

**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