

## SESSION 3: MINDFULNESS

### QUESTION 1

A desirable influence of meditation often experienced in the early days of practice is:

CHOOSE ONE

- Emotion regulation
- Critical thinking
- Abstract reasoning
- Stress intolerance

### QUESTION 2

Elicitation of the relaxation response can be compared to:

CHOOSE ONE

- A musical instrument, the more practice, the richer the experience
- An electric switch, it's either on or off
- Critical thinking, it requires multiple cognitive tasks
- Running a race, the more you strive the farther you'll get

### QUESTION 3

Interest in meditation for use in western medicine began when and why?

CHOOSE ONE

- In the 1950s and 1960s as a result of interest in Zen Buddhism popularized by several literary works on topic such as Zen in the Art of Archery.
- In the 1960s as clinicians discovered its beneficial use in psychotherapy, especially popular in psychoanalysis.
- In the 1960s and 1970s due to EEG and metabolism measurements and celebrity of Maharishi Mahesh Yogi.
- In the 1970s with the advent of experimental psychological and research on expanded states of consciousness.

## QUESTION 4

Early research into meditation focused on which measurement?

CHOOSE ONE

- Electroencephalogram
- Oxygen consumption
- Skin resistance
- Nitric oxide

## QUESTION 5

Jon Kabat Zinn, PhD first integrated mindfulness into a clinical intervention known as the 'Mindfulness Based Stress Reduction Program.' Subsequently the practice of mindfulness has become integrated into a variety of therapies that include Mindfulness-Based-Cognitive Therapy, Dialectical Behavior Therapy and which other therapy?

CHOOSE ONE

- Acceptance and Commitment Therapy

- Rational Emotive Behavior Therapy
- Cognitive Behavior Therapy
- Hypnosis

## QUESTION 6

Mindful awareness involves which of the following?

**CHOOSE ONE**

- Reminiscing
- Holding a vision
- Experiential attention
- Serial tasking

## QUESTION 7

Which is NOT a common benefit of mindful awareness? It:

**CHOOSE ONE**

- Breaks the habit of negative thinking associated with the past.
- Breaks the habit of worrying needlessly about the future.
- Builds attention regulation.
- Spares you from engaging in senseless discourse.

## QUESTION 8

Which activity lends itself to mindful awareness?

CHOOSE ONE

- Folding laundry
- Learning a new skill
- Doing a crossword puzzle
- Forgetting a friend's birthday

## QUESTION 9

This is a psychological effect of mindfulness:

CHOOSE ONE

- Emotional reactivity
- Less behavioral regulation
- Subjective well-being
- Emotional restraint

## QUESTION 10

Mindfulness consists primarily of which two mental activities?

CHOOSE ONE

- Focused attention and open monitoring

- Focused-attention and breath awareness
- Breath awareness and disregard of thoughts
- Open monitoring and disregard of thoughts