

# Chapter Fifteen

## TREATMENT OF PSYCHOLOGICAL DISORDERS

### Review of Key Ideas

---

#### THE ELEMENTS OF THE TREATMENT PROCESS

**1. Identify the three major categories of therapy, and discuss how various demographic variables relate to the likelihood of treatment.**

- 1-1.** Even though she already owns more than a thousand pairs of shoes, Imelba cannot resist the urge to buy more. She checks the Yellow Pages and calls three different psychotherapists regarding possible treatment for her compulsion.
- (a) One therapist tells her that treatment will require her to talk with the therapist so as to develop a better understanding of her inner feelings. This therapist probably belongs to the \_\_\_\_\_ school of psychotherapy.
  - (b) Another therapist suggests that some form of medication may help alleviate her compulsion. This therapist probably pursues the \_\_\_\_\_ approach to psychotherapy.
  - (c) The third therapist is of the opinion that her urge to buy shoes results from learning, and correcting it requires that she unlearn this compulsion. This therapist probably pursues the \_\_\_\_\_ approach to psychotherapy.
- 1-2.** Indicate whether the following statements about people who seek and choose not to seek psychotherapy are true or false.
- \_\_\_\_\_ Men are more likely than women to seek psychotherapy.
  - \_\_\_\_\_ The two most common presenting symptoms are excessive anxiety and depression.
  - \_\_\_\_\_ Persons seeking psychotherapy always have identifiable disorders.
  - \_\_\_\_\_ Only a minority of persons needing psychotherapy actually receive treatment.
  - \_\_\_\_\_ Many people feel that seeking psychotherapy is an admission of personal weakness.

Answers: 1-1. (a) insight (b) biomedical (c) behavioral 1-2. false, true, false, true, true.

**2. Describe the various types of mental health professionals involved in the provision therapy.**

**2-1.** Identify the following kinds of mental health professionals:

- (a) Medically trained persons (physicians) who generally use biomedical and insight approaches to psychotherapy.
- (b) Persons with doctoral degrees who emphasize behavioral and insight approaches to psychotherapy in treating a full range of psychological problems (two types).
- (c) Nurses who usually work as part of the treatment team in a hospital setting.
- (d) These persons often work with both the patient and family to reintegrate the patient back into society.
- (e) Persons who usually specialize in particular types of problems, such as vocational, drug, or marital counseling.

**Answers: 2-1.** (a) psychiatrists (b) clinical and counseling psychologists (c) psychiatric nurses (d) clinical social workers (e) counselors.

**INSIGHT THERAPIES**

**3. Explain the logic of psychoanalysis, and describe the techniques by which analysts probe the unconscious.**

**3-1.** Freud believed that psychological disturbances originate from unresolved conflicts deep in the unconscious levels of the mind. His theory of personality, which he called \_\_\_\_\_, would be classified as an \_\_\_\_\_ approach to psychotherapy. The psychoanalyst plays the role of psychological detective, seeking out problems thought to originate from conflicts left over from early \_\_\_\_\_.

**3-2.** The psychoanalyst employs two techniques to probe the unconscious. One technique requires the patient to tell whatever comes to mind, no matter how trivial. This technique is called \_\_\_\_\_. The other technique requires the patient to learn to remember his or her dreams, which are then probed for their hidden meaning by the psychoanalyst. This technique is called \_\_\_\_\_.

**Answers: 3-1.** psychoanalysis, insight, childhood **3-2.** free association, dream analysis.

**4. Discuss resistance and transference in psychoanalysis.**

- 4-1. Freud believed most people (do/do not) want to know the true nature of their inner conflicts and will employ various strategies so as to offer \_\_\_\_\_ to the progress of therapy. As therapy progresses, the patient often begins to relate to the therapist as though he or she was actually one of the significant persons (mother, father, spouse, etc.) in the patient's life. This phenomenon is called \_\_\_\_\_.

Answers: 4-1. do not, resistance, transference.

**5. Identify the elements of therapeutic climate, and discuss therapeutic process in Rogers' client-centered therapy.**

- 5-1. Client-centered therapy, as developed by Carl Rogers, holds that there are three important aspects necessary for a good therapeutic climate. These are genuineness, unconditional positive regard, and empathy. Match these terms with their correct definitions, as given below.
- (a) The ability to truly see the world from the client's point of view and communicate this understanding to the client.
- (b) The therapist's openness and honesty with the client.
- (c) The complete and nonjudgmental acceptance of the client as a person, without necessarily agreeing with what the client has to say.
- 5-2. The major emphasis for client-centered therapy is to provide feedback and \_\_\_\_\_ as the client expresses his or her thoughts and feelings. The idea here is that the client (does/does not) need direct advice. What is needed is help in sorting through personal confusion in order to gain greater \_\_\_\_\_ into true inner feelings.

