

Question 1

Multiple Choice0 points

Question According to the authors of your textbook, the definition of a psychological disorder is associated with Answer

- stress.
- impaired functioning.
- culturally expected responses.
- psychotic symptoms.

Question 2

Multiple Choice0 points

Question Regarding the definition of abnormality, it is correct to state that

- Answer it is difficult to define “normal” and “abnormal.”
- personal distress is the one criterion that defines abnormality.
- the criteria differ depending on the cause of the psychological disorder.
- the criteria differ depending on whether the individual has a psychological disorder or a psychological dysfunction.

Question 3

Multiple Choice0 points

Question The criterion that a particular behavior be atypical or not culturally expected is insufficient to define abnormality because

- Answer behavior that occurs infrequently is considered abnormal in every culture.
- society is less willing to tolerate eccentricity in people who are productive.
- behaviors vary very little from one culture to another.
- many people behave in ways that deviate from the average, but this doesn’t mean that they have a disorder.

Question 4

Multiple Choice0 points

Question Which of the following degrees is earned by a psychiatrist?

- Answer
- Ph.D.
- Ed.D.
- M.D.
- Psy.D.

Question 5

Multiple Choice0 points

Question It is 1975 and Ivan is an idealistic young Russian student. He joins a group protesting various government policies and criticizes the leader of the Communist Party. For his dissident political views, Ivan will probably be

- Answer
- forced to work for the Communist Party.
- incarcerated in a maximum security prison.
- given psychological tests to determine if he is mentally ill.
- committed to a mental institution.

Question 6

Multiple Choice0 points

Question The typical profile or prototype of a disorder reflects the ____ as described in DSM-IV.

- Answer
- theoretical perspectives on abnormality
- treatments for mental disorders
- causes of mental illness
- diagnostic criteria for psychological disorders

Question 7

Multiple Choice0 points

Question The scientific study of psychological disorders is called

- Answer psychopathology.
- psychoanalysis.
- pseudoscience.
- parapsychology.

Question 8

Multiple Choice0 points

Question After college graduation, two of your friends are interested in careers in the helping professions. Anna wants to become a psychiatrist; Carl plans on becoming a psychologist. Since you are taking a course in abnormal psychology, they ask you for career advice. You would tell

- Answer Anna to apply to medical school and Carl to study psychology at the graduate level.
- Carl to apply to medical school and Anna to study psychology at the graduate level.
- both of them to apply to medical school.
- both of them to apply to graduate school.

Question 9

Multiple Choice0 points

Question All of the following are ways in which mental health professionals might function as scientist-practitioners EXCEPT

- Answer analyzing their own motivations and reasons for helping people with psychological problems.

evaluating their own assessments and treatments for effectiveness.
conducting research leading to new information about mental disorders and their treatments.
using the most current diagnostic and treatment procedures.

[Add Question Here](#)

Question 10



Multiple Choice

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Question As used by clinical psychologists, the term “presenting problem” is used to indicate the problem that

- Answer**
- ☐ the patient thinks is most severe.
 - ☐ has lasted the longest amount of time.
 - ☐ the therapist thinks is most severe.
 - ☒ first brought the individual to therapy.

[Add Question Here](#)

Question 11



Multiple Choice

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Question A male college student began feeling sad and lonely. Although still able to go to classes and work at his job, he finds himself feeling down much of the time and he worries about what is happening to him. Which part of the definition of abnormality applies to his situation?

- Answer**
- ☒ personal distress
 - ☐ cultural factors
 - ☐ impaired functioning
 - ☐ violation of societal norms

[Add Question Here](#)

Question 12



Multiple Choice

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Question Statistical data are often relevant when discussing psychological disorders. For example, a researcher might want to know how many new cases of depression are diagnosed each year, a figure called the ____ of the disorder.

- Answer**
- ☐ prevalence
 - ☒ incidence
 - ☐ recurrence
 - ☐ ratio

[Add Question Here](#)

Question 13



Multiple Choice

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Question Psychological disorders can be described as following a typical course or individual pattern. For example, schizophrenia follows a chronic course, while mood disorders, including depression, follow a(n) ____ course.

- Answer**
- ☒ episodic
 - ☐ time-limited
 - ☐ guarded
 - ☐ insidious

[Add Question Here](#)

Question 14



Multiple Choice

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Question If a psychological disorder is said to have an acute onset, it means that the symptoms developed

- Answer**
- ☒ suddenly.
 - ☐ atypically.
 - ☐ gradually.
 - ☐ following a previous period of recovery.

[Add Question Here](#)

Question 15



Multiple Choice

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Question When 20 year-old Larry was first diagnosed with schizophrenia, his family wanted to know if and how the disorder would progress and how it would affect him in the future. In medical terms, the family wanted to know Larry's ____.

