

## Anger Management Post-Test Test

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Following your reading of the course material in the **Anger Management for Substance Abuse and Mental Health Clients: A Cognitive Behavioral Therapy Manual**, please read the following statements and indicate the correct answer. A score of 24 correct must be obtained to pass the course (you may miss 11). Following payment, the test may be taken as many times as necessary to obtain a passing grade. Your score and the status of your certificate will be emailed to you. CEU certificates are provided only if we have received your payment. You may also take the test online through the course link at any time. The online test supports automated scoring for quick automatic results.

Text: **Anger Management for Substance Abuse and Mental Health Clients: A Cognitive Behavioral Therapy Manual** – a Substance Abuse and Mental Health Services Administration (SAMHSA) publication, and the **Participant Workbook**.

1. Which is true:
  - A. More than half of frequent cocaine users report violent behavior.
  - B. Anger and violence can have a causal role in the initiation of drug and alcohol abuse.
  - C. Individuals who have experienced traumatic events often engage in anger and acts of violence.
  - D. B and C.
  - E. A, B, and C.
  
2. The treatment model described in the group anger management manual is a \_\_\_\_\_ Behavioral Therapy approach.
  - A. Relaxation.
  - B. Cognitive.
  - C. Communicative.
  - D. Combined.
  
3. Theoretically, the more techniques and interventions an individual has in their anger control plan, the better equipped they will be to manage anger in response to anger provoking events.

True                  False
  
4. The anger treatment model in the manual is effective for:

- A. Substance abusing individuals.
- B. Non-substance abusing individuals.
- C. Individuals with anxiety disorders.
- D. Individuals of different ethnic groups.
- E. All the above.

5. Although a group format is recommended for anger management treatment, the same treatment can be used in individual sessions with clients.

True                  False

6. Cognitive Behavioral Interventions are ineffective in a group setting.

True                  False

7. Participants should be abstinent from drugs and/or alcohol for at least 2 weeks prior to, and during, anger management treatment.

True                  False

8. Reductions in frequent and intense anger, and its destructive consequences, can lead to improved physical and mental health.

True                  False

9. The purpose of an anger management group is to learn to manage anger, stop violence, develop self control, and to receive support and feedback from others.

True                  False

10. Which is true:

- A. Threats of violence are unimportant.
- B. Anything said in group can be shared outside of group.
- C. Anger management skills come easily and without practice.
- D. A time-out is an effective management strategy.
- E. A group member can still get a certificate of completion no matter how many sessions they miss.
- F. C, D, and E.
- G. D and E.

11. Anger is an unnatural response.

True                  False

12. A person can become angry without acting aggressively.

True                  False

13. Which is true:

- A. Anger is an emotion.
- B. Aggression is a behavior.
- C. Hostility is an attitude.
- D. All the above.

14. Verbal abuse is not an aggressive act.

True                  False

15. Avoiding physical illness can be a motivation for controlling anger

True                  False

16. Which is not a negative consequence of expressing anger inappropriately:

- A. Incarceration.
- B. Physical injury.
- C. Personal release of tension.
- D. Losing loved ones.
- E. Feelings of guilt or regret.

17. The way we express anger is always inherited.

True                  False

18. People must be aggressive to get what they want.

True                  False

19. Allowing group members to scream and beat on pillows is effective, healthy, and therapeutic.

True                  False

20. The first step to breaking the anger habit is to become aware of it.

True                  False

21. Which is/are effective immediate strategies to controlling anger:

- A. Time-outs.
- B. Breathing exercises.
- C. Thought stopping.
- D. All the above.

22. When an individual reaches a 9 on the Anger Meter it is inevitable they will lose control.

True                  False

23. Which is not an example of an everyday event type of anger trigger?

- A. Being stuck in traffic.
- B. Being on hold on the phone.
- C. Having a baby.
- D. Being a victim of theft.

24. An important component of anger management is to recognize the primary feelings that underlie our anger.

True                  False

25. An anger control plan should contain both immediate and preventive strategies.

True                  False

26. Talking about your feelings can give you a new perspective and relieve tension related to an anger-provoking event.

True                  False

27. Physical exercise is not an effective long term anger prevention strategy.

True                  False

28. The key to making deep-breathing an effective relaxation technique when angry is to

practice.

True

False

29. One of the primary objectives of anger management is to keep from reaching the explosion phase of the Aggression Cycle.

True

False

30. Irrational beliefs do not perpetuate anger and thus require little cognitive restructuring.

True

False

31. Acting passively can prevent you from having your needs satisfied.

True

False

32. One method of acting assertively is to use the Conflict Resolution Model.

True

False

33. An assumption of anger management treatment is that no form of physical discipline is beneficial to a child.

True

False

34. The last two group sessions should be used to review and reinforce each technique and anger management plan.

True

False

35. Venting anger in an aggressive manner is a good way to express it.

True

False

## Post-Test Mailed Answer Sheet

Please use this answer sheet to transmit your responses to the course post-test if you do not use the online testing option.

***DO NOT SEND THE TEST QUESTIONS.***

### INSTRUCTIONS:

1. Read the course material.
2. Take the Post Test using this Answer Sheet.
3. Verify Post Test responses by reviewing course text.
4. Complete this form (keep a copy for your files).
5. Mail or Email to the address at the bottom.

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Course Title **Anger Management**

Date Taken \_\_\_\_\_

Name (as you want it on your certificate) \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

How do you want to receive your certificate:     ( ) Mail or ( ) E-mail – Is your address legible?

Post Test Answer Sheet - Circle Correct Answers (Your test may not use all question numbers.)

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Thank you for your participation in this continuing education course. We are required to collect evaluation data on each course completed prior to the issuance of your certificate(s). Please complete the following and return with your post-test.

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