



HUMAN BEHAVIOUR ACADEMY

**CHARTERED ATTITUDE AND
BEHAVIOUR CONSULTANT
EXAMINATION**

Subject Code : CAB 1033

Subject Name : Cognitive Behaviour Therapy

This examination carries 100% of the total assessment for this subject.

Day : SUNDAY

Date : 17 JUNE 2012

Time : 3.30 AM – 4.30 PM

Time allowed : 1 HOURS

INSTRUCTION(S):

1. This examination consists of FIFTY (50) multiple choice questions and Answer questions
Answer BOTH questions in the answer book provided.
2. This is an **OPEN-BOOK** examination. You are permitted to bring into the examination room the recommended textbook(s), lecture notes and course materials provided by HBA, plus other references but you are expected to give your own views on the topics.
3. Please be reminded that the examiner may fail a candidate should there be wholesale copy from published references.

(This question paper consists of 50 questions in 9 printed pages, including cover page)

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This paper contains FIFTY (50) Multiple Choice Questions and you need to answer all questions.

1. One brain center of interest to cognitive psychologists is the hippocampus, a center that:
 - A. Plays a prominent role in motivation
 - B. Controls intention and volition
 - C. Processes abstract thoughts
 - D. Appears to be crucial to the formation of memory
3. Which approach is most consistent with the way the brain functions?
 - A. Connectionist
 - B. Information processing
 - C. Evolutionary
 - D. Ecological
4. This structure transmits information from the spinal cord to the brain, and regulates life support functions such as respiration:
 - A. Hypothalamus
 - B. Medulla
 - C. Pons
 - D. Cerebellum
 - E. Hippocampus
5. The school of psychology that emphasizes the “whole is greater than the sum of its parts” and that emphasizes the tendency to integrate separate stimuli into meaningful patterns is the school of
 - A. Behaviorism
 - B. Gestalt Psychology
 - C. Functionalism
 - D. Structuralism

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6. If a patient had severe damage to the frontal lobe, you might predict she would have
- A. Impaired decision-making and problem-solving abilities as well as the inability to inhibit appropriate social behaviors
 - B. Difficulty in identifying visually complex forms
 - C. Difficulty in identifying objects by touch
 - D. Difficulty in hearing sounds
7. The idea that different mental abilities, such as reading and arithmetic, are independent functions carried out by different parts of the brain is known as
- A. Faculty psychology
 - B. Gestalt psychology
 - C. Phrenology
 - D. Functionalism
8. The major problem with phrenology was the assumption that
- A. Different parts of the brain controlled different functions
 - B. The size of a portion of the brain corresponded to its relative power
 - C. Different faculties were absolutely independent
 - D. . Both (b) and (c) are correct answers
9. Disruption of language abilities is referred to as
- A. Aphasia
 - B. Epilepsy
 - C. Agnosia
 - D. Anosmia
10. Which of the following is probably the best definition of perception?
- A. The process that provides for the response of the receptors to stimulation
 - B. The process that provides for memories and cognition
 - C. The process that provides for interpretation of information from the environment.
 - D. The process that provides for the construction of an accurate replica of the stimuli as they exist in the world.
11. Which of the following is not an example of a cognitive process
- A. Attention
 - B. Perception
 - C. Problem solving
 - D. All of these are cognitive processes

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13. Cognitive psychology seeks to understand
- A. The characteristic of human knowledge and intellectual functioning
 - B. How rational and irrational thoughts differ
 - C. The difference between normal and abnormal thought
 - D. All of these
 - E. None of these
14. Which of the following is another name for bottom-up processing?
- A. Data-driven
 - B. Conceptually driven
 - C. Perception
 - D. Direct perception
15. Which of the following statement is TRUE about Cognitive Therapy?
- A. Cognitive Therapy focuses on feelings
 - B. Cognitive Therapy is basically positive thinking
 - C. Cognitive Therapy seems too simple
 - D. Cognitive Therapy is little more than symptom relief
16. Clients often have concerns about termination which the therapist needs to address. Some of the concerns are
- A. Not all my problems have been sorted out
 - B. Feeling difficult without seeing therapist
 - C. The therapist disclose my problems
 - D. None of the above
17. Identify the method used by the therapist.
“Why the hell is golf more important than me?”
“Golf is important to him on Sunday morning but it is not more important than me. He’s told me that often enough. I need to be reassured over this issue which is my problem, not his.”
The method is known as
- A. Socratic questioning
 - B. NATS
 - C. Exaggeration and humour
 - D. Behavioural experiments
18. During developing alternative core belief, clients should
- A. continuously develop new belief until saturation
 - B. Refer to the right terms to be used to replace their own values
 - C. Focus on how they would like to be rather than let them linger on how they are
 - D. Expect new core belief to be fully reformed and robust at the outset of schema work.

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19. The following steps are needed when developing a case conceptualisation expect
- A. to understand the “entire case as a whole, particularly the relationship among patient’s presenting problems.
 - B. To identify the syndrome or problem
 - C. To refer to DSM to identify the psychopathology encounters by the clients.
 - D. To collect information about the client’s thoughts, feelings and behaviour in the situation.

To what extent might the client engage in behaviour that keeps her safe in her own mind but prevents her from constructively tackling her problem?

20. The statement describes
- A. Focality
 - B. Chronicity of problems
 - C. Security operations
 - D. Accessibility of automatic thoughts

*******END OF EXAMINATION*******