

Cognitive Behavioral Therapy Practice Test Questions and Answers

1. What is the central premise of Cognitive Behavioral Therapy (CBT)?

- A) Past experiences determine all behaviors
- B) Thoughts, feelings, and behaviors are interconnected
- C) Only medication can treat mental health conditions
- D) Unconscious desires control behavior

2. Which technique is commonly used in CBT to identify negative thought patterns?

- A) Free association
- B) Thought records or cognitive restructuring
- C) Dream analysis
- D) Hypnosis

3. What does "behavioral activation" mean in CBT?

- A) Avoiding all stressful situations
- B) Scheduling and engaging in meaningful activities
- C) Increasing medication dosage
- D) Eliminating social interactions

4. Which cognitive distortion involves viewing situations in only black-and-white terms?

- A) Catastrophizing
- B) All-or-nothing thinking
- C) Mind reading
- D) Personalization

Answers: 1-B 2-B 3-B 4-B

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