**Pre-test for TSA CBIT Programs**

Date: XX/XX/XXXX

Form# X

Form Approved

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

|  |
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| 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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