

Pre/Post-Assessment Form (Updated: 11 September 2007)

Treatnet Training Volume B, Module 3:
Elements of Psychosocial Treatment
Cognitive Behavioural and Relapse Prevention Strategies

Please complete the following pre/post-assessment form. Your responses are completely confidential. The goal of these assessments is to evaluate the effectiveness of the capacity building program and the training activities, not to evaluate you personally. Your responses are very important to us. Please do not hesitate to ask the assigned person if you have any questions.

Name: _____

Name of your Centre: _____

Volume B, Module 3: Cognitive Behavioural and Relapse Prevention Strategies

1. Cognitive behavioural therapy attempts to reduce the following:
 - a. Excessive emotional reactions
 - b. Drug use
 - c. Erroneous thinking and maladaptative beliefs
 - d. All of the above

2. Within a CBT framework, addiction is:
 - a. A hereditary disease
 - b. A social problem
 - c. A learned behaviour
 - d. A motivational problem

3. According to the principles of reinforcement, the faster the positive and negative reinforcements follow the behaviour:
 - a. The weaker the behaviour becomes
 - b. The stronger the behaviour becomes
 - c. It may be weaker or stronger, we never know
 - d. All of the above are correct

4. Indicate 2 internal and 2 external triggers for drug use:
 - a. (internal):
 - b. (internal):
 - c. (external):

d. (external):

5. Indicate some strategies that people who use drugs can employ to cope with craving:

a.

b.

c.