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Revision

Behavioural approach to phobias

Matt Jarvis

This quiz relates to the **PSYCHOLOGY REVIEW** Vol. 29, No. 2 article on phobias. If you keep both the article and your answers to the questions, you will have a useful revision guide for relevant exam questions.

Part 1

True or false

- | | |
|---|--|
| The DSM recognises six categories of phobia. | True [☐] False [☐] |
| Avoidance is a key behavioural element of a phobia. | True [☐] False [☐] |
| Blood phobia is unique in triggering a drop in blood pressure. | True [☐] False [☐] |
| The behavioural aspect of treating phobias involves exposure. | True [☐] False [☐] |
| The main mechanism by which exposure therapies work is habituation. | True [☐] False [☐] |

Part 2

Multiple choice

Which of these are categories of phobia?

- a) Animals
- b) Natural environment
- c) Situational
- d) All the above

For diagnosis, a phobia must last longer than:

- a) 1 month
- b) 6 months
- c) 2 years

The multidimensional blood/injury phobia inventory measures which two of the following?

- a) Fear
- b) Spiders
- c) Disgust
- d) Clotting

A technique for treating blood/injury phobia by increasing blood pressure is:

- a) Applied stress
- b) Applied pressure
- c) Applied tension

Part 3

Know your terms

What does each of the following mean?

- Exposure therapy
- Exposure hierarchy
- Habituation
- Applied tension

Part 4

Applying your understanding

Imagine you are being consulted by a friend who has been referred for behavioural therapy for their fear of blood. They are very nervous about the therapy, and they ask you what to expect. What would you tell them?

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