- Answer**
- ☐ diagnosis
 - ☒ prognosis
 - ☐ psychosocial profile
 - ☐ pathology

[Add Question Here](#)

Question 16



Multiple Choice

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Question As part of the integrative multidimensional perspective of the textbook, treatments for mental disorders are described

- Answer**
- ☐ in general terms.
 - ☒ in association with specific disorders.
 - ☐ in separate chapters that focus on different treatment approaches.
 - ☐ only for severe cases.

[Add Question Here](#)

Question 17



Multiple Choice

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Question At various times in history, in an attempt to explain problematic, irrational behavior, humans have focused on supernatural causes that include all of the following EXCEPT

- Answer**
- ☐ magnetic fields.
 - ☐ demons and evil spirits.
 - ☒ bodily humors.
 - ☐ the moon and stars.

[Add Question Here](#)

Question 18




Multiple Choice

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Question The biological and psychological models or theories of abnormality derived originally from the ancient Greek concept in which the

Answer  mind was considered separate from the body.
flow of bodily fluids affected behavior and personality.
female reproductive organs were associated with psychopathology.
movement of the planets influenced human behavior.

 [Add Question Here](#)

Question 19



Multiple Choice


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Question Since the time of ancient Greece, the concept of a psyche or soul was similar to that of the

Answer

- brain.
-  mind.
- body.
- blood.

 [Add Question Here](#)

Question 20



Multiple Choice


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Question Towards the end of the 14th century and continuing into the 15th century, the causes of “madness” were generally attributed to

Answer

- toxins in the blood.
- religious delusions.
- brain disease.
-  demons and witches.

 [Add Question Here](#)

Question 21



Multiple Choice


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Question Which of the following accurately describes the attitudes of the Catholic Church toward mentally ill people during the turbulent political and religious events of the 14th and 15th centuries?

Answer

- They were considered to be suffering from religious delusions and were cared for by members of the church communities.
-  They were seen as possessed by evil spirits and blamed for all misfortunes.
- They were regarded as basically good individuals who were not responsible for their abnormal behavior.
- They were provided with medical treatments and sometimes hospitalized because mental illness was regarded as equivalent to physical illness.

 [Add Question Here](#)

Question 22



Multiple Choice


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Question During the Middle Ages, as well as at other times, mentally ill people were sometimes forced to undergo the religious ritual called exorcism. This was in order to

Answer

- cure the mental illness by making the individual more religious.
- build up muscle strength and make the person healthier.
-  rid the individual’s body of evil spirits.
- prove that the person was not a witch.

 [Add Question Here](#)

Question 23



Multiple Choice


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Question The treatments given to the mentally ill King Charles VI of France suggest that the causes of his disorder were attributed to ____ phenomena.

Answer

- natural
- supernatural
-  both natural and supernatural
- neither natural nor supernatural

 [Add Question Here](#)

Question 24



Multiple Choice


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Question As noted in the textbook, the young girl in the movie, “The Exorcist,” was

Answer

- diagnosed with a brain tumor.
- diagnosed with a seizure disorder.
- forced to submit to an exorcism before receiving any medical or psychological treatments.
-  forced to submit to an exorcism after medical and psychological conditions were ruled out.

 [Add Question Here](#)

Question 25



Multiple Choice


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Question The belief of homophobic people that the “sin” of homosexuality has resulted in HIV/AIDS is related to the historical concept of ____ as a cause of madness.

Answer

-  divine punishment
- faith healing
- hysteria
- sorcery

 [Add Question Here](#)

Question 26



Multiple Choice


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Question One hot and humid night, one of your friends suggests doing some really crazy things. You look up at the sky and then say: “It must be the full moon.” Your statement reflects the concept from which the word ____ is derived.

Answer

-  lunatic
- idiot

maniac
psychopath

 [Add Question Here](#)

Question 27



Multiple Choice


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Question The historic belief that the movements and/or positions of the moon, the stars, and the planets influence human behavior is still held by followers of the pseudoscience called ____.

Answer

- graphology
- parapsychology
- astronomy
-  astrology

 [Add Question Here](#)

Question 28



Multiple Choice


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Question The Greek physician Hippocrates suggested that psychological disorders could be negatively influenced by factors such as

Answer

-  family stress.
- supernatural forces.
- religion.
- birth order.

 [Add Question Here](#)

Question 29



Multiple Choice


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Question Which of the following is NOT one of the causes of psychopathology suggested by the Greek physician Hippocrates?

Answer

- head injury
- brain pathology
- genetics
-  spirit possession

 [Add Question Here](#)

Question 30



Multiple Choice


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Question You are listening to old musical tunes including “My Melancholy Baby.” Your friends are impressed when you tell them that “melancholic,” referring to a depressive personality, derives from a Greek word meaning

Answer

- blood.
- phlegm.
- yellow bile.
-  black bile.

 [Add Question Here](#)

Question 31



Multiple Choice


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Question According to Hippocrates’ humoral theory, the “choleric” personality is

Answer

-  hot-tempered.
- easy going.
- kind.
- cheap.

