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Part II

Answers to Study Questions in the Text

CHAPTER 1

INTRODUCTION

Answers to Study Questions on Main Text

1. Generally, behavior is anything a person does or says. Technically, behavior is any muscular, glandular, or electrical activity of an organism. Synonyms include: activity, action, performance, responding, response, and reaction.
2. Behavior is anything that a person says or does. Products of behavior are the consequences produced by the behavior. For example, studying effectively and writing the correct answers to questions on an exam are behaviors. Getting an “A” is a product of those behaviors.
3. Overt behaviors are behaviors that could be observed and recorded by an individual other than the one performing the behavior. For example, walking and talking are overt behaviors. Covert behaviors are private or internal activities that cannot be readily observed by others. For example, thinking particular words to oneself or feeling nervous (increased heart rate, etc.) would be private behaviors.
4. Thinking in words (private self-talk) and imagining can also be referred to as cognitive behaviors. For example, a hockey player may think before stepping on the ice at a game, “I am going to play my best game yet” (private self-talk), or a teacher may tell the class to close their eyes and picture a beach (imagining).
5. Any two dimensions can be described. *Duration* of a behavior is how long it lasts. For example, measuring how long an individual can tread water in a swimming pool. *Frequency* of a behavior is the number of instances that occur in a given period of time. For example, a figure skater counting the number of times that she or he lands a new jump in a practice session. The *intensity* or *force* of a behavior refers to the physical effort or energy involved in emitting the behavior. For example, the force of a person’s grip when shaking hands.
6. Although their meanings vary from speaker to speaker, they always refer to ways of behaving. An intelligent person, for example, solves problems quickly; a creative person frequently emits behaviors that are novel or unusual and have desirable effects.
7. (a) They may lead to pseudo explanations of behavior; (b) they can negatively affect the way a labeled individual might be treated; and (c) they may influence one to focus on an individual’s problem behaviors rather than on his or her strengths.
8. Too little behavior of a particular type. For example, a child might not pronounce words clearly, nor interact with other children. Any other two appropriate examples are acceptable.
9. Too much behavior of a particular type. For example, a child frequently plays with the dials on the television set, and throws food on the floor at mealtime. Any other two appropriate examples are acceptable.
10. (a) To avoid the problems of using general labels to refer to individuals; (b) because it is behavior that causes concern and behavior that must be treated to alleviate the problems; and (c) specific procedures are available to overcome behavior problems.

11. Stimuli are the people, objects, and events currently present in one's immediate surroundings that impinge on one's sense receptors and that can affect behavior. Any appropriate examples are acceptable.
12. First, it places strong emphasis on defining problems in terms of behavior that can be measured in some way and accepting changes in the behavioral measure of the problem as the best indicator of the extent to which the problem is being helped. Second, its treatment procedures and techniques are ways of altering an individual's environment to help that individual function more fully in society. Third, its methods and rationales can be described precisely. Fourth, the techniques of behavior modification are often applied by individuals in everyday life. Fifth, its techniques stem from basic and applied research in the psychology of learning in general, and in the principles of operant and Pavlovian conditioning in particular. Sixth, it emphasizes scientific demonstration that a particular intervention was responsible for a particular behavior change. Seventh, it places high value on accountability for everyone involved in behavior modification programs: client, staff, administrators, consultants, etc.
13. Behavior modification involves the systematic application of learning principles and techniques to assess and improve individuals' covert and overt behaviors in order to enhance their daily functioning.
14. Target behavior is a behavior to be improved in a behavior modification program. A student might identify a target behavior of studying more. This would be a behavioral deficit that needs to be increased. Other appropriate examples are acceptable.
15. Behavioral assessment involves the collection and analysis of information and data in order to:
 - (1) Identify and describe target behaviors;
 - (2) Identify possible causes of the behavior;
 - (3) Guide the selection of an appropriate behavioral treatment; and
 - (4) Evaluate treatment outcome.
16. *Behavior analysis* is the scientific study of laws that govern the behavior of human beings and other animals. It is the science on which behavior modification is based.
17. The dimensions of applied behavior analysis include: (a) a focus on measurable behavior that is socially significant; (b) a strong emphasis on the learning principles frequently referred to as operant conditioning, to develop treatment strategies; (c) an attempt to clearly demonstrate that the treatment that was applied was responsible for the improvement in the behavior that was measured; and (d) a demonstration of generalizable and long-lasting improvements in behavior.
18. (a) Behavior modification uses the principles of both operant and Pavlovian conditioning, while applied behavior analysis relies largely on operant conditioning; (b) behavior modification encompasses both behavior therapy and cognitive behavior therapy, and therefore has acquired a broader meaning than applied behavior analysis.
19. *Behavior therapy* is behavior modification carried out on dysfunctional behavior.
20. Cognitive behavior therapy focuses on treating dysfunctional behavior by changing unproductive, debilitating thought patterns that were considered to be responsible for the dysfunctional behavior.

