Managing Depressive Symptoms in Substance Abuse Clients

1) In general _____ with substance use disorders have higher rates of co-occurring psychiatric disorders than _____.
   a) women, men
   b) men, women
   c) teens, adults
   d) adults, teens

2) All the following are listed as depressive symptoms and related feelings and behaviors EXCEPT
   a) loss of interest in most activities
   b) sleep disturbances
   c) feelings of excessive guilt
   d) inability to cry

3) Depressive symptoms may come and go for a period up to a few months, these are sometimes called
   a) transient
   b) acute
   c) chronic
   d) episodic

4) People with certain medical conditions such as hypothyroidism and ____ deficiency may have depressive symptoms as part of their clinical presentation.
   a) B-12
   b) Vitamin K
   c) Calcium
   d) Sunlight

5) “Increased sleep” is associated with withdrawal from
   a) Opioids
   b) Cocaine
   c) Alcohol
   d) Cannabis

6) Two populations with the highest rates of suicide are people who are ____ and people with a/an ____ diagnosis.
   a) cat owners, anxiety disorder
   b) chronically ill, substance use disorder
   c) unemployed, anxiety disorder
   d) depressed, substance use disorder
7) Which is a common myth about suicide?
   a) Clients will not make a suicide attempt if they promise the counselor to not hurt themselves.
   b) Talking about suicidal thoughts will put the idea in a client’s head and make the problem worse.
   c) Changing a client’s perception of the events in her life will change her suicidality.
   d) All the above

8) What is the standard of care for clients with substance abuse and depressive symptoms or any co-occurring mental disorder?
   a) Co-occurring therapies
   b) EMDR
   c) Inpatient Treatment
   d) Integrated Interventions

9) Which is the most frequently used psychological treatment in the United States?
   a) Motivational interviewing
   b) Expressive therapies
   c) Supportive therapy
   d) Group Therapy

10) Some cultures, particularly Latino and Caribbean cultures talk in terms of
    a) colors
    b) food
    c) nerves
    d) animals

11) _____ by the client refers to the unconscious use of past experience with similar individuals or situations to shape reactions to a new person or social situation?
    a) Countertransference
    b) Channeling
    c) Transference
    d) Déjà vu

12) Miller and Rollnick’s (2002) motivational interviewing concept for wanting to “fix” the client is referred to as the
    a) righting reflex
    b) tuning fork
    c) adjustment bureau
    d) guiding light
13) Central to the concept of integrated treatment is the importance of treating the
   a) whole person
   b) abuse
   c) symptoms
   d) illness

14) Which is not part of Beck's cognitive triad?
   a) the self
   b) one's thoughts
   c) one's experiences
   d) one's future

15) A person assumes that his gut reaction is accurate when using which depressive
    thinking style?
    a) emotional reasoning
    b) jumping to conclusions
    c) discounting the positive
    d) disbelieving others

16) Which is a planned an purposeful process that typically is brief and occurs soon
    after the client presents for services?
    a) Assessment
    b) Screening
    c) Treatment Planning
    d) Greeting

17) Which is a 21-item self-report used to screen for depressive symptoms?
    a) CAT6e
    b) WAG-R
    c) BDI-II
    d) RAT-3

18) A treatment plan for a person with substance use disorder and depressive
    symptoms should be integrated and
    a) evidence based
    b) family oriented
    c) client-centered
    d) affordable

19) Which is not mentioned as a technique that facilitates the development of a
    therapeutic alliance?
    a) listening reflectively
    b) actively addressing a misstep
    c) having permeable boundaries
    d) being a good role model
20) Using cognitive-behavioral techniques, clients can be taught to monitor and record instances of their
   a) negative thoughts
   b) dreams
   c) feelings
   d) drinking habits

21) Which is relatively automatic and effortless?
   a) Empathy
   b) Sympathy
   c) both
   d) neither

22) In a strengths based approach, which is not an area of strength for most clients?
   a) capacity for endurance
   b) personal growth
   c) insight
   d) a concern for the welfare of others

23) In Prochaska and DiClemente’s stages of motivation, the client realizes there might be a problem in the ____ stage.
   a) Preparation
   b) Action
   c) Maintenance
   d) Contemplation

24) Which is NOT mentioned as a technique for building feelings of self-efficacy?
   a) Partializing a large task into smaller, manageable tasks
   b) Performing regular mirror affirmation exercises
   c) Setting a modest if less important goal that is achievable
   d) Mentally rehearsing a task and visualizing success

25) All the following are true EXCEPT
   a) Antidepressant medications rarely have abuse potential
   b) No method or test will predict the best medication for a patient
   c) It often takes at least 4 to 6 weeks before an antidepressant begins to work
   d) Any given medication has about a 75% chance of working well and a 25% chance of failing.

