

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?
 - a) 1 in 10
 - b) 1 in 25
 - c) 1 in 40
 - d) 1 in 100

2. What is the most common co-morbid diagnosis for those suffering from OCD?
 - a) Social phobia
 - b) Eating disorder
 - c) Substance abuse (or dependence)
 - d) Depression

3. The average response to medication only for OCD sufferers is:
 - a) 25 % symptom reduction
 - b) 30-40 % symptom reduction
 - c) 40-50 % symptom reduction
 - d) 70-75 % symptom reduction

4. Approximately what percentage of OCD sufferers show significant improvement with Cognitive Behavioral Treatment?
 - a) 83 %
 - b) 38 %
 - c) 60 %
 - d) 100 %

5. All of the following regions of the brain are known to be excessively active in those with untreated OCD except:
 - a) Caudate nucleus
 - b) Corpus callosum
 - c) Cingulate gyrus
 - d) Thalamus

6. Components of CBT for OCD include all of the following except:

- a) Exposure
 - b) Avoidance
 - c) Response prevention
 - d) Cognitive therapies
7. An extra cost added to a ritual to cause one to think twice before performing the ritual is sometimes referred to as:
- a) A ritual reverser
 - b) A response fee
 - c) Paying the piper
 - d) A ritual tax
8. Fear of harming others, fear of contamination, and the need for symmetry are all examples of:
- a) Obsessions
 - b) Compulsions
 - c) Rituals
 - d) Fixations
9. Which of the following is not an example of ritual weakening:
- a) Postponement
 - b) Adding an extra cost to the ritual
 - c) Seeking extra reassurance
 - d) Making the ritual more awkward to perform
10. True or False:
Planned exposures should start with the most feared objects or events and progress to the least feared objects or events.