

# Mindful Continuing Education

## Treatment Elements of Alcohol-Focused Behavioral Couples Therapy

**1. Many early treatment approaches for couple therapy to treat Alcohol Use Disorders (AUDs) hypothesized that marriage to a man with an AUD represented a neurotic resolution of psychological conflicts by their wives, and that therapy, therefore, should focus on the woman's own psychological issues.**

- A. True
  - B. False
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### Conceptual Models

**2. Alcohol-focused Behavioral Couple Therapy (ABCT) is a cognitive-behavioral treatment model based on the assumption that multiple factors maintain the identified patient's (IP's) drinking, including variables that are individual, familial, social/environmental, and:**

- A. Genetic
  - B. Behavioral
  - C. Dyadic
  - D. Personality-related
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**3. The ABCT model assumes that internal factors such as expectations, attitudes, values, life experiences and perceptions of reality mediate the association between external antecedents and drinking behavior.**

- A. True
  - B. False
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### CBT for Partner Coping

**4. Cognitive Behavior Therapy (CBT) interventions focus on enhancing significant other (SO) skills, which may include each of the following EXCEPT:**

- A. Self-monitoring through daily logs and self-management plans for behavior change
- B. Functional analysis of SO behaviors that might serve as antecedents or beneficial consequences of drinking

- C. Skills training to provide positive support for IP behavior change and partner-focused relapse prevention
  - D. Problem-solving training for coping with ongoing conflicts
- 

## **Structure of Treatment**

**5. Although ABCT is designed to include both partners in all treatment sessions, recent research suggests that providing a combination of ABCT and individual CBT tended to yield better treatment attendance and comparable treatment outcomes.**

- A. True
  - B. False
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## **Efficacy Research**

**6. ABCT has been shown to positively impact the desired outcomes of reducing IP drinking and:**

- A. Improved relationship functioning between the partners
  - B. Development of healthy coping techniques
  - C. Connection with ongoing support for the IP and significant other
  - D. Addressing the “whole person” needs of both individuals
- 

## **Gender and ABCT Research**

**7. While more men suffer from AUDs than women, the consequences of problematic drinking behaviors disproportionately affect women, such that women are more likely to die as a result of their drinking and are more likely to have severe medical problems as a result of their drinking.**

- A. True
  - B. False
- 

## **Process Research: Moderators, Active Ingredients, and Mediators**

**8. Active ingredients are the specific elements of a treatment that account for positive results, and moderators are client processes impacted by the active ingredients, which lead to desired behavior change.**

- A. True
  - B. False
-

## For Whom ABCT Works or Does Not Work

**9. Research suggests that ABCT may be more efficacious for drinkers with less severe alcohol dependence than for those with more severe dependence.**

- A. True
  - B. False
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## Proposed Active Ingredients

**10. Specific active therapist ingredients/interventions that have been proposed for ABCT include relationship enhancement, drinker skills training, partner skills training, and:**

- A. Functional analysis of drinking behaviors
  - B. Harm reduction
  - C. Motivational enhancement
  - D. Relapse prevention
- 

## Relationship Enhancement

**11. Studies have demonstrated that there may be a temporal relation between alcohol use and relationship satisfaction in which relationship satisfaction gains occur before improvements in alcohol use or consequences of alcohol use, and such findings suggest that improved relationship functioning may facilitate improvements in drinking outcomes.**

- A. True
  - B. False
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**12. During ABCT, relationship change may occur through a number of pathways, including:**

- A. Abstinence from alcohol is actively rewarded by the non-drinking partner
  - B. Both partners are encouraged to develop a deeper repertoire of shared enjoyable experiences
  - C. Partners actively work on improving communication patterns
  - D. All of the above
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## Future Directions

**13. Which of the following is NOT one of the authors recommendations for future ABCT research efficacy and effectiveness research?**

- A. Future ABCT research should address the greater cultural and racial diversity of contemporary couples
  - B. Research should investigate additional evidence-based principles that have shown promise in enhancing ABCT across populations
  - C. Research should be expanded to include diversity of sexual orientations
  - D. ABCT research needs to move from the efficacy to effectiveness stage in real-world treatment settings
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## **ABCT Process Research**

**14. Process research should further explore proposed active ingredients and mechanisms of change of ABCT, such as whether or not improvements in relationship functioning and alcohol use occur through motivational enhancement, IP or SO skills training, or a combination of those variables.**

- A. True
  - B. False
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