26) For some clients, the termination experience will mirror experiences that were fundamental to their depressive symptoms, this is known as
   a) Transference
   b) Countertransference
   c) Piggybacking
   d) Reactivation
27) Hubble et al. (1999) states that the key element in the majority of positive outcomes in substance abuse treatment is the
a) client’s level of motivation
b) length of sobriety
c) relationship between the counselor and client
d) degree of family member support

28) In Rogers client-centered approach, “unconditional positive regard” is also known as
a) non-possessive warmth
b) accurate empathy
c) genuineness
d) empathic collaboration

29) Motivational interviewing is based in part on Rogers’ ____ theory of change.
a) cognitive
b) rational
c) personal
d) humanistic

30) Which is not one of the roles of the counselor in the collaborative counseling process?
a) listening to and hearing
b) understanding and empathizing
c) performing
d) wondering

31) “Maintaining a nonjudgmental attitude toward the client” is a reflection of which attitude of culturally competent counselors?
a) Respect
b) Acceptance
c) Sensitivity
d) Openness

32) Which is NOT a counseling process that supports behavioral change?
a) Helping a client set achievable goals
b) Helping the client find internal and environment resources
c) Targeting global behaviors to change
d) Helping the client take big changes and break them down into smaller changes
33) Which is NOT a problem-solving technique to help people achieve behavioral change?
   a) Identify the goal
   b) Identify barriers
   c) Elicit a commitment
   d) Identify feelings

34) Which scales were mentioned as having been evaluated for utility with specific racial and ethnic groups.
   a) CES-D and Beck Depression Inventory-II
   b) Beck Depression Inventory-II and ABC-R
   c) ABC-R and Myers Depression Scale
   d) Myers Depression Scale and CES-D

35) What saying did the counselor share with Cherry to remind her to keep performing new behaviors?
   a) Fake it 'til you make it
   b) The greatest oak was once a little nut who held its ground
   c) There is no telling how many miles you will have to run while chasing a dream
   d) If we are facing in the right direction, all we have to do is keep on walking

36) When the counselor told Cherry, “You start to feel overwhelmed, and you start to feel like you don’t have energy to do that” the counselor was using which technique?
   a) interpretation
   b) rapport building
   c) partializing
   d) active listening

37) When the counselor told Cherry, “Mm-hmm. So again, I see the pressure building up there, and you’re feeling really overwhelmed. I’m wondering if we can’t look at this list and make it into something more manageable” the counselor was using which technique?
   a) interpretation
   b) rapport building
   c) partializing
   d) active listening

38) When using relaxation techniques, it is important to be aware that clients with a history or trauma may experience a
   a) depressed state
   b) period of nightmares
   c) deep sleep
   d) dissociative reaction
39) All are mentioned as benefits of guided imagery EXCEPT
   a) building positive affirming thoughts
   b) letting go of control
   c) increasing awareness of underlying thoughts or feelings
   d) enhancing motivation

40) Cognitive therapy techniques are based on the premise that how you ___ your experiences in life determines the way you feel and behave.
   a) share
   b) feel about
   c) react to
   d) interpret

41) When the counselor assesses that John’s ways of thinking are a significant barrier to his ability to change, she decides to approach John from a cognitive, ___ perspective.
   a) boot camp
   b) change thinking
   c) humanistic
   d) group therapy

42) What refers to how people qualify or ascribe meaning of events in terms of their mindset?
   a) Attribution style
   b) Tunnel vision
   c) Preconceptions
   d) here and now thinking

43) What did the counselor realize she was negligent in getting John’s agreement on?
   a) A release to talk to his physician
   b) Whether he was comfortable working with a woman
   c) Goals for the work
   d) Whether he wanted to work on marital issues

44) What are described as the filters a person uses to make sense of different experiences?
   a) Schemas
   b) Past experiences
   c) Core beliefs
   d) Neurosis
45) Sally had built us a dependence on which drug?
   a) Nitrous Oxide  
   b) Cocaine  
   c) Benzedrine  
   d) Marijuana

46) The fourth step in how to challenge beliefs is to help the client begin to move the belief from a _____ to a _____.
   a) truth, thought  
   b) thought, reality  
   c) reality, action  
   d) action, truth

47) Sally identified the belief that not driving the rig means having to be a waitress, which is an example of which type of thinking?
   a) black and white  
   b) all-or-nothing  
   c) fortune telling  
   d) magnifying glass

48) How did the counselor respond to Sally's grief regarding her deceased husband?
   a) He discounts it  
   b) He refers her for antipsychotics  
   c) He normalizes it  
   d) He educates her about delusions

49) What technique did the counselor use to dispute the belief that Sally is responsible for Larry's death?
   a) the megaphone  
   b) contradictory information  
   c) the empty couch  
   d) I know I am but what are you

50) Taking disowned parts of oneself and placing those attributes onto others is
   a) just plain wrong  
   b) projection  
   c) externalization  
   d) emotional grafting

51) When the counselor says the problem is “other people's problems, not yours”, he has used which technique?
   a) reframing  
   b) displacement  
   c) shifting  
   d) focusing
52) When the counselor missed the opportunity to join with Shirley in her request of assistance, this is known as a
   a) misattunement
   b) fumble
   c) parallelism
   d) asynchronism

53) The main way to handle resistance is to simply ____ it.
   a) ignore
   b) discount
   c) reflect
   d) counter

54) “Tell me what you feel would be helpful to you” is an example of
   a) shifting focus
   b) emphasizing personal choice
   c) reframing
   d) amplifying

55) Which 2 metaphors are mentioned as particularly effective when describing unresolved grief?
   a) a full closet and the Nile
   b) the Nile and more fish in the sea
   c) more fish in the sea and a log jam
   d) a log jam and a full closet

56) People with unresolved grief often see their emotions as their
   a) partner
   b) friend
   c) child
   d) enemy