly enter the experience of the other, we can never fully know what the other is attempting to communicate.
36. Which of the following therapies would most likely say that the human animal has aggressive instincts to strike out and destroy?
- A) Adlerian therapy
 - B) Existential therapy
 - C) Interpersonal therapies
 - * D) Psychoanalysis
37. Psychoanalysis would most likely say which of the following about hostility?
- A) Experiencing hostility is to experience the threat of non-being.
 - B) Hostile people tend to be self-righteous people who would rather attack others than attack their own pain.
 - C) Hostility is the worst expression of the belief that self-interest can be of higher value than social interest.
 - * D) The human animal has aggressive instincts to strike out and destroy.
38. Psychoanalysis would most likely say which of the following about control?
- A) Control is an issue for parents and for the parent in people.
 - B) Pathological personalities are frequently preoccupied with dominating others.
 - * C) Struggles over interpersonal control are frequently struggles over whose defenses will dominate the relationship.
 - D) To control another is to objectify that person.
39. Which of the following therapies would most likely say that even the most conscious of individuals must make considerable compromises to the culture and leave fantasies of transcendence to the angels?
- A) Adlerian therapy
 - B) Existential therapy
 - C) Interpersonal therapies
 - * D) Psychoanalysis
40. Psychoanalysis would most likely say which of the following about adjustment vs. transcendence?
- * A) Even the most conscious of individuals must make considerable compromises to the culture and leave transcendence to the angels.
 - B) Healthy people are committed to helping the entire society transcend its current functioning in order to become a more perfect social system.
 - C) The forces of self-defeating and self-destructive life scripts must be transcended, not the forces of society.
 - D) The only way a life based on adjustment might be healthy is if the society a person is adjusting to is basically honest.
41. Which of the following therapies would most likely say that the best hope for individuals and society is to replace the rigid but shaky infantile veneer with a more mature and realistic set of controls?
- A) Adlerian therapy
 - B) Existential therapy
 - C) Interpersonal therapies
 - * D) Psychoanalysis

42. Psychoanalysis would most likely say which of the following about impulse control?
- A) Impulses are not the dominant forces of human beings, although many people let them become dominant.
 - B) People need to identify the feeling carefully and become aware of which ego state is cathected when the impulsive feeling occurs.
 - * C) The best hope for individuals and society is to replace the rigid but shaky infantile veneer with a more mature set of controls.
 - D) The issue with impulses is *not* that they must be inhibited but rather that they must be directed toward prosocial goals as a part of the total lifestyle.
43. Which of the following therapies would NOT likely say that the primary ego rules for living is to maximize pleasure and to minimize pain?
- A) Adlerian therapy
 - B) Existential therapy
 - C) Interpersonal therapies
 - * D) Psychoanalysis
44. Psychoanalysis would most likely say which of the following about meaning in life?
- A) Finding more meaning in life involves choosing to restructure life with activities that satisfy the hunger for human strokes.
 - B) The creative self seeks completion by reaching out to become connected to the greatest needs and the highest aspirations of humanity.
 - C) The issue is *not* to discover meaning in life but rather to create meaning out of our lives.
 - * D) We can find meaning in the midst of conflict.
45. Psychoanalysis would NOT likely say which of the following about values?
- A) The fundamental value judgment in life is one's position regarding the worth of oneself and one's fellow human beings.
 - B) The greatest value is the social interest that allows us to contribute to the common welfare of humanity.
 - C) We do not discover moral standards, we create them by the stands we take.
 - * D) What we value in life is a function of what we cathect.
- W 46. Psychoanalysis is: (1) much too subjective and unscientific; (2) much too objective; (3) much too dogmatic. According to the text, the preceding criticisms of psychoanalysis would be leveled, respectively, by which of the following theoretical viewpoints?
- * A) Behavioral, existential, integrative
 - B) Behavioral, integrative, existential
 - C) Integrative, existential, behavioral
 - D) Existential, integrative, behavioral
47. Which of the following is the most important source of content in psychoanalysis?
- A) Anxiety
 - B) Ego
 - * C) Transference
 - D) Working alliance
48. Which of the following is LEAST likely to be true of transference?
- A) Experiencing transference reactions is not a curative process.
 - B) It is a reaction in which the patient experiences feelings toward the analyst that do not benefit the analyst but actually apply to significant people from the patient's past.
 - * C) It is the relatively non-neurotic, rational, and realistic attitudes of client toward the analyst.
 - D) Its essence is unconscious.

49. Research has found that _____ percentage of psychoanalytic therapists have undergone personal therapy themselves, typically averaging _____ hours of therapy.

- A) 50%; 250-300
- B) 65%; 400-600
- C) 80%; 300-400
- * D) 90%; 400-500

50. The credit for establishing more flexible forms of psychoanalytic therapy as acceptable alternatives within psychoanalysis is typically given to whom?

- A) Anna Freud
- B) Carl Jung
- C) Merton Gill
- * D) Franz Alexander

51. After Freud's death, psychoanalytic therapy became more flexibly organized and highly individualized. Each of the following characterized the changes in psychoanalytic therapy EXCEPT:

- A) therapy could be conducted face-to-face instead of from a couch.
- * B) daily therapy sessions were recommended so the treatment could proceed more quickly.
- C) therapeutic advice and suggestions could be included along with interpretations.
- D) the development of a transference neurosis was no longer viewed as critical in every case.

