Questions #1-7 refer to the article about equine-assisted psychotherapy by Masini on pages 30-34.

1. The North American Riding for the Handicapped Association has been providing equine-based activity and therapy programs since:
   A. 1969.
   B. 1979.
   D. 1999.

2. The Equine Facilitated Mental Health Association provides equine-facilitated psychotherapy (EAP) for individuals with three of the following. Which one is the EXCEPTION?
   A. Anxiety.
   B. Depression.
   C. Suicidal ideation.
   D. Autism.

3. All of the activities in the Equine-Assisted Growth and Learning Association (EAGLA):
   A. involve riding.
   B. take place on the ground.
   C. occur in individual therapy.
   D. occur in group therapy.

4. Tyler found that the use of horses was particularly effective in clients who were:
   A. phobic.
   B. aggressive.
   C. catatonic.
   D. acting out.

5. Which of these statements by Jenny in the individual example helped begin the process of EAP?
   A. “He (the horse) refuses to move for me.”
   B. “He (the horse) smells really bad like others I know.”
   C. “He (the horse) is scary.”
   D. “He (the horse) treats me just like my (teenage) daughter does.”

6. Ewing et al.’s study found a:
   A. statistically significant increase in empathy.
   B. statistically significant increase in feelings of empowerment.
   C. positive improvement in social skills.
   D. positive improvement in locus of control.

7. Klontz et al.’s study regarding the effectiveness of EAP found that reductions in psychological distress and enhancement in well-being were still present how many months after the original study?
   A. 2.
   B. 4.
   C. 6.
   D. 8.

Questions #8-14 refer to the article about exercise as a therapeutic and adjunctive intervention for individuals with chronic mental illness by Weber on pages 35-40.

8. In 2007, the American College of Sports Medicine and the American Heart Association recommended that healthy adults ages 18 to 65 include some type of moderate-intensity aerobic activity for at least:
   A. 15 minutes, 5 days per week.
   B. 30 minutes, 5 days per week.
   C. 15 minutes, 3 days per week.
   D. 30 minutes, 3 days per week.

9. Everson et al.’s study found that as little as a 5% increase in body weight correlated with a ______ greater risk of developing metabolic or insulin syndrome by middle age.
   A. 100%.
   B. 150%.
   C. 200%.
   D. 250%.

10. As compared with the general population, individuals with schizophrenia are how many times more likely to develop diabetes?
    A. Two to four.
    B. Three to five.
    C. Four to six.
    D. Five to seven.

11. The most common cause of death in individuals with schizophrenia is due to diseases of which of these systems?
    A. Respiratory.
    B. Adrenal.
    C. Cardiovascular.
    D. Renal.

12. In Knowler et al.’s study about modification of risk factors identified in the Diabetes Prevention Project (DPP), the incidence of diabetes was reduced the most in which of these participating groups?
    A. Lifestyle.
    B. Metformin (Glucophage®).
    C. Low-calorie diet.
    D. Stress reduction.

13. Weber et al.’s study of the adaptation of the DPP for those with schizophrenia spectrum disorders reported which of these findings about participant weight loss?
    A. Weight loss was substantial.
    B. Continued weight gain stopped.
    C. Weight loss was correlated with motivation.
    D. Baseline weights remained the same following DPP.
14. Beebe and Smith described the feasibility of WALC, an adapted exercise intervention for individuals with schizophrenia. The “C” in WALC refers to:
   A. Coordinate exercise behavior.
   B. Comment on exercise behavior.
   C. Cue exercise behavior.
   D. Critique exercise behavior.

Questions #15-20 refer to the article about hypnosis as adjunct care in mental health nursing by Mottern on pages 41-44.

15. Hypnosis was approved as an adjunct treatment by the American Psychological Association in:
   A. 1958.
   B. 1959.
   C. 1960.
   D. 1961.

16. One reason why hypnosis is an underused modality may be:
   A. a general lack of cognizance about its therapeutic benefits.
   B. practitioners’ disagreements about its role in patient care.
   C. practitioners’ reluctance to accept its theoretical framework.
   D. myths about what it can accomplish for patients.

17. The use of metaphor is seminal in ____ method of hypnosis.
   A. Freud’s.
   B. Erickson’s.
   C. Sullivan’s.
   D. Ellis’.

18. Spiegel and Bloom reported that hypnosis and group therapy reduced pain in patients with metastatic cancer of the:
   A. breast.
   B. lung.
   C. bone.
   D. kidney.

19. Bryant et al. found that which of following therapies, in combination with hypnosis, was most effective in patient care?
   A. Group.
   B. Individual.
   C. Supportive.
   D. Cognitive-behavioral.

20. Gonsalkorale, Houghton, and Whorwell found that hypnosis improved subjective pre- and posttreatment scores of participants on three of the following. Which one is the EXCEPTION?
   A. Quality of life.
   B. Anxiety.
   C. Anorexia.
   D. Depression.