Post-test for

Cognitive Behavioral Treatment

Of Obsessive Compulsive Disorder

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1. Approximately how many people suffer from OCD in their lifetime?
2. 1 in 10
3. 1 in 25
4. 1 in 40
5. 1 in 100
6. What is the most common co-morbid diagnosis for those suffering from OCD?
7. Social phobia
8. Eating disorder
9. Substance abuse (or dependence)
10. Depression
11. The average response to medication only for OCD sufferers is:
12. 25 % symptom reduction
13. 30-40 % symptom reduction
14. 40-50 % symptom reduction
15. 70-75 % symptom reduction
16. Approximately what percentage of OCD sufferers show significant improvement with Cognitive Behavioral Treatment?
17. 83 %
18. 38 %
19. 60 %
20. 100 %

1. All of the following regions of the brain are known to be excessively active in those with untreated OCD except:
2. Caudate nucleus
3. Corpus callosum
4. Cingulate gyrus
5. Thalamus
6. Components of CBT for OCD include all of the following except:
7. Exposure
8. Avoidance
9. Response prevention
10. Cognitive therapies
11. An extra cost added to a ritual to cause one to think twice before performing the ritual is sometimes referred to as:
12. A ritual reverser
13. A response fee
14. Paying the piper
15. A ritual tax
16. Fear of harming others, fear of contamination, and the need for symmetry are all examples of:
17. Obsessions
18. Compulsions
19. Rituals
20. Fixations
21. Which of the following is not an example of ritual weakening:
22. Postponement
23. Adding an extra cost to the ritual
24. Seeking extra reassurance
25. Making the ritual more awkward to perform
26. True or False:

Planned exposures should start with the most feared objects or events and progress to the least feared objects or events.