|  |
| --- |
| **True / False** |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. Behavior modification places emphasis on current environmental events as important causes of behavior.​   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 2. Behavior modification treatments are implemented by persons in everyday life.​   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 3. Behavior modification emphasizes past events as important causes of behavior.​   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 4. Behavior modification emphasizes hypothetical underlying causes of behavior.​   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5. In behavior modification, measurement of behavior before and after treatment is important.​   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 6. Behavior modification is also referred to as applied behavior analysis.​   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 7. Pavlov did experiments in operant behavior.​   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 8. A behavior does not have an impact on the environment.​   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 9. Behavior is defined as what people do and say.​   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 10. All behavior is overt or observable by others.​   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

|  |
| --- |
| **Multiple Choice** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 11. ​In behavior modification, what a person says and does is referred to as:   |  |  |  | | --- | --- | --- | |  | a. | ​behavior | |  | b. | ​effort | |  | c. | ​motivated acts | |  | d. | ​intention |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 12. ​Behavior is defined as:   |  |  |  | | --- | --- | --- | |  | a. | ​traits of a person | |  | b. | what a person says and does​ | |  | c. | ​a person’s mental processes | |  | d. | ​attitudes and beliefs that lead to action |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 13. ​The subject matter behavior modification concerns itself with is/are:   |  |  |  | | --- | --- | --- | |  | a. | ​past events | |  | b. | ​human characteristics | |  | c. | ​internal motivation | |  | d. | ​human behavior |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 14. ​Which of the following is NOT a characteristic of behavior?   |  |  |  | | --- | --- | --- | |  | a. | ​behavior has dimensions | |  | b. | ​behavior is lawful | |  | c. | ​behavior can be observed, described, and recorded | |  | d. | ​behavior is always overt |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 15. ​Which of the following is NOT a dimension of behavior?   |  |  |  | | --- | --- | --- | |  | a. | ​frequency | |  | b. | ​impact | |  | c. | ​duration | |  | d. | ​intensity |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 16. Frequency, duration, intensity, and latency are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of behavior.​   |  |  |  | | --- | --- | --- | |  | a. | ​states | |  | b. | dimensions​ | |  | c. | ​phases | |  | d. | ​qualities |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 17. ​During a basketball game, John made 10 baskets.  The number of baskets John made is an example of:   |  |  |  | | --- | --- | --- | |  | a. | ​latency. | |  | b. | ​intensity. | |  | c. | ​duration. | |  | d. | ​frequency. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 18. The amount of time it takes a student to complete a test would be an example of what dimension of behavior?​   |  |  |  | | --- | --- | --- | |  | a. | ​frequency | |  | b. | intensity​ | |  | c. | ​duration | |  | d. | ​latency |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 19. What dimension of behavior is a measure of how long the behavior occurred?​   |  |  |  | | --- | --- | --- | |  | a. | ​latency | |  | b. | ​frequency | |  | c. | ​duration | |  | d. | ​intensity |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 20. Mary’s parents are concerned about her screaming.  If the loudness of Mary’s screams is what they are interested in, this would be an example of:​   |  |  |  | | --- | --- | --- | |  | a. | ​latency | |  | b. | ​frequency | |  | c. | ​intensity | |  | d. | ​duration |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 21. Tommy’s teacher observes him purposely shove another student. Tommy’s observable act of shoving would be an example of:​   |  |  |  | | --- | --- | --- | |  | a. | ​covert behavior | |  | b. | ​overt behavior | |  | c. | ​frequency | |  | d. | ​duration |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 22. An example of covert behavior would be:   |  |  |  | | --- | --- | --- | |  | a. | ​thinking | |  | b. | ​writing | |  | c. | ​running | |  | d. | ​frowning |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 23. Mark’s parents are trying to figure out why he hits his little brother. The process of trying to identify the functional relationship between a behavior and the environment is referred to as:​   |  |  |  | | --- | --- | --- | |  | a. | ​targeting | |  | b. | ​analysis | |  | c. | ​modification | |  | d. | ​exploration |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 24. With training from a behavior analyst, Mark’s parents take steps to help him change his behavior of hitting his little brother.  