

Please circle the correct answer:

1. Which of the following is not true regarding tic expression?

- a. Tics wax and wane in frequency and intensity
- b. Tics occur in bouts of bouts
- c. Tics tend to get worse into adulthood for most people with TS
- d. Onset is typically between the ages of 5 and 6

2. What is the approximate prevalence of TS, as reported in this workshop?

- a. 3%
- b. 0.001%
- c. 0.5%
- d. 5%

3. Behavior therapy assumes that tics are maintained by...

- a. External environmental factors
- b. Internal environmental factors
- c. Biological factors
- d. All of the above

4. Habit reversal training sessions are used to teach an individual to:

- a. Ignore each instance of the habit behavior
- b. Use a competing response when the habit behavior occurs
- c. Implement antecedent manipulations
- d. Develop alternative habit behaviors

5. In a habit reversal procedure, teaching an individual to identify each instance of the habit behavior is referred to as _____ training.

- a. Discrimination
- b. Awareness
- c. Recognition
- d. Contingency

6. The competing response should be continued for...

- a. 5 seconds
- b. 1 minute
- c. Until premonitory urge has dissipated
- d. The longer of b or c

7. The social support component of CBIT involves....

- a. Punishing the client for having tics
- b. Attending weekly meetings with others who have TS
- c. Asking spouses to prompt and praise the correct use of the competing response
- d. Having friends offer words of encouragement

8. Which of the following is not a guideline in selecting a competing response (CR)?

- a. The patient should be capable of maintaining the CR for at least 1 minute
- b. The CR should be incompatible with the tic
- c. The CR should involve a behavior that relieves the urge
- d. The CR should be socially inconspicuous

9. Which of the following are true with respect to implementing function-based interventions?

- a. When possible, settings that make the tic more likely should be eliminated or minimized
- b. Stop potentially tic-reinforcing situations
- c. Clients should be reminded to use HRT procedures in high-risk tic situations
- d. All of the above

10. In the Piacentini et al (2010) study of CBIT, results showed that:

- a. Behavior therapy was more effective than psychoeducation and supportive therapy in children
- b. Response rates and symptom reduction was similar to placebo-controlled medication trials
- c. Both a and b
- d. Behavior therapy was not more effective than psychoeducation and supportive therapy