Answers: 5-1. (a) empathy (b) genuineness (c) unconditional positive regard 5-2. clarification, does not, insight or understanding.

**6. Describe how group therapy is generally conducted, and identify some advantages of this approach.**

- 6-1. When conducting group therapy, the therapist generally plays a/an (active/subtle) role, one that is primarily aimed at promoting \_\_\_\_\_ cohesiveness. Participants essentially function as \_\_\_\_\_ for each other, providing acceptance and emotional support.

- 6-2. Besides being less expensive, group therapy also has three other advantages: (1) the realization by the participants that their problems (are/are not) unique, (2) the opportunity to work in a safe environment to build \_\_\_\_\_ skills, and (3) the fact that group therapy is particularly appropriate for (all/certain) kinds of problems.

Answers: 6-1. subtle, group, therapists 6-2. are not, social, certain.

**7. Discuss evidence on the efficacy of insight therapies and the role of common factors in therapy.**

- 7-1. Evaluating the effectiveness of insight therapies (is/is not) especially complicated. For example, many problems simply clear up on their own, a condition called \_\_\_\_\_ *remission*.
- 7-2. Overall, research studies show that a clinically meaningful recovery within about 20 sessions occurs in about \_\_\_\_\_ percent of the patients. This number grows to about \_\_\_\_\_ percent after 45 sessions.
- 7-3. The benefits of therapy appear to represent the specific procedures employed by a given therapist and also to \_\_\_\_\_ factors employed by all therapists.

Answers: 7-1. is, spontaneous 7-2. 50, 75 7-3. common.

**BEHAVIOR THERAPIES**

**8. Summarize the general principles underlying behavioral approaches to therapy.**

- 8-1. In contrast to insight therapists, who believe that pathological symptoms are signs of an underlying problem, behavior therapists believe that the \_\_\_\_\_ are the problem. Thus, behavior therapists focus on employing the principles of learning to directly change maladaptive \_\_\_\_\_. The two general principles underlying this approach are (1) one's behavior is a product of \_\_\_\_\_, and (2) what has been learned can be \_\_\_\_\_.

Answers: 8-1. symptoms, behavior, learning, unlearned.

**9. Describe the goals and procedures of systematic desensitization and aversion therapy.**

- 9-1. State whether the following situations would be most applicable to systematic desensitization or to aversion therapy.
- (a) The treatment goal is to lessen the attractiveness of particular stimuli and behaviors that are personally or socially harmful.
- (b) The treatment goal is to reduce irrational fears, such as found in phobias and other anxiety disorders.
- (c) The three-step treatment involves pairing an imagined anxiety hierarchy with deep muscle relaxation.

- (d) Treatment involves presenting an unpleasant stimulus, such as electric shock, while a person is engaged in performing a self-destructive, but personally appealing, acts.
- (e) This would be the treatment of choice for students who are unduly anxious about public speaking.

**Answers: 9-1.** (a) aversion therapy (b) systematic desensitization (c) systematic desensitization (d) aversion therapy (e) systematic desensitization.

**10. Describe the goals and techniques of social skills training.**

**10-1.** As the name implies, social skills training is a behavior therapy designed to improve a clients social or \_\_\_\_\_ skills. Three different behavioral techniques are employed. First, one is required to watch closely the behavior of socially skilled persons, a technique called \_\_\_\_\_. Next, the client is expected to imitate and practice the behavior he or she has just witnessed, a technique called behavior \_\_\_\_\_. Finally, the client is expected to perform in social situations requiring increasingly more difficult social skills, a technique called \_\_\_\_\_.

**Answers: 10-1.** interpersonal, modeling, rehearsal.

**11. Discuss the logic, goals, and techniques of cognitive therapy.**

**11-1.** Answer the following questions regarding the logic, goals, and techniques of cognitive therapy.

- (a) What is the basic logic behind cognitive therapy? Or, to put it another way, what is the origin of many psychological problems according to cognitive therapy?
- (b) What is the primary goal of cognitive therapy?
- (c) How do cognitive therapists go about changing a client's negative illogical thinking?
- (d) What two therapy traditions did cognitive therapy emerge from?

