

CHAPTER-5 | Therapeutic Approaches

QUIZ
PART-06

1. Alternative therapies are primarily aimed at:
A. Replacing psychotherapy entirely
B. Enhancing mental well-being through mind-body practices
C. Only curing physical illnesses
D. Treating only severe psychosis (B)

Explanation: Alternative therapies like yoga, meditation, and acupuncture complement traditional psychotherapy by addressing the mind-body connection.

2. Which practice combines physical postures, breathing, and meditation for mental health benefits?
A. Acupuncture
B. Yoga
C. Herbal Remedies
D. Occupational Therapy (B)

Explanation: Yoga integrates postures, breathing, and meditation to improve both physical and mental health.

3. Focused attention and mindfulness to reduce stress and regulate emotions describe:
A. Acupuncture
B. Meditation
C. Cognitive Retraining
D. Vocational Training (B)

Explanation: Meditation involves mindfulness techniques that lower stress and improve emotional control.

4. Inserting thin needles into specific body points to relieve ailments is part of:
A. Meditation
B. Acupuncture
C. Herbal Therapy
D. Yoga (B)

Explanation: Acupuncture is a traditional Chinese method using fine needles to address physical and psychological conditions.

5. Using plant-based substances for therapeutic effects refers to:
A. Cognitive Retraining
B. Herbal Remedies
C. Alternative Medicine
D. Yoga (B)

Explanation: Herbal remedies involve plant-derived substances believed to aid mental health conditions.

6. Rehabilitation is especially crucial for which group of patients?
A. Those with short-term stress
B. Individuals with chronic mental illnesses like schizophrenia
C. Only children with ADHD
D. Patients undergoing surgery (B)

Explanation: Rehabilitation is vital for chronic cases like schizophrenia where symptom reduction alone is insufficient for recovery.

7. Which rehabilitation component enhances interpersonal abilities through role-play and feedback?
A. Vocational Training
B. Social Skills Training
C. Cognitive Retraining
D. Occupational Therapy (B)

Explanation: Social skills training improves communication and interaction through structured practice.

8. Structured exercises to improve attention, memory, and problem-solving define:
A. Cognitive Retraining
B. Social Skills Training
C. Occupational Therapy
D. Herbal Therapy (A)

Explanation: Cognitive retraining helps restore cognitive functions crucial for daily and work-related activities.

9. Rehabilitation that provides meaningful activities to develop work habits is called:
A. Social Skills Training
B. Vocational Training
C. Occupational Therapy
D. Cognitive Therapy (C)

Explanation: Occupational therapy engages individuals in purposeful activities to promote independence and daily functioning.

10. NIMHANS has shown that Sudarshan Kriya Yoga (SKY) reduces:
A. Panic Attacks
B. OCD
C. Depression
D. Anxiety (D)

Explanation: Research by NIMHANS indicates that SKY is particularly effective in reducing anxiety disorders.