 [Add Question Here](#)

Question 32



Multiple Choice


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Question Based on Hippocrates' humoral theory, “sanguine” describes a person who is

Answer

- pessimistic.
- pale.
-  cheerful.
- humorous.

 [Add Question Here](#)

Question 33



Multiple Choice


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Question Bloodletting, a treatment devised centuries ago to restore the balance of humors, was accomplished with the use of

Answer

- needles.
-  leeches.
- tourniquets.
- bacteria.

 [Add Question Here](#)

Question 34



Multiple Choice


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Question In ancient Greece, a woman suffering from “hysteria” might be told that her condition could be cured by

Answer

-  marriage.
- pregnancy.
- childbirth.
- divorce.

 [Add Question Here](#)

Question 35



Multiple Choice


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Question In ancient Greece, “humoral excesses” thought to be causing psychological disorders were treated by

Answer

-  increasing or decreasing the person’s exposure to heat, dryness, moisture, or cold.
- herbal remedies.

decreasing both caloric and liquid intake.
lowering the person’s body temperature for extended periods of time.

 [Add Question Here](#)

Question 36



Multiple Choice


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Question Induced vomiting was a 17th century treatment for depression. As described in “Anatomy of Melancholy” (1621), this could be accomplished in part by eating

Answer

- raw meat.
- ice.
- coal.
-  tobacco.

 [Add Question Here](#)

Question 37



Multiple Choice


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Question Somatoform disorders, a current DSM-IV classification that evolved from the concept of “hysteria,” affect

Answer

- adult males only.
- adult females only.
-  both males and females.
- children only.

 [Add Question Here](#)

Question 38



Multiple Choice


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Question In keeping with an accepted treatment for mental illness in the 14th century, a physician treating King Charles VI of France had him moved to the countryside in order to

Answer

- have him closer to a hospital that treated mental illness.
- keep him away from his family.
-  restore the balance in his humors.
- cure him of hysteria.

 [Add Question Here](#)

Question 39



Multiple Choice


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Question In an attempt to rid the body of the excessive humors thought to be causing psychological disorders, physicians throughout history have used treatments such as

Answer

-  bloodletting.
- induced seizures.
- exorcism.
- drilling through the skull.

 [Add Question Here](#)

Question 40



Multiple Choice


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Question The concept of hysteria, which traditionally meant physical symptoms for which no organic pathology could be found, is now associated with which DSM-IV classification?

Answer

- anxiety disorders
- neurosis
- PMS
-  somatoform disorders

 [Add Question Here](#)

Question 41



Multiple Choice


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Question The traditional tendency to stigmatize women as “hysterical” derived from Hippocrates’ concept of

Answer

-  the “wandering uterus.”
- an “incompetent cervix.”
- “penis envy.”
- “pelvic dysfunction.”

 [Add Question Here](#)

Question 42



Multiple Choice


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Question Until the 1970s, hysterical disorders were diagnosed only in women. In fact the term “hysteria” derives from the Greek *hysteron*, which means

Answer

- ovary.
-  uterus.
- pregnancy.
- vagina.

 [Add Question Here](#)

Question 43



Multiple Choice


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Question The first significant supporting evidence for a biological cause of a mental disorder was the 19th century discovery that the psychotic disorder called *general paresis* was caused by the same bacterial microorganism that causes ____.

Answer

- malaria
- Alzheimer’s disease
-  syphilis
- hysteria

 [Add Question Here](#)

Question 44



Multiple Choice

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Question In the 19th century United States, John Gray, a well-known psychiatrist, believed that mental illness was due to

Answer

- ☐ psychological factors.
- ☒ physical causes.
- ☐ social/environmental influences.
- ☐ unknown influences.

[◀ Add Question Here](#)

Question 45



Multiple Choice

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Question In the 1930s, after insulin shock therapy had been abandoned because it was too risky as a treatment for mental disorder, medical professionals began to use ____ instead.

Answer

- ☐ bromides
- ☒ electric shock treatment
- ☐ megavitamin therapy
- ☐ moral therapy

[◀ Add Question Here](#)

Question 46



Multiple Choice

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[Remove](#)

Question The first effective medications for severe psychotic disorders were developed in the

Answer

- ☐ late 19th century.
- ☐ early 20th century.
- ☒ 1950s.
- ☐ 1990s.

[◀ Add Question Here](#)

Question 47



Multiple Choice

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Question In the 1800s, an important research and clinical publication read by psychiatrists in the United States was titled

Answer

- ☐ *Case Studies in Mental Illness.*
- ☐ *American Journal of Madness.*
- ☒ *American Journal of Insanity.*
- ☐ *Lunatics in America.*

[◀ Add Question Here](#)

Question 48



Multiple Choice

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[Remove](#)

Question With the discovery of the major tranquilizers called ____, it became possible to control psychotic symptoms including hallucinations, delusions, and aggressiveness.