The process of developing and implementing techniques to influence behavior is known as:​   |  |  |  | | --- | --- | --- | |  | a. | ​assessment | |  | b. | ​observation | |  | c. | modification​ | |  | d. | ​analysis |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 25. Which of the following is NOT a characteristic of behavior modification?​   |  |  |  | | --- | --- | --- | |  | a. | ​focus on behavior | |  | b. | ​procedures based on behavioral principles | |  | c. | ​emphasis on past events | |  | d. | ​precise description of procedures |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 26. Behavior modification procedures are designed to change:​   |  |  |  | | --- | --- | --- | |  | a. | ​behavior | |  | b. | ​characteristics of people | |  | c. | ​traits | |  | d. | ​all of these |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 27. Cindy bites her nails but wants to stop. The behavior she wants to change (biting her nails) is called the:​   |  |  |  | | --- | --- | --- | |  | a. | ​negative behavior | |  | b. | ​target behavior | |  | c. | ​controlling variable | |  | d. | ​independent variable |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 28. A behavior excess is a behavior that:​   |  |  |  | | --- | --- | --- | |  | a. | ​occurs too much | |  | b. | annoys other people​ | |  | c. | occurs at the wrong time​ | |  | d. | needs to be increased​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 29. ​Alex likes to drive faster than the speed limit. Alex’s behavior of driving too fast is an example of a:   |  |  |  | | --- | --- | --- | |  | a. | ​behavioral risk | |  | b. | ​behavioral deficit | |  | c. | ​behavioral excess | |  | d. | behavioral intention​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 30. Sam gets poor grades in school because he rarely studies. Sam’s lack of studying is an example of:​   |  |  |  | | --- | --- | --- | |  | a. | ​avoidance | |  | b. | ​poor motivation | |  | c. | a behavioral excess​ | |  | d. | ​a behavioral deficit |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 31. An event in the immediate environment that controls a behavior is referred to as:​   |  |  |  | | --- | --- | --- | |  | a. | ​a dependent variable | |  | b. | ​a reactive variable | |  | c. | ​a controlling variable | |  | d. | ​an extraneous variable |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 32. In behavior modification, measurement of behavior is taken:​   |  |  |  | | --- | --- | --- | |  | a. | ​before intervention | |  | b. | ​during intervention | |  | c. | ​following intervention | |  | d. | ​all of these |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 33. Which of the following was an important figure in the development of behavior modification who demonstrated that a reflex could be conditioned to a neutral stimulus?​   |  |  |  | | --- | --- | --- | |  | a. | ​Freud | |  | b. | ​Pavlov | |  | c. | ​Thorndike | |  | d. | Skinner​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 34. Thorndike demonstrated that a behavior which produces a favorable effect on the environment will likely be repeated. This is known as the:​   |  |  |  | | --- | --- | --- | |  | a. | ​law of effect | |  | b. | ​law of causation | |  | c. | ​law of behavior | |  | d. | ​law of replication |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 35. Watson started a movement in psychology known as:​   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis​ | |  | b. | ​experimental psychology | |  | c. | ​behaviorism | |  | d. | ​existentialism |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 36. Who is credited with laying the foundation of behavior modification?​   |  |  |  | | --- | --- | --- | |  | a. | ​Freud | |  | b. | ​Skinner | |  | c. | ​Watson | |  | d. | ​Pavlov |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 37. ​In which area has the most behavior modification research been conducted?   |  |  |  | | --- | --- | --- | |  | a. | ​mental illness | |  | b. | ​clinical psychology | |  | c. | ​community psychology | |  | d. | ​developmental disabilities |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 38. ​In what area(s) can behavior modification procedures be used?   |  |  |  | | --- | --- | --- | |  | a. | ​education | |  | b. | ​rehabilitation | |  | c. | business and industry​ | |  | d. | ​all of these |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 39. In which area do individuals use behavior modification procedures on their own behaviors?​   |  |  |  | | --- | --- | --- | |  | a. | ​mental illness | |  | b. | ​developmental disabilities | |  | c. | ​gerontology | |  | d. | ​self-management |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 40. ​Behavior modification:   |  |  |  | | --- | --- | --- | |  | a. | ​has a limited number of applications | |  | b. | ​has a broad number of applications | |  | c. | ​is mostly used with children | |  | d. | ​is rarely used these days |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |
| --- |
| **Completion** |

