“OBSESSIVE COMPULSIVE DISORDER: DIAGNOSIS AND TREATMENT” (A016)
2008 Videoconference Series
Quiz for General CEUs, CAC/CCDP, CPRP, NBCC, Personal Care Home Administrators, Psychologist or Social Work/LPC/LMFT Continuing Education Credit (2.0 credit hours)

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Jennifer Lichok
WPIC/OERP
3811 O’Hara Street
Champion Commons, Third Floor
Pittsburgh, PA 15213

MULTIPLE CHOICE - Choose the BEST answer to each of the following multiple choice questions.
1. Which of the following statements is false regarding Obsessive Compulsive Disorder?
   A. Was formerly thought to be rare
   B. Lifetime prevalence estimated at 2.5%
   C. More prevalent among females than males
   D. Listed as one of the major causes of all chronic disabilities worldwide

2. Which of the following are common obsessions?
   A. Contamination
   B. Pathological doubt
   C. Aggression
   D. Sexual issues
   E. All of the above

3. Obsessions can be:
   A. Thoughts
   B. Images
   C. Impulses
   D. A & B only
   E. All of the above

4. What is the most common compulsion?
   A. Checking
   B. Cleaning/washing
   C. Counting
   D. Multiple compulsions

5. An example of an individual with obsessive compulsive personality disorder includes:
   A. Perfectionist
   B. Preoccupied with details, lists
   C. Workaholic, cannot finish a task
   D. B&C only
   E. All of the above

PLEASE CONTINUE TO NEXT PAGE

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6. **An integrated approach to OCD treatment includes:**
   - A. Pharmacotherapy
   - B. Exposure with response prevention
   - C. Physical therapy
   - D. A & B only
   - E. All of the above

7. **Which disorder is found equally in men and women?**
   - A. Obsessive Compulsive Disorder
   - B. Panic disorder without Agoraphobia
   - C. Generalized Anxiety Disorder
   - D. Panic disorder with Agoraphobia

8. **Common obsessions can include:**
   - A. Handwashing
   - B. Repeated checking of door locks
   - C. Fears that one’s soul may be destined for Hell
   - D. Hoarding plastic food containers

9. **Behavior therapy for OCD includes the following except:**
   - A. Exposure
   - B. Habituation
   - C. Analyzing obsessions
   - D. Response prevention

10. **The following are examples of common cognitive themes in OCD except:**
    - A. Attributing excessive importance to a thought
    - B. A need for perfection, especially in certainty and control
    - C. Overestimation of probability
    - D. Hearing voices commanding you to carry out a behavior

**TRUE/FALSE – Indicate whether the statements below is TRUE or FALSE.**

11. **OCD compulsions are repetitive behaviors or mental acts that the person must perform.**
    - A. True
    - B. False

12. **OCD is one of the rarest psychiatric disorders.**
    - A. True
    - B. False
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