

CE Quiz for *Behavioral Activation for Depression*,  
book by Christopher R. Martell, Sona Dimidjian, and Ruth Herman-Dunn

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### Chapter 1

1. In learning behavior activation (BA), it is useful to familiarize oneself with \_\_\_\_, which greatly influenced the development of BA theory and techniques.
  - A. Dialectical behavior therapy
  - B. Cognitive therapy
  - C. Applied behavior analysis
  - D. Clicker training
  
2. Cognitive therapy is based on the principle that the way people \_\_\_\_ influences their feelings and behaviors.
  - A. Are genetically predisposed
  - B. Act
  - C. Think
  - D. Are taught
  
3. Behavior activation is similar to dialectical behavior therapy in that it encourages \_\_\_\_, but for depression instead of suicidal thoughts or aggressive behaviors.
  - A. "Opposite action"
  - B. Thought journaling
  - C. Deep breathing
  - D. Behavior activation and dialectical behavior therapy do not share similar approaches

### Chapter 2

4. Behavior activation for depression:
  - A. Is a brief, structured treatment for depression
  - B. Aims to activate clients in specific ways
  - C. Aims to increase rewarding experiences in clients' lives
  - D. All of the above
  
5. In order to alleviate depression, behavior activation assumes that individuals must engage in behaviors that are:

- A. Pleasurable
- B. Productive
- C. Improving life situations (thus providing greater rewards)
- D. All of the above

6. Behavior activation is a highly individualized framework of therapy.

- A. True
- B. False

7. Depression is maintained:

- A. When individuals refuse to take prescription antidepressants
- B. When individuals avoid sources of antidepressant reinforcement
- C. When individuals pretend that nothing is wrong
- D. All of the above

### **Chapter 3**

8. A focus on \_\_\_\_ is the fundamental guideline of behavior activation.

- A. Activation
- B. Thoughts
- C. Reflection
- D. Depression

9. Behavior activation is:

- A. Structured
- B. Action-oriented
- C. Collaborative
- D. All of the above

### **Chapter 4**

10. Through \_\_\_\_, the BA therapist is able to identify how to personalize therapy goals for the client and measure effectiveness of treatment.

- A. Client feedback
- B. Assessments
- C. Therapist intuition
- D. Client intake paperwork

11. When conducting behavior assessments, it is important to know the ABCs of the behavior, which are the:

- A. Activation, Behavior, Consequence
- B. Alleviation, Benefit, Comfort
- C. Antecedent, Behavior, Consequence

D. Antecedent, Behavior, Compensation

12. In addition to assessing the client's goals, activities, and mood, the therapist should also assess for:

- A. Client risk
- B. Client's insurance coverage benefits
- C. Suicidal thoughts
- D. Both A and C

### **Chapter 5**

13. What is the paradox of behavior activation?

- A. Asking clients to do the one thing they have the most trouble doing
- B. Charging clients a fee for therapy when they are depressed over financial concerns
- C. Scheduling early morning therapy sessions when client is having difficulty sleeping
- D. There is no paradox of behavior activation

14. When structuring and scheduling activities, it is important that they follow:

- A. The client's mood
- B. The therapist's schedule, so that he or she can help facilitate
- C. The plan agreed upon by client and therapist for treatment
- D. Not applicable; behavior activation rarely incorporates activities

15. Before measuring client's activity progress, the therapist must first have the client's:

- A. Baseline data
- B. Permission
- C. Therapists do not measure client's activity progress, as this could potentially be judgmental to the client
- D. Not applicable; behavior activation rarely incorporates activities

### **Chapter 6**

16. In behavior activation, the secondary problem results from the client's response to the primary problem. The primary problem is:

- A. Within the client's control and is influenced by maintenance of unhelpful habits
- B. Out of the client's control and does not influence the maintenance of depression
- C. Out of the client's control and influences the maintenance of depression
- D. Within the client's control and is influenced by client's conscious choices

### **Chapter 7**

17. In behavior activation, \_\_\_ keeps the client's focus on negative, internal thoughts that prevent the client from engaging in the moment, and also prevents problem solving in improving depression.

- A. Rumination
- B. Meditation
- C. Sedation
- D. Hypnosis

### **Chapter 8**

18. In troubleshooting resistance to behavior activation, what might the therapist employ?

- A. Nonjudgemental response and attitude
- B. Matter-of-fact tone
- C. Optimistic style of response
- D. All of the above

19. Problems may arise in behavior activation if:

- A. The client doesn't understand the assigned homework
- B. The client doesn't have the skills to complete the assigned homework
- C. Data tracking or activity sheets are incomplete
- D. All of the above

### **Chapter 9**

20. The book provides the acronym ACTIVATE for therapists using behavior activation to reference. What does the "V" represent?

- A. Value
- B. Validate
- C. Vindicate
- D. Venerate