|  |  |  |
| --- | --- | --- |
| 41. Behavior is defined as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.​   |  |  | | --- | --- | | *ANSWER:* | what people say and do​ | |

|  |  |  |
| --- | --- | --- |
| 42. Frequency, duration, intensity, and latency are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of behavior.​   |  |  | | --- | --- | | *ANSWER:* | dimensions​ | |

|  |  |  |
| --- | --- | --- |
| 43. Behavior has an impact on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and/or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_environment.​   |  |  | | --- | --- | | *ANSWER:* | social, physical; physical, social​ | |

|  |  |  |
| --- | --- | --- |
| 44. A(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ behavior can be observed and recorded by another individual.​   |  |  | | --- | --- | | *ANSWER:* | overt​ | |

|  |  |  |
| --- | --- | --- |
| 45. A(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ behavior, also called a private event, is not observable to others.​   |  |  | | --- | --- | | *ANSWER:* | covert​ | |

|  |  |  |
| --- | --- | --- |
| 46. Behavior modification is the field of psychology concerned with the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of human behavior.​   |  |  | | --- | --- | | *ANSWER:* | analysis, modification; modification, analysis​ | |

|  |  |  |
| --- | --- | --- |
| 47. A behavioral excess is defined as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.​   |  |  | | --- | --- | | *ANSWER:* | too much of a particular behavior​ | |

|  |  |  |
| --- | --- | --- |
| 48. A behavioral deficit is defined as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.​   |  |  | | --- | --- | | *ANSWER:* | too little of a particular behavior​ | |

|  |  |  |
| --- | --- | --- |
| 49. Another term for behavior modifications is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.​   |  |  | | --- | --- | | *ANSWER:* | applied behavior analysis​ | |

|  |  |  |
| --- | --- | --- |
| 50. (Theorists) \_\_\_\_\_\_\_\_\_\_\_\_\_\_ first described the conditioned reflex. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ demonstrated the law of effect. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ conducted research on basic principles of operant behavior that laid the foundation for behavior modification.​   |  |  | | --- | --- | | *ANSWER:* | Pavlov; Thorndike; Skinner​ | |

|  |
| --- |
| **Subjective Short Answer** |

|  |  |  |
| --- | --- | --- |
| 51. Identify five areas of application of behavior modification.​   |  |  | | --- | --- | | *ANSWER:* | Areas of application of behavior modification are developmental disabilities, education, community psychology, business, industry and human services, self-management, prevention, health-related behaviors, mental illness, rehabilitation, clinical psychology, child-management, sports psychology, and gerontology.​ | |

|  |  |  |
| --- | --- | --- |
| 52. ​What are four dimensions of behavior that can be observed?   |  |  | | --- | --- | | *ANSWER:* | Four dimensions of behavior that can be observed are frequency, duration, intensity, and latency.​ | |

|  |  |  |
| --- | --- | --- |
| 53. What does it mean to say that behavior is lawful?​   |  |  | | --- | --- | | *ANSWER:* | To say that behavior is lawful is to say that its occurrence is systematically influenced by environmental events.​ | |

|  |  |  |
| --- | --- | --- |
| 54. What is the difference between overt and covert behavior?​   |  |  | | --- | --- | | *ANSWER:* | An overt behavior is an action of an individual that can be observed and recorded by an individual other than the one engaging in the behavior. Covert behaviors are not observable to others.​ | |

|  |  |  |
| --- | --- | --- |
| 55. Why does behavior modification focus on changing current environmental variables rather than past events to change behavior?​   |  |  | | --- | --- | | *ANSWER:* | Although information of past events is useful, knowledge of current controlling variables will be most useful for developing effective behavior modification interventions because you can only change events in the current environment as part of a behavior modification intervention.​ | |