**Answers: 11-1.** (a) negative illogical thinking (b) to change the client's negative illogical thinking (c) by having the client subject the automatic illogical thoughts to reality testing (d) insight therapy and behavior therapy.

**12. Discuss evidence on the effectiveness of behavior therapies.**

- 12-1.** Compared to the evidence in support of insight therapies, the evidence in favor of behavior therapy is somewhat (weaker/stronger). It is important to remember, however, that behavior therapies are best suited for treating (specific/general) psychological disorders, and that all of the various behavioral techniques (are/are not) equally effective.

Answers: 12-1. stronger, specific, are not.

**BIOMEDICAL THERAPIES**

**13. Describe the principal categories of drugs used in the treatment of psychological disorders.**

- 13-1.** Valium and Xanax, popularly called tranquilizers, are used to treat psychological disorders in which anxiety is a major feature. Thus, they are collectively called \_\_\_\_\_ drugs.
- 13-2.** Another class of drugs is used to treat severe psychotic symptoms, such as hallucinations and confusion. These drugs are collectively called \_\_\_\_\_ drugs.
- 13-3.** Three classes of drugs – tricyclics, MAO inhibitors, and selective serotonin reuptake inhibitors – have been found to be useful in alleviating depression. These drugs are collectively called \_\_\_\_\_ drugs.
- 13-4.** A new class of drugs is replacing lithium for treating mood disorders. Valproic acid is the most popular of these new drugs, which are collectively known as \_\_\_\_\_ *stabilizers*.

Answers: 13-1. antianxiety 13-2. antipsychotic 13-3. antidepressant 13-4. mood.

**14. Discuss evidence on the effects and problems of drug treatments for psychological disorders.**

- 14-1.** Drug therapies have proven useful in the treatment of many psychological disorders. However, they remain controversial for at least three reasons. Use the hints below to describe these three reasons.
- (a) resolve problems
  - (b) two areas having to do with excess
  - (c) cure is worse than the disease
- 14-2.** What problem exists between drug companies and researchers that may influence results regarding the effectiveness and side effects of drugs?



## CURRENT TRENDS AND ISSUES IN TREATMENT

### 17. Discuss the merits of blending or combining different approaches to therapy.

- 17-1. A significant trend in modern psychotherapy is to blend or combine many different treatment approaches. Psychologists who advocate and use this approach are said to be \_\_\_\_\_. One outcome study cited by the text suggests there may be merit to this approach. In this study, three different groups of depressed patients were treated by either insight therapy, drug therapy, or both. The greatest improvement was found in patients treated by \_\_\_\_\_.

Answers: 17-1. eclectic, both.

### 18. Discuss the barriers that lead to underutilization of mental health services by ethnic minorities and possible solutions to the problem.

- 18-1. The text lists four general barriers (cultural, language, access, and institutional) to mental health services for ethnic minorities. Indicate which of these barriers is represented in the following statements.
- \_\_\_\_\_ (a) Many of the ethnic minorities are in low-paying jobs and without health insurance.
- \_\_\_\_\_ (b) Very few mental health facilities are equipped to provide culturally responsive services.
- \_\_\_\_\_ (c) There is a limited number of bilingual therapists.
- \_\_\_\_\_ (d) Psychotherapy was developed by whites in the Western world to treat whites in the Western world.
- 18-2. What would be an optimal, but perhaps impractical, solution to the problems of language and cultural differences between therapists and clients?
- 18-3. What kind of training was recommended for therapists?
- 18-4. What suggestion was made with respect to traditional therapies?

Answers. 18-1. (a) access (b) institutional (c) language (d) cultural 18-2. Ethnically match therapists and clients. 18-3. cultural sensitivity training 18-4. That they be modified to be more compatible with specific ethnic groups.

## INSTITUTIONAL TREATMENT IN TRANSITION

### 19. Explain why people grew disenchanted with mental hospitals and describe the community mental health movement.

- 19-1. After more than a century of reliance on state mental hospitals, the evidence began to grow that these institutions were not helping the patients; rather, in many instances, they were worsening their condition. What condition, unrelated to funding, was said to be responsible for this state of affairs?

- 19-2. In order to correct for these shortcomings, the community mental health movement arose as an alternative treatment option. These community based facilities emphasize (short-term/long-term) therapy and getting patients stabilized and back into the community \_\_\_\_\_.

