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Nakata

pp 605–614

Bradley et al

pp 685–691

1. Which patient has significantly higher odds for depression when all other factors such as job type and industry are controlled?

- a. Ms A, who sleeps < 6 h/d and works > 10 h/d
- b. Ms B, who sleeps 8 h/d and works 8 h/d
- c. Ms C, who sleeps 6 h/d and works 8 h/d
- d. Ms D, who sleeps < 6 h/d and works 6 h/d

2. Which patients have significantly higher odds for depression when all other factors such as job type and industry are controlled?

- a. Those who work 6 to 8 h/d and perceive their daily sleep amount as sufficient
- b. Those who work > 8 to 10 h/d and perceive their daily sleep amount as sufficient
- c. Those who work > 10 h/d and perceive their daily sleep amount as sufficient
- d. Those who work any number of hours (6 or more h/d) but perceive their daily sleep amount as insufficient

3. A person who sleeps a longer duration may be as dissatisfied with the amount as someone who sleeps a shorter duration, although this study did not have the statistical power to examine those who slept > 8 h/d.

- a. True
- b. False

4. Emotion dysregulation had statistically significantly greater influence than negative affect on all of the following forms of psychopathology, according to linear regression analysis, *except*:

- a. Posttraumatic stress
- b. Alcohol abuse
- c. Drug abuse
- d. Depression

5. Which variable was *not* significantly associated with a history of suicide attempt, according to logistic regression analysis?

- a. Female gender
- b. Childhood trauma
- c. Negative affect
- d. Emotion dysregulation

6. Mr Z has borderline personality disorder. Your treatment goals may include reduction of affective arousal, increase in affect tolerance, and development of psychosocial coping skills to be used in times of increased emotional distress.

- a. True
- b. False

Answers to Pretest: 1.a 2.c