52. As innovations in psychoanalytic therapy progressed, ideas about the nature of the transference changed and included all of the following EXCEPT:

- A) the transference could be controlled through the proper use of interpretations.
- * B) negative transferences were encouraged to rapidly develop to more quickly unlock early conflicts.
- C) positive transferences were regarded as more conducive to client acceptance of interpretations.
- D) the transference could be better controlled if the therapist was less of "blank screen" and more active.

W 53. Contemporary psychoanalysis has undergone a paradigm shift from drive reduction to the relational model. The most fundamental difference between relational and classical forms of psychoanalysis is that:

- A) dynamic interpretations were no longer regarded as important change process.
- B) insight was no longer regarded as important and was replaced by corrective emotional experiencing.
- * C) the transference was viewed as an intersubjective process between patient and therapist.
- D) the therapist's countertransference was more actively avoided.

54. Regarding the effectiveness of psychoanalysis and psychoanalytic psychotherapy, all of the following are FALSE EXCEPT:

- A) head-to-head controlled research studies indicate that psychoanalysis and psychoanalytic psychotherapy are equivalent in their outcomes.
- B) there are no experimental research studies supporting the effectiveness of psychoanalysis compared to other forms of psychotherapy.
- C) psychoanalytic psychotherapy has considerable research support while psychoanalysis has none.
- * D) the benefits of psychoanalysis are documented only by clinical surveys and naturalistic effectiveness studies.

55. The text authors sum up the future of psychoanalysis by emphasizing two words; they are:

- A) interpretation and integration.
- B) dying and dead.
- C) transference and countertransference.
- * D) interpersonal and integration.

56. The Freudian psychosexual stage that is most associated with the developmental challenge of self-mastery is:

- A) oral stage.
- * B) anal stage.
- C) phallic stage.
- D) genital stage.

57. Freud's psychosexual stage of latency consists of which developmental challenges?

- * A) Learning shame and disgust for inappropriate love objects
- B) Identification with the same-sex parent
- C) Passive submission
- D) Autoerotic sensuality

58. The person who is most credited with adapting psychoanalysis to children and adolescents is:

- A) Franz Alexander.
- B) Carl Jung.
- * C) Anna Freud.
- D) Stephen Mitchell.

59. The process that is most likely to account for the length of formal or standard psychoanalysis is:

- A) countertransference.
- B) transference.
- C) compromise formations.
- * D) transference neurosis.

60. The nature of the transference is typically controlled through the therapist's proper use of:

- A) confrontation.
- B) countertransference.
- * C) interpretation.
- D) primary-process thinking.

61. One way that a psychoanalytic therapist might control the transference is by:

- A) disclosing their primary process thinking.
- * B) being responsive and empathic.
- C) maintaining their blank screen behavior.
- D) encouraging daily therapy sessions.

62. In contrast to classical psychoanalysis, psychoanalytic models of therapy often emphasize _____ over consciousness raising.

- A) transference neurosis
- B) interpretation
- * C) corrective emotional experiencing
- D) resistance

63. Among several differences with classical psychoanalysis, relational models include each of the following notions EXCEPT:

- A) transference is regarded as an interactive process between client and therapist.
- B) views the therapist as unavoidably embedded in the relational field.
- C) de-emphasis on drive reduction.
- * D) careful avoidance of countertransference.

64. Interpersonal psychoanalysts regard countertransference as:

- A) a major source of the transference neurosis.
- * B) an important source of information about the patient's character and difficulties.
- C) an outmoded concept that has little bearing on treatment success.
- D) something that should be strictly avoided.

65. The important content and curative method of relational psychoanalysis is:

- A) transference and its interpretation.
- B) identification and re-experiencing of internal conflicts.
- * C) human relationships.
- D) insight about inner conflicts.

66. Wallerstein (1986) concluded from his qualitative study of 42 patients over 30 years each of the following EXCEPT:

- A) intrapsychic conflict resolution is not a necessary condition for change
- B) supportive psychoanalytic therapy produced better than expected success
- C) classical psychoanalysis produced less than expected success
- * D) the traditional distinction between “structural change” and “behavioral change” remains important

67. According to the text authors, the effectiveness of psychoanalysis is best characterized as:

- A) supported by clinical case and natural effectiveness studies.
- B) supported by only a few randomized clinical trials.
- * C) indeterminate because it has not been adequately tested.
- D) poor based on controlled research conducted to date.

68. The Menninger Foundation’s Psychotherapy Research Project documented that:

- A) patients improved more in psychoanalytic psychotherapy than psychoanalysis.
- * B) the majority of patients improved on a clinician rating scale.
- C) patients in psychoanalytic therapy improved more than in a no-treatment group.
- D) despite hundreds of hours of therapy, only a minority of patients improved.

69. A meta-analysis of 27 studies of long-term psychoanalytic therapy (de Maat, 2009) found:

- A) a small but significant success rate of 30-40% at termination.
- B) better longer follow-up success rates than rates at therapy termination.
- C) medium effect sizes for symptom reduction and small effect sizes for personality change.
- * D) large effect sizes for symptom reduction and medium effect sizes for personality change.

70. A meta-analysis of 11 controlled studies on the effectiveness of long-term psychoanalytic psychotherapy (Smit et al., 2012) found:

- * A) comparable recovery rates from mental disorders as produced by treatment as usual (TAU).
- B) small but significantly better outcomes than control conditions.
- C) lower recovery rates compared to control treatments, including treatment as usual.
- D) uniformly positive evidence for the effectiveness of psychoanalytic psychotherapy.