Date: XX/XX/XXXX

Form# X

#### **Pre-test for TSA CBIT Programs**

Form Approved OMB No. 0920-XXXX Exp. Date XX/XX/20XX

#### Please circle the correct answer:

1. Which of the following is <i>not</i> true regarding tic express	ion?	1?
--	------	----

- a. Tics wax and wane in frequency and intensity
- c. Tics tend to get worse into adulthood for most people with TS

b. Tics occur in bouts of bouts

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
- c. Biological factors
- b. Internal environmental 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
- c. Implement antecedent manipulations
- b. Use a competing response when the habit behavior occurs
- 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
- c. Until premonitory urge has dissipated
- b. 1 minute
- 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
- c. The CR should involve a behavior that relieves the urge
- b. The CR should be incompatible with the tic
- 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
- c. Clients should be reminded to use HRT procedures in high-risk tic situations
- b. Stop potentially tic-reinforcing 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
- c. Both a and b
- b. Response rates and symptom reduction was similar to placebo-controlled medication trials
- d. Behavior therapy was not more effective than psychoeducation and supportive therapy

Public reporting burden of this collection of information is estimated to average 3 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Information Collection Review Office, 1600 Clifton Road NE, MS D- 74, Atlanta, Georgia 30333; ATTN: PRA (0920-XXXX).