

# Mindful Continuing Education

## Reactive Attachment Disorder: Overview and Interventions

### Reactive Attachment Disorder: Overview and Interventions

**1. Core features and symptoms of reactive attachment disorder (RAD) include each of the following EXCEPT:**

- A. Failure to gain weight or feeding difficulties
  - B. Lack of empathy
  - C. Aggressive and destructive behavior toward self and others
  - D. Impulse control
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### Discussion

**2. Results of a study of 22 children with a suspected, borderline, or definite diagnosis of RAD found that they had a high level of comorbidity with other disorders, had lower IQs than population norms, had a higher level of disorganized attachment, and more problem behaviors than would be found in the general population.**

- A. True
  - B. False
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### Gender Variations and Symptom Expression in Reactive Attachment Disorder-Background

**3. Reactive attachment disorder is generally attributed to the presence of care that encompasses primary caregiver maltreatment and/or neglect or that results from being raised under the guidance of an institution, which is referred to as “indiscriminate care.”**

- A. True
  - B. False
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### Exploring RAD with ADHD-Like Attributes

**4. Which of the following is an accurate statement about RAD and ADHD?**

- A. ADHD is known for having a strong genetic basis and numerous studies have also demonstrated the existence of gender disparities in RAD expression
  - B. Boys with RAD exhibit a greater frequency of ADHD-like behaviors, including inattentiveness and hyperactivity
  - C. A shared pathway may encompass ADHD and RAD symptomatology in the male gender
  - D. All of the above
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**Exploring RAD with Autistic Attributes**

**5. Behavioral dysfunctions that resemble autism such as impaired language, cognitive deficits, displaced aggression towards people and inanimate objects, and breaking rules of convention have been observed in children with RAD.**

- A. True
  - B. False
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**The Effectiveness of Play Therapy and Reactive Attachment Disorder: A Systematic Literature Review-Background**

**6. The attachment style formed between the child and the primary caregiver, which is dependent on when and how the caregiver responds to the child's attachment behaviors, is typically formed in the child's life within:**

- A. The first six months
  - B. The first year
  - C. The first eighteen months
  - D. The first two years
- 

**Reactive Attachment Disorder**

**7. According to the American Psychiatric Association, the diagnosis of RAD can only be made when a child is younger than the age of eight and has a developmental age of above eighteen months.**

- A. True
  - B. False
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**Play Therapy**

**8. Which of the following is NOT a correct statement about the clinical benefits of play therapy?**

- A. Since clinicians do not need any specialized training for play therapy, it can be widely and effectively used
  - B. Play therapy allows for clinicians to work with children despite their developmental stage or cognitive functioning
  - C. This approach can be used to gain knowledge and understanding when there may be cultural barriers between the child and the clinician
  - D. Behavioral problems or difficult home life experiences can be addressed without the child becoming defensive
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## **Findings-Strong Family Commitment**

**9. Research supports that when working with a child diagnosed with RAD, the first goal is to form a secure attachment for the child so that he or she may have a safe haven and secure base to work through the remaining issue.**

- A. True
  - B. False
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**10. Theraplay is an approach that uses the therapeutic context of playfulness to foster relationships and healthy attachments with a balance of structure, engagement, nurture, and:**

- A. Imagination
  - B. Challenge
  - C. Creativity
  - D. Exploration
- 

## **Structured Treatment**

**11. Although structure, consistency, and predictability are important for children with RAD, for those with drastically maladaptive attachment patterns, less directive therapeutic approaches are recommended.**

- A. True
  - B. False
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## **Stable Environment**

**12. Treatment of attachment related disorders in children who are not in stable environments often proves to be ineffective because they are exposed to arbitrary and impulsive experiences rather than nurturing ones.**

- A. True
  - B. False
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**13. Research findings clearly indicate that the most effective treatment for RAD is Family Attachment Therapy that incorporates play therapy.**

- A. True
  - B. False
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**14. Further research in the area of play therapy and its effectiveness for RAD is needed in order to provide clinicians with a framework training and treatment implementation**

- A. True
  - B. False
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