Answer

- ☒ neuroleptics
- ☐ benzodiazepines
- ☐ bromides
- ☐ opiates

[◀ Add Question Here](#)

Question 49



Multiple Choice

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[Remove](#)

Question Benzodiazepines or “minor” tranquilizers, such as Valium and Librium, are effective in reducing the symptoms of

Answer

- ☐ depression.
- ☒ anxiety.
- ☐ schizophrenia.
- ☐ hysteria.

[◀ Add Question Here](#)

Question 50



Multiple Choice

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Question In the late 1800s the emphasis on a biological cause of mental disorder ironically resulted in reduced interest in treatments for mental patients because it was thought that

Answer

- ☐ physicians should devote more time to the physically ill.
- ☐ patients would improve more rapidly if they were not hospitalized.
- ☐ the hospital staff was not adequately trained to administer new treatments.
- ☒ mental illness due to brain pathology was incurable.

[◀ Add Question Here](#)

Question 51



Multiple Choice

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Question In contrast to the asylums of the early 18th century, the psychosocial approach called “moral therapy” advocated all of the following EXCEPT

Answer

- ☒ restraint and seclusion.
- ☐ normal social interaction.
- ☐ individual attention from the hospital staff.
- ☐ lectures on interesting subjects for hospitalized patients.

[◀ Add Question Here](#)

Question 52



Multiple Choice

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Question After Philippe Pinel systematically introduced moral therapy as a treatment in mental hospitals in France, a similar type of socially facilitative environment was first established in a U.S. hospital by

Answer

- ☒ Benjamin Rush.
- ☐ William Tuke.
- ☐ Joseph von Medina.
- ☐ Manfred Sakel.

[◀ Add Question Here](#)

Question 53

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Multiple Choice

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Question

After the mid 1800s, moral therapy declined as a treatment for the mentally ill because

Answer

the number of patients in mental institutions also declined.

✔

immigrants caused an increase in the mental hospital population.

the number of people available to staff mental hospitals increased.

new biologically based treatments became available.

◀

Add Question Here

Question 54

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Multiple Choice

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Question

You have been asked to give a report on the mental hygiene movement and its foremost crusader Dorothea Dix, who campaigned for more humane treatment of the insane. After mentioning all of her accomplishments you note the unforeseen consequence of her efforts, namely

Answer

a decrease in the number of mental patients in institutions, forcing many to close.

✔

an increase in the number of mental patients, resulting in insufficient staff to care for them.

a change from custodial care to moral therapy for institutionalized patients.

more patients receiving psychotherapy and fewer receiving medication.

◀

Add Question Here

Question 55

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Multiple Choice

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Question

Anton Mesmer, an early 18th century physician, purported to be effecting cures in patients by unblocking their flow of a bodily fluid he called “animal magnetism.” In fact, any effectiveness of his methods was actually due to

Answer

undetectable magnetic fields.

chemically induced humoral balance.

mental telepathy.

✔

the power of suggestion.

◀

Add Question Here

Question 56

-

Multiple Choice

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Remove

Question

_____ demonstrated that some techniques of mesmerism were effective with several psychological disorders.

Answer

Philippe Pinel

Anton Mesmer

Sigmund Freud

✔

Jean-Martin Charcot

◀

Add Question Here

Question 57

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Multiple Choice

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Question

Which of the following accurately describes the patients of Freud and Breuer after they received hypnotherapy for their psychological disorders?

Answer

✔

feelings of relief and improvement

decreased emotionality while in the hypnotic state

accurate post-hypnotic recall

increased understanding of the causes of their psychological disorder

◀

Add Question Here

Question 58

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Multiple Choice

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Question

Realizing that patients were often unaware of material previously recalled under hypnosis, Breuer and Freud hypothesized the existence of _____, a concept considered one of the most important developments in the history of psychopathology.

Answer

neurosis

✔

the unconscious mind

the Electra complex

catharsis

◀

Add Question Here

Question 59

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Multiple Choice

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Question

In using hypnosis to treat patients with psychological disorders, Freud discovered

Answer

✔

that it is therapeutic to recall and relive emotionally traumatic events.

that patients are unable to process emotionally charged information.

that hypnosis is less effective than mesmerism.

the existence of conscious memories.

◀

Add Question Here

Question 60

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Multiple Choice

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Question

In the classic case of Anna O. in 1895, the neurologist Breuer treated her “hysterical” symptoms by using

Answer

hydrotherapy.

✔

hypnosis.

faith healing.

the placebo effect.

◀

Add Question Here

Question 61

-

Multiple Choice

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Question

Which of the following is NOT included as part of Freud's structure of the mind?