Answers: 19-1. The removal of patients from their communities separated them from essential support groups.  
19-2. short-term, swiftly.

**20. Describe the deinstitutionalization trend, and evaluate its effects.**

20-1. The transferring of mental health care from large state institutions to community based facilities is what is meant by the term \_\_\_\_\_. As a result of deinstitutionalization, the number of mental patients in large institutional hospitals has \_\_\_\_\_ remarkably. The length of stay by patients in mental hospitals has also \_\_\_\_\_.

20-2. While deinstitutionalization has resulted in a decrease in the number of patients, as well as their length of stay, the number of admissions to psychiatric hospitals has actually \_\_\_\_\_. This is because of a large number of readmissions for short-term care, which the text calls “the \_\_\_\_\_ problem.” Another problem brought about by deinstitutionalization is that a large number of discharged patients who have meager job skills and no close support groups make up a substantial portion of the nation’s \_\_\_\_\_ persons.

Answers: 20-1. deinstitutionalization, declined, declined 20-2. increased, revolving door, homeless.

**REFLECTING ON THE CHAPTER’S THEMES**

**21. Explain how this chapter highlighted two of the text’s unifying themes.**

21-1. What point does the text make about how theoretical diversity influenced the treatment techniques employed by psychotherapy?

21-2. The approaches to psychotherapy discussed in this chapter are not universally accepted or used, and some are actually counterproductive in many cultures. Why is this?

Answers: 21-1. It has resulted in better treatment techniques (because of the many diverse approaches). 21-2. Cultural factors influence psychological processes.

**APPLICATION: LOOKING FOR A THERAPIST**

**22. Discuss where to seek therapy, and the potential importance of a therapist’s sex, professional background, and cost.**

22-1. Most therapists (are/are not) in private practice. In addition to talking to friends and acquaintances, the text lists many places (Table 15.2) where one might seek psychotherapy. The general idea here is to \_\_\_\_\_ around when looking for a therapist.

- 22-2. The text concludes that the kind of degree held by the psychotherapist (is/is not) crucial, although a verifiable degree indicating some kind of professional training is important. The sex of the therapist should be chosen according to the feelings of the \_\_\_\_\_; it is unwise to engage a therapist whose sex makes the client feel uncomfortable.
- 22-3. Answer the following questions regarding the cost of psychotherapy.
- (a) How does the cost of therapists involved in private practice compare with the fees charged by similar professional groups?
- (b) Many community agencies use a sliding scale to assess therapy costs. What does this mean?

Answers: 22-1. are not, shop 22-2. is not, client 22-3. (a) The costs are similar. (b) Fees are assessed according to the ability to pay.

**23. Discuss the importance of a therapist's theoretical approach.**

- 23-1. Studies of the effectiveness of various theoretical approaches to therapy show they are (unequal/equal) in overall success. This equality of results among all theoretical approaches (does/does not) apply to all types of problems. The theoretical approach may make a difference for specific types of problems.

Answers: 23-1. equal, does not.

**24. Summarize what one should look for in a prospective therapist and what one should expect out of therapy.**

- 24-1. The text lists three areas to evaluate when looking for a therapist. Complete the following statements describing these areas.
- (a) Can you talk to the therapist \_\_\_\_\_?
- (b) Does the therapist appear to have empathy and \_\_\_\_\_?
- (c) Does the therapist appear to be self-assured and \_\_\_\_\_?
- 24-2. What should one consider before terminating therapy because of lack of progress?
- 24-3. What did the Ehrenbergs say about what to expect from psychotherapy?

Answers: 24-1. (a) openly (in a candid, nondefensive manner) (b) understanding (c) confident 24-2. The lack of progress may be due to resistance on the client's part. 24-3. It takes time, effort, and courage.

## CRITICAL THINKING APPLICATION

### 25. Explain how placebo effects and regression toward the mean can complicate the evaluation of therapy.

25-1. In addition to therapy itself, what other two factors can influence the outcome of a treatment program?

25-2. Which of these two factors is least effected by having only a small sample?

25-3. Which of these factors leads us to predict that persons who score the healthiest on a mental health questionnaire will actually score lower on this questionnaire following a brief therapy intervention?

Answers: 25-1. placebo effects and regression toward the mean 25-2. placebo effects 25-3. regression toward the mean.