21. Any four of the following myths or misconceptions:
- (a) Use of rewards by behavior modifiers to change behavior is bribery;
 - (b) Behavior modification involves the use of drugs, psychosurgery, and electroconvulsive therapy;
 - (c) Behavior modification only changes symptoms; it doesn't get at the underlying problems;
 - (d) Behavior modification is not applicable for changing complex problems such as low self-esteem or depression;
 - (e) Behavior modifiers are cold and unfeeling and don't develop empathy for their clients;
 - (f) Behavior modifiers deal only with observable behavior; they don't deal with thoughts and feelings of clients;
 - (g) Behavior modification is outdated.

Answer to Study Questions on N&ED Section

1. *DSM-IV-TR* stands for *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision*. It is a manual to help therapists to diagnosis or classify clients based on categories of problem behaviors observed.
2. First, it is based primarily on research. Second, individual disorders are based on categories of problem behaviors. Third, it uses a multidimensional recording system that provides extra information for planning treatment, managing a case, and predicting outcomes. Fourth, official *DSM-IV-TR* diagnoses are often required by clinics, hospitals, schools, and social service agencies before treatment can be offered. Fifth, health insurance companies reimburse practitioners on the basis of the diagnoses in the *DSM-IV-TR*.
3. A *DSM-IV-TR* diagnosis may lead to an individual being labeled (e.g., autistic), and labeling can lead to several disadvantages, such as the implication that all individuals with the same label are the same, even though they are not.
4. People-first language helps us to focus on the problem and to avoid labeling. For example, in the case of autism, we should describe the client as a child with autism rather than an autistic child.
5. No. Although John B. Watson overemphasized the importance of the environment for influencing behavior, Skinner and other modern-day behaviorists do not disregard the importance of genetics. Their appreciation of genetics was indicated by the publication of a mini-series on behavioral genetics in the journal *Behavior Therapy*. However, even though the influence of heredity may increase the susceptibility of an individual to certain behavioral problems such as obesity or alcoholism, an individual's environment still plays a major role in the development and maintenance of behaviors that lead to such problems.

OPTION-BASED QUESTIONS

Chapter 1: Introduction

Multiple Choice Questions On Main Text (Note: * indicates the correct answer)

1. A behavioral deficit is:
* a) too little of a particular type of behavior
b) too much of a particular type of behavior
c) an appropriate behavior occurring to the wrong stimulus
d) an appropriate behavior occurring at the wrong time or place
2. A behavioral excess is:
* a) too much of a particular type of behavior
b) too little of a particular type of behavior
c) an appropriate behavior occurring to the wrong stimulus
d) an appropriate behavior occurring at the wrong time or place
3. Which of the following is an example of behavior?
a) hair color
b) the color of someone's eyes
c) the clothes someone is wearing
* d) dressing in the morning
4. In behavior modification, motivation and intelligence refer to:
a) inner mental processes
* b) ways of behaving
c) causes of behavior
d) major sources of abnormality
5. In behavior modification, the term "environment" refers to:
a) the neighborhood in which a person is raised
b) the natural habitat of an organism
* c) the specific physical variables in one's immediate surroundings
d) the general situation where one happens to be
6. A child does not pronounce words clearly and does not interact with other children. These are examples of:
a) behavioral excesses
b) behavioral abnormalities
* c) behavioral deficits
d) behavioral characteristics
7. Behavior modifiers stress the importance of defining problems in terms of specific behavioral deficits or behavioral excesses because:
a) therapists can then focus on the individual's problem behaviors rather than on his or her strengths
* b) it is behavior that causes concern, and there are specific procedures now available to change behavior
c) labeling an individual implies that a particular treatment program will be helpful
d) labeling an individual is useful for quickly providing general information about how that individual might perform

8. Which of the following is not a characteristic of behavior modification?
 - a) It defines problems in terms of behavior.
 - b) Its treatment procedures and techniques are ways of rearranging an individual's environment.
 - c) Its techniques draw extensively from the principles of operant and Pavlovian conditioning.
 - * d) It emphasizes the use of summary labels for classifying individuals.
9. Which of the following is an example of covert behavior?
 - * a) a skier thinking, "I hope I don't fall"
 - b) a pitcher throwing a ball
 - c) a student drinking coffee
 - d) a child talking to her dog in the backyard
10. Which of the following is an example of overt behavior?
 - a) feelings of nervousness
 - * b) yelling at someone
 - c) a boy on a date thinking, "I like this girl"
 - d) imagining a beautiful sunset
11. Which of the following is an example of an outcome of behavior?
 - a) throwing a baseball
 - b) lifting a heavy weight
 - * c) scoring a goal in ice hockey
 - d) standing at the free throw line in basketball
12. Behavior therapy refers to:
 - a) behavior modification in which there is typically an attempt to analyze or clearly demonstrate controlling variables
 - b) the scientific study of laws that govern the behavior of human beings and other animals
 - * c) behavioral treatment carried out on dysfunctional behavior
 - d) behavior modification that focuses on overt behaviors that are of social significance
13. Behavior modifiers are cautious about using summary labels to refer to individuals or their actions because:
 - a) the label for the behavior is often used as a pseudo-explanation for the behavior
 - b) labels can negatively affect the way an individual might be treated
 - c) labeling may influence us to focus on an individual's problem behaviors rather than on his or her strengths
 - * d) all of the above
14. The people, objects, and events that make up a person's environment are called:
 - * a) stimuli
 - b) conditioned stimuli
 - c) unconditioned stimuli
 - d) reinforcing stimuli
15. Which of the following is not a characteristic of behavior modification?
 - a) Its treatment procedures are ways of altering an individual's environment.
 - b) Its methods and rationales can be described precisely.
 - * c) Its techniques stem primarily from cognitive psychology.
 - d) Its techniques are often applied by individuals in everyday life.
16. Behavioral assessment seeks to:
 - a) determine the underlying mental disturbance responsible for behavioral symptoms
 - b) identify the type of mental disorder assumed to underlie particular patterns of abnormal behavior
 - * c) identify potential controlling variables of problem behaviors, and select behavioral treatment
 - d) determine the necessary intelligence level of potential clients as a prerequisite to behavior modification programs