Answer

id

✔

psyche

superego

ego

 [Add Question Here](#)

Question 62



Multiple Choice

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[Remove](#)

Question In Freudian theory, “libido” and “thanatos” represent the two basic but opposing drives of

Answer

- ☒ life and death.
- ☐ sex and celibacy.
- ☐ good and evil.
- ☐ pleasure and pain.

 [Add Question Here](#)

Question 63



Multiple Choice

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Question You have just read a newspaper article about a savage rape and murder. You wonder how someone could commit such a horrible crime. Then you recall from your study of Freudian theory that according to Freud, anyone could be a killer or rapist if ____ impulses are not well controlled.

Answer

- ☐ egoistic
- ☐ phallic
- ☒ id
- ☐ mesmeric

 [Add Question Here](#)

Question 64



Multiple Choice

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Question Although Freud conceptualized the libido as the life energy within the id, many people think of it as the

Answer

- ☐ death instinct.
- ☒ sex drive.
- ☐ conscience.
- ☐ Oedipal conflict.

 [Add Question Here](#)

Question 65



Multiple Choice

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[Remove](#)

Question According to psychoanalytic theory, the ____ develops early in life to insure that we can adapt to the demands of the real world while still finding ways to meet our basic needs.

Answer

- ☒ ego
- ☐ superego
- ☐ libido
- ☐ ideal self

 [Add Question Here](#)

Question 66



Multiple Choice

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[Remove](#)

Question According to psychoanalytic theory, the id operates on the “pleasure principle,” which means that it

Answer

- ☐ adheres to social rules and regulations.
- ☐ thinks in an unemotional, logical and rational manner.
- ☒ is sexual, aggressive, selfish, and envious.
- ☐ utilizes secondary process thinking.

 [Add Question Here](#)

Question 67



Multiple Choice

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Question A classmate in your psychology course is worried about the selfish and sometimes dangerous drives of the id. You respond by saying that

Answer

- ☒ each of us develops an ego to help us behave more realistically.
- ☐ id fantasies never become reality.
- ☐ psychologists disproved Freud’s theories a long time ago.
- ☐ since id impulses are usually part of consciousness awareness, we can learn to control them.

 [Add Question Here](#)

Question 68



Multiple Choice

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Question According to psychoanalytic theory, the role of the ego involves

Answer

- ☐ counteracting the aggressive and sexual drives of the id.
- ☐ maximizing pleasure and reducing tension.
- ☒ mediating conflict between the id and the superego.
- ☐ utilizing fantasy and primary process thinking.

 [Add Question Here](#)

Question 69



Multiple Choice

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Question If you were asked to explain Freud’s structure of the mind to a friend who was unfamiliar with psychology, you might use an organizational analogy in which the id would be the employee who comes to work late and takes very long lunch hours, the superego would be the building security guard, and the ego would be someone who works in the ____ department.

Answer

- ☐ accounting
- ☐ sales
- ☒ human resources
- ☐ advertising

 [Add Question Here](#)

Question 70



Multiple Choice

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Question According to psychoanalytic theory, the conflicts between the id and the superego often lead to feelings of

Answer

- ☒ anxiety.
- ☐ desire.

depression.
anger.

 [Add Question Here](#)

Question 71



Multiple Choice

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Question According to Freudian theory, anxiety is a signal for the ego to marshal its defense mechanisms, which function as

Answer

- ☐ reality-based actions.
- ☒ unconscious protective processes.
- ☐ conscious efforts to maintain control.
- ☐ primitive emotional responses.

 [Add Question Here](#)

Question 72



Multiple Choice

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Question All of the following are examples of defense mechanisms EXCEPT

Answer

- ☒ adaptation.
- ☐ displacement.
- ☐ repression.
- ☐ projection.

 [Add Question Here](#)

Question 73



Multiple Choice

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Question In which of the following defense mechanisms does an individual unconsciously block disturbing wishes, thoughts or experiences from awareness?

Answer

- ☐ rationalization
- ☐ reaction formation
- ☒ repression
- ☐ displacement

 [Add Question Here](#)

Question 74



Multiple Choice

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Question In which of the following defense mechanisms does an individual falsely attribute his or her own unacceptable feelings, impulses, or thoughts to another person?

Answer

- ☐ denial
- ☒ projection
- ☐ displacement
- ☐ sublimation

 [Add Question Here](#)

Question 75



Multiple Choice

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Question Mrs. B. received a very poor rating by her supervisor, who had been constantly criticizing her in front of her coworkers. When she got home, her kids ran up to greet her, all talking at once. She responded by yelling: “Leave me alone! Can’t you see I’m tired?” According to psychoanalytic theory, this is an example of the defense mechanism known as

Answer

- ☒ displacement.
- ☐ projection.
- ☐ repression.
- ☐ rationalization.

 [Add Question Here](#)

Question 76



Multiple Choice

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Question A 4-year-old girl sucks her thumb, a teenager binges on food, and an adult woman bites her fingernails. According to the Freudian theory of psychosexual development, all three are fixated at the ____ stage.

