**Pre-test for TSA CBIT Programs**

Date: XX/XX/XXXX

Form# X

Form Approved

OMB No. 0920-XXXX

Exp. Date XX/XX/20XX

***Please circle the correct answer:***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1. **Which of the following is *not* true regarding tic expression?** | | | | | | | |
| 1. Tics wax and wane in frequency and intensity | | | | 1. Tics tend to get worse into adulthood for most people with TS | | | |
| 1. Tics occur in bouts of bouts | | | | 1. Onset is typically between the ages of 5 and 6 | | | |
| 1. **What is the approximate prevalence of TS, as reported in this workshop?** | | | | | | | |
| 1. 3% | | 1. 0.001% | 1. 0.5% | | | 1. 5% | |
| 1. **Behavior therapy assumes that tics are maintained by…** | | | | | | | |
| 1. External environmental factors | | | | 1. Biological factors | | | |
| 1. Internal environmental factors | | | | 1. All of the above | | | |
| 1. **Habit reversal training sessions are used to teach an individual to:** | | | | | | | |
| 1. Ignore each instance of the habit behavior | | | | 1. Implement antecedent manipulations | | | |
| 1. Use a competing response when the habit behavior occurs | | | | 1. Develop alternative habit behaviors | | | |
| 1. **In a habit reversal procedure, teaching an individual to identify each instance of the habit behavior is referred to as \_\_\_\_\_\_\_\_ training.** | | | | | | | |
| 1. Discrimination | | 1. Awareness | 1. Recognition | | | | 1. Contingency |
| 1. **The competing response should be continued for…** | | | | | | | |
| 1. 5 seconds | 1. Until premonitory urge has dissipated | | | | | | |
| 1. 1 minute | 1. The longer of b or c | | | | | | |
| 1. **The social support component of CBIT involves….** | | | | | | | |
| 1. Punishing the client for having tics 2. Attending weekly meetings with others who have TS | | | | 1. Asking spouses to prompt and praise the correct use of the competing response 2. Having friends offer words of encouragement | | | |
|  | | | |  | | | |
| 1. **Which of the following is not a guideline in selecting a competing response (CR)?** | | | | | | | |
| 1. The patient should be capable of maintaining the CR for at least 1 minute | | | | | 1. The CR should involve a behavior that relieves the urge | | |
| 1. The CR should be incompatible with the tic | | | | | 1. The CR should be socially inconspicuous | | |
| 1. **Which of the following are true with respect to implementing function-based interventions?** | | | | | | | |
| 1. When possible, settings that make the tic more likely should be eliminated or minimized | | | | | 1. Clients should be reminded to use HRT procedures in high-risk tic situations | | |
| 1. Stop potentially tic-reinforcing situations | | | | | 1. All of the above | | |
| 1. **In the Piacentini et al (2010) study of CBIT, results showed that:** | | | | | | | |
| 1. Behavior therapy was more effective than psychoeducation and supportive therapy in children | | | | | 1. Both a and b | | |
| 1. Response rates and symptom reduction was similar to placebo-controlled medication trials | | | | | 1. Behavior therapy was not more effective than psychoeducation and supportive therapy | | |

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