17. Which of the following is not a misconception about behavior modification?
- a) Behavior modifiers only deal with the observable and they don't deal with the thoughts and feelings of clients.
 - * b) Behavior modification involves the systematic application of learning principles to improve covert and overt behaviors.
 - c) Behavior modification involves the use of drugs, psychosurgery, and electroconvulsive therapy.
 - d) Behavior modification only changes symptoms; it doesn't get at the underlying problems.
18. Which of the following is an example of cognitive behavior?
- a) a child reading out loud for a parent
 - b) a baseball player talking to her coach
 - * c) a person on a hot day imagining that he is sitting at the ocean
 - d) a student writing with a pen
19. Behaviors to be improved in a behavior modification program are frequently called:
- a) overt behaviors
 - b) covert behaviors
 - c) cognitive behaviors
 - * d) target behaviors
20. Behavior Analysis refers to:
- a) behavior modification in which there is typically an attempt to analyze or clearly demonstrate controlling variables
 - * b) the scientific study of laws that govern the behavior of human beings and other animals
 - c) behavioral treatment carried out on dysfunctional behavior
 - d) behavior modification that focuses on overt behaviors that are of social significance
21. _____ involves the systematic application of learning principles and techniques to assess and improve individuals' covert and overt behaviors in order to enhance their daily functioning.
- a) Behavioral assessment
 - b) Behavior analysis
 - * c) Behavior modification
 - d) Cognitive behavior therapy

True/False Questions on Main Text

(Note: Correct answer indicated in left margin)

- T 22. Behavior modification accepts changes in a behavior as the indicator of the extent to which a problem is being helped.
- F 23. One of the defining characteristics of behavior modification is that it does not emphasize scientific demonstration that an intervention was responsible for a particular behavior change.
- T 24. Behavior is, essentially, anything a person does or says.
- F 25. Behavior modifiers deal only with observable behavior, and discount subjective events such as thoughts and feelings.
- F 26. The color of a person's eyes is an example of behavior.
- T 27. Studying for a course is an example of a behavior.
- F 28. Remembering the feelings of your first kiss is an example of overt behavior.

- T 29. Thinking “I hope I pass this course” while sitting in class, is an example of covert behavior.
- F 30. To a behavior modifier, intelligence is something that you were born with, a sort of “inherited capacity for learning.”
- T 31. Hyperactivity is a label for certain behaviors.
- T 32. According to the authors of the text, the term behavior modification has a broader meaning than the term behavior therapy.
- F 33. A teenager frequently interrupts conversations between his parents. That’s an example of a behavioral deficit.
- T 34. A golfer often thinks negatively just before important shots. That’s an example of a behavioral excess.
- F 35. Behavior modification can only be applied by experts, and not by individuals in everyday life.
- T 36. Environmental events that impinge on one’s sense receptors and that can affect behavior are called stimuli.
- F 37. Cognitive behavior is another term for overt behavior.
- T 38. Behavior analysis refers to the scientific study of laws that govern the behavior of human beings and other animals.
- F 39. The term behavior therapy is typically used to refer to behavior modification where there is an attempt to clearly demonstrate controlling variables of the behavior of concern.
- T 40. Characteristics of behavior that can be measured are called dimensions of behavior.

Multiple Choice Questions on N&ED Section

(Note: * indicates the correct answer)

41. Which of the following is not true of behaviorists and behavior modifiers?
- a) their treatment procedures draw mainly on operant and Pavlovian conditioning
 - *b) they deny the importance of genetics in determining behavior
 - c) they study thoughts and feelings of individuals as well as observable behavior of individuals
 - d) they assume that private thoughts and feelings and observable behaviors are all influenced by techniques of behavior modification
42. Behavior modifiers made little use of the first two DSMs because:
- a) they were based primarily on research rather than on Freud’s theory
 - b) individual disorders were based on categories of problem behaviors
 - c) they used a multidimensional recording system
 - * d) they were based on Freud’s theory of abnormal behavior

True/False Questions on Notes

(Note: Correct answer indicated in left margin)

- T 43. John B. Watson advocated an extreme form of environmentalism that suggested that our behavior was due to our learning experiences.
- T 44. Behavior modifiers include genetics as a factor that determines our behavior patterns.