Answer

- ☒ oral
- ☐ anal
- ☐ phallic
- ☐ genital

 [Add Question Here](#)

Question 77



Multiple Choice

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Question The Oedipus complex, the psychosexual conflict that occurs at the phallic stage of development, is characterized by a three- to five-year-old boy who

Answer

- ☐ represses his need for genital self-stimulation.
- ☒ loves his mother but has feelings of anger and envy toward his father.
- ☐ loves his father but has feelings of anger and envy toward his mother.
- ☐ fantasizes about tragic Greek heroes.

 [Add Question Here](#)

Question 78



Multiple Choice

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Question The Electra complex, the psychosexual conflict that occurs at the phallic stage of development in girls, is characterized by

Answer

- ☐ castration anxiety.
- ☐ Oedipal conflicts.
- ☒ penis envy.
- ☐ latency lust.

 [Add Question Here](#)

Question 79



Multiple Choice

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Question Borderline personality disorder, in which some behavior “borders” on being out of touch with reality, was first associated with the ideas of

Answer ☒ Otto Kernberg.
☐ Sigmund Freud.
☐ Alfred Adler.
☐ Carl Jung.

 [Add Question Here](#)

Question 80



Multiple Choice

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[Remove](#)

Question In their theories about human nature, psychoanalysts Carl Jung and Alfred Adler both

- Answer** ☐ regarded human nature as possessing many negative qualities.
☐ completely accepted Freud's ideas.
☐ believed that there were no barriers to the internal and external growth of the individual.
☒ emphasized a strong drive toward individual self-actualization.

 [Add Question Here](#)

Question 81



Multiple Choice

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Question Anna Freud (1895-1982), a well-known psychoanalyst who developed the concept of “ego psychology,” was Sigmund Freud's

- Answer** ☐ wife.
☐ sister.
☐ cousin.
☒ daughter.

 [Add Question Here](#)

Question 82



Multiple Choice

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Question In Erik Erikson's theory of life span development, an individual reaches the mature age stage when he/she is about ____ years old.

- Answer** ☐ 55
☒ 65
☐ 75
☐ 85

 [Add Question Here](#)

Question 83



Multiple Choice

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Question Which of the following is an accurate statement about “stage” theories of development?

- Answer** ☐ In Freudian theory, sexual arousal and interest occur during the latency stage.
☒ In Erikson's theory, development occurs across the life span.
☐ In Freudian theory, intrapsychic conflicts are resolved in early childhood.
☐ In Fromm's theory, culture and society influence personality.

 [Add Question Here](#)

Question 84



Multiple Choice

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Question In psychoanalytic psychotherapy it is important for patients to

- Answer** ☐ keep their thoughts and feelings to themselves.
☐ make eye contact with the psychoanalyst.
☒ describe the content of their dreams to the analyst.
☐ remain emotionally detached from the analyst.

 [Add Question Here](#)

Question 85



Multiple Choice

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Question Psychodynamic psychotherapy differs from classical (Freudian) psychoanalysis in that it

- Answer** ☐ emphasizes the goal of personality reconstruction.
☐ requires a long term commitment on the part of the person being analyzed.
☒ focuses on social and interpersonal issues.
☐ considers past experiences important.

 [Add Question Here](#)

Question 86



Multiple Choice

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Question Most mental health professionals are aware that psychoanalysis as a treatment technique

- Answer** ☒ is basically unscientific.
☐ has been proven effective.
☐ has been subject to careful measurement criteria.
☐ is noted for consistency in analytic interpretation.

 [Add Question Here](#)

Question 87



Multiple Choice

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Question The concepts of “self-actualizing” and “hierarchy of needs” are most closely associated with the theories of

- Answer** ☒ Abraham Maslow.
☐ Carl Rogers.
☐ Carl Jung.
☐ Melanie Klein.

 [Add Question Here](#)

Question 88



Multiple Choice

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Question Which of the following is NOT associated with the humanistic theories of Carl Rogers?

- Answer**
- unconditional positive regard
 - ✓ hierarchy of needs
 - empathy
 - person-centered therapy

◀ [Add Question Here](#)

Question 89



Multiple Choice

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Question Humanistic therapists regard ____ as the single most positive influence in facilitating human growth.

- Answer**
- therapist interpretation of patient verbalizations
 - ✓ relationships (including the therapeutic relationship)
 - self-esteem
 - intellectual and moral development

◀ [Add Question Here](#)

Question 90



Multiple Choice

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Question The systematic development of a scientific approach to psychopathology is represented by

- Answer**
- humanistic psychology.
 - psychoanalysis.
 - Jungian psychology.
 - ✓ the behavioral model.

◀ [Add Question Here](#)

Question 91



Multiple Choice

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Question Which scientist felt that that psychology no more needs introspection or other nonquantifiable methods than do chemistry and physics, and is considered the founder of behaviorism?

