1. Describe each of the following methods psychologists use to assess how effective treatments are:
   a. **client perceptions**
   
   b. **clinician perceptions** – clinician determines how patient is doing
      i. What are some flaws with this method?
   
   c. **outcome research**

2. **Meta-analysis** is measuring results across ______________________________ to see whether a treatment works and how well it does across a variety of settings.

3. How does effectivenes differ from efficacy?

4. Some common factors that unite the more effective therapies are instilling hope, ________________________________, genuine empathy, ________________________________, and clear & positive communication.

5. **Biomedical Therapies** aim to ________________________________ the brain’s electrochemical state with psychotropic ____________, magnetic impulses, or even electrical currents and ____________.

6. **Antipsychotics** are used to treat ____________________________ and other types of severe thought disorders.
   a. What are some of the side effects of antipsychotics?

7. Which theory do you think is most valid in terms of explaining why **electroconvulsive therapy (ECT)** is effective for severe depression?

8. **Repetitive Transcranial Magnetic Stimulation (rTMS)** involves the painless application of repeated ________________________________.

9. What types of **lifestyle changes** have also been shown to be effective for depression?