## Review of Key Terms

---

Antianxiety drugs  
Antidepressant drugs  
Antipsychotic drugs  
Aversion therapy  
Behavior therapies  
Biomedical therapies  
Client-centered therapy  
Clinical psychologists  
Cognitive-behavioral treatments  
Cognitive therapy  
Counseling psychologists

Deinstitutionalization  
Dream analysis  
Eclecticism  
Electroconvulsive therapy (ECT)  
Free association  
Group therapy  
Insight therapies  
Interpretation  
Mental hospitals  
Mood stabilizers  
Placebo effects

Psychiatrists  
Psychoanalysis  
Psychopharmacotherapy  
Regression toward the mean  
Resistance  
Social skills training  
Spontaneous remission  
Systematic desensitization  
Tardive dyskinesia  
Transference

1. Psychologists who specialize in the treatment of full-fledged disorders.
2. Physicians who specialize in the treatment of psychological disorders.
3. Therapies that involve verbal interactions intended to enhance a client's self-knowledge and thus produce healthful changes in personality and behavior.
4. An insight therapy that emphasizes the recovery of unconscious conflicts, motives, and defenses through techniques such as free association and transference.
5. A technique in which clients are urged to spontaneously express their thoughts and feelings with as little personal censorship as possible.
6. A technique for interpreting the symbolic meaning of dreams.
7. A therapist's attempts to explain the inner significance of a client's thoughts, feelings, memories, and behavior.
8. A client's largely unconscious defensive maneuvers intended to hinder the progress of therapy.

- \_\_\_\_\_ 9. A process that occurs when clients start relating to their therapist in ways that mimic critical relationships in their lives.
- \_\_\_\_\_ 10. An insight therapy that emphasizes providing a supportive emotional climate for clients who play a major role in determining the pace and direction of their therapy.
- \_\_\_\_\_ 11. An insight therapy that emphasizes recognizing and changing negative thoughts and maladaptive beliefs.
- \_\_\_\_\_ 12. The simultaneous treatment of several clients.
- \_\_\_\_\_ 13. Therapies that involve the application of learning principles to change a client's maladaptive behaviors.
- \_\_\_\_\_ 14. A behavior therapy used to reduce anxiety responses through counterconditioning.
- \_\_\_\_\_ 15. A behavior therapy in which an aversive stimulus is paired with a stimulus that elicits an undesirable response.
- \_\_\_\_\_ 16. Recovery from a disorder that occurs without formal treatment.
- \_\_\_\_\_ 17. A behavior therapy designed to improve interpersonal skills and which emphasizes shaping, modeling, and behavioral rehearsal.
- \_\_\_\_\_ 18. Therapies that use physiological interventions intended to reduce symptoms associated with psychological disorders.
- \_\_\_\_\_ 19. The treatment of mental disorders with drug therapy.
- \_\_\_\_\_ 20. Drugs that relieve tension, apprehension, and nervousness.
- \_\_\_\_\_ 21. Drugs that gradually reduce psychotic symptoms.
- \_\_\_\_\_ 22. A neurological disorder marked by chronic tremors and involuntary spastic movements.
- \_\_\_\_\_ 23. Drugs that gradually elevate mood and help bring people out of a depression.
- \_\_\_\_\_ 24. Drugs used to control mood swings in patients with bipolar mood disorder.
- \_\_\_\_\_ 25. A treatment in which electric shock is used to produce cortical seizure accompanied by convulsions.
- \_\_\_\_\_ 26. A medical institution specializing in the provision of inpatient care for psychological disorders.
- \_\_\_\_\_ 27. Involves drawing ideas from two or more systems of therapy, instead of just committing to one system.
- \_\_\_\_\_ 28. Transferring the treatment of mental illness from inpatient institutions to community-based facilities that emphasize outpatient care.
- \_\_\_\_\_ 29. Occur when people's expectations lead them to experience some change, even though they receive a fake treatment.
- \_\_\_\_\_ 30. Occurs when people who score extremely high or low on some trait are measured a second time, and their new scores fall closer to the mean.
- \_\_\_\_\_ 31. Psychologists who specialize in the treatment of everyday adjustment problems.
- \_\_\_\_\_ 32. Employ varied combinations of verbal interventions and behavior modification techniques to help clients change maladaptive patterns of thinking.