- Answer**
- Edward Titchener
 - F. Skinner
 - ✓ John Watson
 - Ivan Pavlov

◀ [Add Question Here](#)

Question 92



Multiple Choice

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Question Someone you know has been having a lot of difficulty because of irrational fears. Knowing that you are studying abnormal psychology, this person asks if you know of an effective and well-established treatment. You advise her that ____, based on the mid 20th-century work of Joseph Wolpe, is a successful anxiety reduction procedure.

- Answer**
- ✓ systematic desensitization
 - person centered therapy
 - exorcism
 - aversive conditioning

◀ [Add Question Here](#)

Question 93



Multiple Choice

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Question Which well known behavioral scientist is the author of *The Behavior of Organisms* (1938) and *Walden Two* (1948)?

- Answer**
- John Watson
 - Ivan Pavlov
 - ✓ B.F. Skinner
 - Edward L. Thorndike

◀ [Add Question Here](#)

Question 94



Multiple Choice

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Question When scientific principles of psychology are applied to clinical problems or psychopathology the procedures implemented are called

- Answer**
- clinical psychology.
 - ✓ behavior therapy.
 - scientific psychology.
 - the law of effect.

◀ [Add Question Here](#)

Question 95



Multiple Choice

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Question The continual interaction of biological, psychological, and social influences, and their effect on behavior is considered ____.

- Answer**
- sociocultural
 - psychobiological/biopsychological
 - systematic
 - ✓ multidimensional and integrative

◀ [Add Question Here](#)

Question 96



Multiple Choice

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Question DSM-IV-TR, an updated version of the Diagnostic and Statistical Manual of Mental Disorders, was published in

- Answer**
- 1996.
 - 1999.
 - ✓ 2000.
 - 2002.

◀ [Add Question Here](#)

Multiple Choice

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Question 97

Question Ivan Pavlov, a Russian physiologist, based his theories of conditioning on the results of experiments he conducted on

Answer

- humans.
- pigeons.
- rats.
- ✓ dogs.

[Add Question Here](#)

Question 98

Multiple Choice **0 points**

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Question Research about psychological disorders falls into three basic categories. Which is NOT one of these categories?

Answer

- ✓ analysis
- description
- causation (etiology)
- treatment and outcomes

[Add Question Here](#)

Question 99

Multiple Choice **0 points**

[Modify](#) [Remove](#)

Question The authors describe an example of conditioning in which cancer patients develop a negative reaction to a variety of people and things associated with their chemotherapy treatments. The phenomenon is called

Answer

- generalized conditioning.
- ✓ stimulus generalization.
- variety stimulus.
- self-actualizing.

[Add Question Here](#)

Question 100

Multiple Choice **0 points**

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Question In the process of self-actualizing, emphasized in humanistic psychology, individuals

Answer

- adopt a conditioned response to a variety of stimuli.
- direct their own course of therapy under the guidance of a counselor.
- ✓ strive to achieve their highest potential against life's obstacles.
- achieve a complete and almost unqualified acceptance of their own dysfunctions.

[Add Question Here](#)

Question 101

Multiple Choice **0 points**

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Question Study Guide

Which of the following is not an aspect of the definition of psychological disorders?

Answer

- the atypical response element, which states that a deviation from normal behavior is evidence of a psychological disorder
- ✓ the psychodynamic element, which suggests that abnormal behavior is the result of poor ego defense mechanisms
- the distress element, in which personal discomfort signals the presence of a psychological disorder
- the impairment in functioning element, which defines a psychological disorder based on a disruption in ability to carry out normal tasks

[Add Question Here](#)

Question 102

Multiple Choice **0 points**

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Question Study Guide

The scientist-practitioner model of psychology focuses on

Answer

- ✓ the psychologist's use of scientific principles to study which treatments are most effective and to decide which treatment to use.
- the psychologist's use of statistics, such as prevalence and incidence, to diagnose clients.
- the exchange of information between scientists.
- the use of drugs in clinical practice.

[Add Question Here](#)

Question 103

Multiple Choice **0 points**

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Question Study Guide

Louie was barking like a dog and walking on his hands and knees. A professional thought the cause of Louie's problem was that he had an excess of a particular neurotransmitter, and prescribed a drug for him. The professional is most likely a _____, operating under the _____ model of abnormal behavior.

Answer

- clinical psychologist, psychological
- psychiatric nurse, supernatural
- psychiatric social worker, behavioral
- ✓ psychiatrist, biological

[Add Question Here](#)

Question 104

Multiple Choice **0 points**

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Question Study Guide

The Oedipus complex, which, according to Freud, occurs during the _____ stage of psychosexual development, is characterized by_____.

Answer

- genital; penis envy.
- oral; penis envy.
- ✓ phallic; castration anxiety.
- latency; castration anxiety.

