

CHAPTER-5 | Therapeutic Approaches

QUIZ
PART-03

1. Who is the founder of Rational Emotive Therapy (RET)?

- A. Aaron Beck
 - B. Albert Ellis
 - C. Sigmund Freud
 - D. B.F. Skinner
- (B)

Explanation: RET was developed by Albert Ellis, focusing on irrational beliefs as the cause of psychological distress.

2. In the ABC model of RET, what does "B" stand for?

- A. Behavior
 - B. Belief
 - C. Background
 - D. Benefit
- (B)

Explanation: In the ABC model, "A" is Activating Event, "B" is Belief, and "C" is Consequence of that belief. conditioning, and Bandura's social learning theory.

3. Which additional components are added in RET to challenge irrational beliefs?

- A. D (Disputation) and E (Effect)
 - B. D (Defense) and E (Emotion)
 - C. D (Diagnosis) and E (Evaluation)
 - D. D (Development) and E (Energy)
- (A)

Explanation: RET expands ABC with D (Disputation of irrational beliefs) and E (new rational Effect).

4. What is the main goal of RET?

- A. Focus on childhood experiences
 - B. Replace irrational beliefs with rational thoughts
 - C. Reduce biological symptoms
 - D. Teach dream interpretation
- (B)

Explanation: RET aims to replace irrational, faulty beliefs with rational, logical thoughts to reduce distress.

5. Who developed Cognitive Therapy in the 1960s?

- A. Albert Ellis
 - B. Aaron Beck
 - C. Carl Rogers
 - D. Abraham Maslow
- (B)

Explanation: Aaron T. Beck developed Cognitive Therapy, emphasizing the role of negative automatic thoughts.

6. Which of the following is NOT a common cognitive distortion?

- A. Overgeneralization
 - B. Catastrophizing
 - C. All-or-nothing thinking
 - D. Reciprocal inhibition
- (D)

Explanation: Reciprocal inhibition is a behavior therapy concept; the other three are cognitive distortions.

7. Which technique involves identifying and replacing negative automatic thoughts with balanced alternatives?

- A. Flooding
 - B. Aversion Therapy
 - C. Cognitive Restructuring
 - D. Token Economy
- (C)

Explanation: Cognitive restructuring is central to Beck's therapy for challenging irrational and negative thoughts.

8. Thought recording in cognitive therapy helps clients to:

- A. Avoid distressing memories
 - B. Write down situations, feelings, and thoughts to identify patterns
 - C. Replace medication
 - D. Practice only behavioral exercises
- (B)

Explanation: Thought logs help clients observe and analyze their thinking patterns to challenge distortions.

9. Cognitive Behaviour Therapy (CBT) combines cognitive therapy with:

- A. Psychoanalysis
 - B. Behavioral techniques
 - C. Humanistic therapy
 - D. Medical treatment
- (B)

Explanation: CBT integrates cognitive restructuring with behavioral techniques such as exposure and role-playing.

10. Rational Emotive Theory was given by Beck and Ellis. This statement is:

- A. True
 - B. False
 - C. Property damage
 - D. Serious rule violations
- (B)

Explanation: RET was developed only by Albert Ellis; Beck proposed Cognitive Therapy independently.