**Answers:** 1. clinical psychologists 2. psychiatrists 3. insight therapies 4. psychoanalysis 5. free association 6. dream analysis 7. interpretation 8. resistance 9. transference 10. client-centered therapy 11. cognitive therapy 12. group therapy 13. behavior therapies 14. systematic desensitization 15. aversion therapy 16. spontaneous remission 17. social skills training 18. biomedical therapies 19. psychopharmacotherapy 20. anti-anxiety drugs 21. antipsychotic drugs 22. tardive dyskinesia 23. antidepressant drugs 24. mood stabilizers 25. electroconvulsive therapy (ECT) 26. mental hospitals 27. eclecticism 28. deinstitutionalization 29. placebo effects 30. regression toward the mean 31. counseling psychologists 32. cognitive-behavioral treatments

## Review of Key People

---

Aaron Beck  
Dorthea Dix

Sigmund Freud  
Carl Rogers

Joseph Wolpe

- \_\_\_\_\_ 1. Developed a systematic treatment procedure, which he called psychoanalysis.
- \_\_\_\_\_ 2. The developer of client-centered therapy.
- \_\_\_\_\_ 3. Noted for his work in the development of cognitive therapy.
- \_\_\_\_\_ 4. The developer of systematic desensitization.
- \_\_\_\_\_ 5. One of the early reformers who helped to establish state-funded mental hospitals.

**Answers:** 1. Freud 2. Rogers 3. Beck 4. Wolpe 5. Dix.

## Self-Quiz

---

- Which of the following is not a true statement?
  - Women seek psychotherapy more than men.
  - The two most common problems that lead to psychotherapy are sexual problems and depression.
  - Persons seeking psychotherapy don't always have identifiable problems.
  - Many people feel that seeking psychotherapy is an admission of personal weakness.
- Which of the following mental health professionals must have a medical degree?
  - psychiatric social workers
  - clinical psychologists
  - psychiatric nurses
  - psychiatrists
- Psychoanalysis is an example of what kind of approach to psychotherapy?
  - insight
  - learning
  - biomedical
  - a combination of learning and biomedical
- When a client begins relating to his psychoanalyst as though she were his mother, we have an example of
  - transference
  - free association
  - catharsis
  - restructuring

5. The major emphasis in client-centered therapy is to provide the client with
  - a. interpretation of unconscious thinking
  - b. cognitive restructuring
  - c. feedback and clarification
  - d. good advice
6. Which of the following is likely to be found in cognitive therapy?
  - a. searching for negative illogical thinking
  - b. dream interpretation
  - c. free association
  - d. an emphasis on childhood conflicts
7. Which therapists are likely to play the least active (most subtle) role in conducting therapy?
  - a. behavior therapists
  - b. cognitive therapists
  - c. group therapists
  - d. psychoanalytic therapists
8. What percentage of patients show a meaningful recovery within about 20 sessions of insight therapies?
  - a. 25
  - b. 50
  - c. 75
  - d. 90
9. Which of the following therapies is most likely to see the symptom as the problem?
  - a. psychoanalysis
  - b. client-centered therapy
  - c. cognitive therapy
  - d. behavior therapy
10. Which of the following therapies would be most likely to employ aversive conditioning?
  - a. psychoanalysis
  - b. behavior therapy
  - c. biomedical therapies
  - d. client-centered therapy
11. Which of the following behavior therapy techniques would most likely be used to treat a fear of flying?
  - a. systematic desensitization
  - b. aversive conditioning
  - c. modeling
  - d. biofeedback
12. Electroconvulsive therapy (ECT) is now primarily used to treat patients suffering from
  - a. anxiety
  - b. phobias
  - c. severe mood disorders
  - d. psychosis
13. Psychotherapists who combine several different approaches in their approach to therapy are said to be
  - a. enigmatic
  - b. eclectic
  - c. unspecific
  - d. imaginative

- 14 The trend toward deinstitutionalization mainly came about because large state mental institutions:
- a. were becoming too expensive
  - b. were actually worsening the condition of many patients
  - c. were overstaffed
  - d. were becoming too political
- 15 Which of the following factors can affect the outcome of a treatment program?
- a. the efficacy of the treatment itself
  - b. regression toward the mean
  - c. placebo effects
  - d. all of these above

Answers: 1. b 2. d 3. a 4. a 5. c 6. a 7. c 8. b 9. d 10. b 11. a 12. c 13. b 14. b 15. d.

## InfoTrac Keywords

---

Aversion Therapy  
Deinstitutionalization

Electroconvulsive Therapy

Placebo Effects