 [Add Question Here](#)

Question 105



Multiple Choice


0 points

[Modify](#)

[Remove](#)

Question **Study Guide**

The elements of person-centered therapy include

- Answer**
- hypnosis and catharsis.
 - reinforcement and shaping.
 - rest and relaxation.
 -  unconditional positive regard and empathy.

 [Add Question Here](#)

Question 106



Multiple Choice

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Question **Study Guide**

Your best friend tells you she has just gotten a job in a Veteran’s Administration hospital where she will administer and interpret tests, diagnose and treat mental disorders, and continue her research on chronic disorders. All of her training in ____ has paid off.

- Answer**
- nursing
 - psychiatry
 - social work
 -  clinical psychology
 - counseling

 [Add Question Here](#)

Question 107



Multiple Choice

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[Remove](#)

Question **Study Guide**

Alarminglly, in some areas where the rate of new cases of AIDS had been declining, it has begun increasing again. The statistic that tells us this information is

- Answer**
-  incidence.
 - correlation.
 - deviation.
 - prevalence.

 [Add Question Here](#)

Question 108



Multiple Choice


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Question **Study Guide**

Therapist Dr. X (not her real name) is working with a client who is heavily involved with body-piercing. The client enjoys it but Dr. X thinks the amount is so excessive she considers it abnormal behavior. She is employing which definition of abnormality?

- Answer**
- dysfunction
 -  culturally inappropriate or unexpected
 - impairment
 - distress

 [Add Question Here](#)

Question 109



Multiple Choice


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Question **Study Guide**

Tim owns a cat who licks her chops when she hears cellophane cat food packets being opened. This is not a skill she or her wild ancestors learned in the jungle. According to a classical conditioning account, the cellophane sound is

- Answer**
-  a conditioned stimulus.
 - an unconditioned stimulus.
 - a conditioned response.
 - an unconditioned response
 - an instrumental operant

 [Add Question Here](#)

Question 110



Multiple Choice


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Question **Study Guide**

Human behavior, both normal and abnormal, is the result of biological, psychological, and social factors

- Answer**
- competing.
 - operating independently.
 -  interacting.
 - conflicting.

 [Add Question Here](#)

Question 111



Essay

0 points

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Question Discuss the criteria for abnormality and the meanings of psychological disorder, psychological dysfunction, and “culturally expected” behavior.

Answer Answers not provided.

 [Add Question Here](#)

Question 112



Essay

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Question Using examples from the case histories in Chapter 1, discuss whether psychological disorders are qualitatively different from normal behavior or just extreme expressions of normal behavior.

Answer Answers not provided.

 [Add Question Here](#)

Question 113



Essay

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[Remove](#)

Question Describe the process of becoming a mental health professional. Include a discussion of the differences among the following: psychiatrist, psychologist, psychiatric social worker, psychiatric nurse. For each profession, list the credentials, the educational background, and the professional responsibilities.

Answer Answers not provided.

 [Add Question Here](#)

Question 114



Essay

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[Remove](#)

Question Compare and contrast the three traditional models of abnormal behavior: supernatural, psychological, and biological. Mention significant events and persons in the historical development of each model.

Answer Answers not provided.

 [Add Question Here](#)

Question 115



Essay

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Question Giving examples, describe the phenomenon of mass hysteria. Compare ideas regarding the etiology of this type of behavior.

Answer Answers not provided.

 [Add Question Here](#)

Question 116



Essay

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Question Describe the work of the reformers Dorothea Dix and Philippe Pinel. Discuss whether their efforts were effective in improving conditions for the mentally ill.

Answer Answers not provided.

 [Add Question Here](#)

Question 117



Essay

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Question Explain psychoanalytic theory. Refer to concepts such as anxiety, defense mechanisms, and psychosexual development. Use examples to illustrate these concepts.

Answer Answers not provided.

 [Add Question Here](#)

Question 118



Essay

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Question Compare and contrast classical psychoanalysis and psychodynamic psychotherapy. Note the criticisms of classical psychoanalysis and explain why it is more of historical than of current interest.

Answer Answers not provided.

 [Add Question Here](#)

Question 119



Essay

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Question Explain how humanistic psychology and the behavioral model developed. Compare behavior therapy and humanistic therapy, noting significant contributors to each.

Answer Answers not provided.

 [Add Question Here](#)

Question 120



Essay

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[Remove](#)

Question Explain the concept of a multidimensional integrative approach to psychopathology. Compare the ancient Greek view of the separation of mind and body with the current emphasis on biological etiology and brain-behavior interaction.

Answer Answers not provided.

 [Add Question Here](#)

Question 121



Essay

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Question Examine the contributions of Pavlov, Watson, Jones, and Skinner to the development of behaviorism and behavior therapy in the United States. In what way has the behavioral model proved to be insufficient, according to the text?

Answer Answers not provided.

 [Add Question Here](#)