CBSE | **CLASS 12 | Psychology**

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CHAPTER-5 | Therapeutic Approaches

QUIZ
PART-02

1. Behaviour therapy primarily focuses on:
   A. Childhood experiences and unconscious conflicts
   B. Modifying maladaptive behaviour using learning principles
   C. Medication-based symptom removal
   D. Dream analysis and free association   (B)
   Explanation : Behaviour therapy is structured, action-oriented, and based on learning principles to replace maladaptive behaviours with adaptive ones .

2. Which theorists provide the theoretical basis of behaviour therapy?
   A. Freud, Adler, Jung
   B. Pavlov, Skinner, Bandura
   C. Maslow, Rogers, May
   D. Piaget, Kohlberg, Erikson   (B)
   Explanation: Behaviour therapy draws on Pavlov's classical conditioning, Skinner's operant conditioning, and Bandura's social learning theory .

3. The principle of reciprocal inhibition underlies which behaviour therapy technique?
   A. Flooding
   B. Aversion Therapy
   C. Systematic Desensitization
   D. Modelling   (C)
   Explanation: Joseph Wolpe's systematic desensitization works on reciprocal inhibition, where relaxation responses replace anxiety .

4. In flooding, the client is:
   A. Gradually exposed to an anxiety hierarchy
   B. Exposed directly to the most anxiety-provoking stimulus
   C. Given rewards for adaptive behavior
   D. Taught relaxation before exposure   (B)
   Explanation : Flooding involves immediate and prolonged exposure to the most feared stimulus until fear diminishes .

5. Pairing undesirable habits with unpleasant stimuli (e.g., electric shock for alcoholism) is known as:
   A. Positive Reinforcement
   B. Negative Reinforcement
   C. Aversion Therapy
   D. Token Economy   (C)
   Explanation: Aversion therapy associates unwanted behaviours with unpleasant experiences to reduce them .

6. Which behavioural technique uses tokens exchanged for rewards to reinforce desired behaviour?
   A. Contingency Contracting
   B. Modelling
   C. Aversion Therapy
   D. Token Economy   (D)
   Explanation: Token economy systems reward clients with tokens for adaptive behaviours, later exchanged for privileges or treats .

7. Which technique involves a written agreement outlining goals and consequences between client and therapist?
   A. Token Economy
   B. Contingency Contracting
   C. Modelling
   D. Flooding   (B)
   Explanation: Contingency contracting sets clear behavioural targets and consequences through a mutual written agreement .

8. Modelling, as explained by Bandura, is based on:
   A. Reciprocal inhibition
   B. Dream interpretation
   C. Vicarious learning
   D. Negative reinforcement   (C)
   Explanation: Modelling relies on vicarious learning, where clients learn behaviours by observing others and their outcomes .

9. Behaviour therapy is especially effective in treating all of the following EXCEPT:
   A. OCD
   B. Phobias
   C. Anxiety
   D. Schizophrenia delusions   (D)
   Explanation: Behaviour therapy effectively treats anxiety-related and behavioural issues, but deep-rooted personality or psychotic symptoms like delusions require additional interventions .

10. Skinner devised the idea of systematic desensitization. This statement is:
    A. True
    B. False
    C. Property damage
    D. Serious rule violations   (B)
    Explanation : Systematic desensitization was developed by Joseph Wolpe, not B.F. Skinner .