

Chapter 03: Classification and Diagnosis

Chapter 03 Multiple Choice Questions

1. **A(n) _____ refers to the determination of the nature of an illness, while a(n) _____ refers to the procedure used to gather information necessary to identify the illness.**

- A) examination; investigation
- B) assessment; diagnosis
- C) medical examination; clinical interview
- D) diagnosis; assessment
- E) diagnostic system; classification system

Difficulty: 1

QuestionID: 03-1-01

Page-Reference: 50

Skill: Factual

Answer: D) diagnosis; assessment

2. **A clinical assessment could involve all of the following procedures EXCEPT**

- A) being asked questions about what is bothering you at this time.
- B) having a CAT scan.
- C) filling out the MMPI.
- D) being told what illness you have.
- E) interviews with family.

Difficulty: 1

QuestionID: 03-1-02

Page-Reference: 50

Skill: Conceptual

Answer: D) being told what illness you have.

3. **Jennifer complains about a sore throat, aching muscles, lack of energy, and occasional dizziness. These _____ may help her doctor determine what is wrong with her.**

- A) symptoms
- B) hallucinations
- C) signs
- D) problems
- E) behaviours

Difficulty: 1

QuestionID: 03-1-03

Page-Reference: 50

Skill: Application

Answer: A) symptoms

4. **A good diagnostic system tries to do all of the following EXCEPT**

- A) identify the specific pattern of behaviours for each disorder
- B) predict how the afflicted individual will behave in the future
- C) provide guidelines for financial support
- D) predict treatment response
- E) identify whether social, biological or psychological factors are important in understanding and treating the disorder

Difficulty: 2

QuestionID: 03-1-04

Page-Reference: 51

Skill: Conceptual

Answer: E) identify whether social, biological or psychological factors are important in understanding and treating the disorder

5. Why has it been so difficult to develop the ideal system for classifying mental disorders?

- A) treatments tend to be different for different disorders.
- B) clinical psychologists tend not to use diagnostic systems for classification purposes.
- C) it was easier to conduct scientific research in the past than it is now.
- D) it is difficult to determine which aspects of behaviour are most important.
- E) psychologists find it difficult to conduct structured interviews with patients.

Difficulty: 2

QuestionID: 03-1-05

Page-Reference: 50

Skill: Conceptual

Answer: D) it is difficult to determine which aspects of behaviour are most important.

6. A _____ diagnostic system is one that measures what it is supposed to measure, while a _____ diagnostic system results in the same result each time.

- A) reliable; valid
- B) predictive; sensitive
- C) categorical; dimensional
- D) sensitive; valid
- E) valid; reliable

Difficulty: 1

QuestionID: 03-1-06

Page-Reference: 51

Skill: Factual

Answer: E) valid; reliable

7. Mr. and Mrs. Davidson took their son to a psychologist who diagnosed him as having conduct disorder. They decided to get a second opinion from another psychologist and were told their son was just going through a normal phase. This example reflects a problem of

- A) lack of reliability.
- B) categorical classification.
- C) misinterpreting symptoms.
- D) dimensional classification.
- E) lack of validity.

Difficulty: 2

QuestionID: 03-1-07

Page-Reference: 51

Skill: Application

Answer: A) lack of reliability.

8. Two clinicians independently come up with the same diagnosis when examining a patient. This would demonstrate:

- A) concurrent validity but not necessarily reliability

- B) both interrater reliability and validity
- C) validity but not interrater reliability
- D) neither reliability nor validity
- E) interrater reliability but not necessarily validity

Difficulty: 2

QuestionID: 03-1-08

Page-Reference: 51

Skill: Application

Answer: E) interrater reliability but not necessarily validity

9. The study in which Beck et al. (1962) examined the reliability of psychiatrists' diagnoses using the DSM-I indicated that

- A) the validity of the study itself was quite low
- B) most of the time, the psychiatrists agreed on diagnoses
- C) inter-rater agreement was quite high for some disorders and lower for others
- D) inter-rater agreement was lower than expected
- E) it is pointless to have more than one psychiatrist examine the same patient

Difficulty: 2

QuestionID: 03-1-09

Page-Reference: 51

Skill: Factual

Answer: D) inter-rater agreement was lower than expected

10. What was the most significant reason why the psychiatrists in the Beck et al. (1962) study found it difficult to agree?

- A) Some psychiatrists were better at their job than were others.
- B) The patient did not give the same report to each psychiatrist.
- C) Each psychiatrist diagnosed patients according to their own particular theories.
- D) Different techniques were used to determine the diagnosis.
- E) The diagnostic system did not adequately specify the signs and symptoms for the disorder(s).

Difficulty: 2

QuestionID: 03-1-10

Page-Reference: 51

Skill: Factual

Answer: E) The diagnostic system did not adequately specify the signs and symptoms for the disorder(s).

11. Which of the following scenarios is most similar to the concept of reliability in making a diagnosis?

- A) You meet a guy at a party who appears to be a very shy person, but it turns out that once you get to know him, he's really talkative.
- B) You and your brother talk to several people and decide to take a trip to Florida.
- C) Based on your brother's expensive and elaborate wardrobe, your friend concludes that he must be a little egocentric.
- D) Your brother is feeling quite ill, so you take his temperature and decide he has the flu.
- E) You and your brother go see the same movie with different people and both you and your brother think it had fantastic fight scenes.

Difficulty: 2

QuestionID: 03-1-11

Page-Reference: 51

Skill: Conceptual

Answer: E) You and your brother go see the same movie with different people and both you and your brother think it had fantastic fight scenes.

12. The textbook indicates that validity is the second criterion used to determine the usefulness of a diagnostic system. This is because

- A) as long as a diagnostic system is reliable, it does not matter if it is valid.
- B) if you don't have reliability, you cannot have validity.
- C) reliability and validity are independent of one another.
- D) a diagnostic tool that is reliable is also likely to have at least moderate validity.
- E) validity is usually more important than reliability.

Difficulty: 2

QuestionID: 03-1-12

Page-Reference: 51

Skill: Factual

Answer: B) if you don't have reliability, you cannot have validity.

13. Validity in diagnosis is best conceptualized as

- A) agreement between different clinicians on the diagnosis.
- B) a diagnosis that makes sense based on the symptoms.
- C) the ability to predict disorders accurately.
- D) a discontinuous approach to classification of disorders.
- E) a categorical classification of disorders.

Difficulty: 2

QuestionID: 03-1-13

Page-Reference: 51

Skill: Conceptual

Answer: C) the ability to predict disorders accurately.

14. A diagnostic system that estimated lower levels of education and socio-economic status for persons actually diagnosed with schizophrenia disorder would be demonstrating _____.

- A) sensitivity
- B) predictive validity
- C) concurrent validity
- D) stigmatization
- E) reliability

Difficulty: 2

QuestionID: 03-1-14

Page-Reference: 51

Skill: Application

Answer: C) concurrent validity

15. Concurrent validity is concerned with the ability of a diagnostic category to

- A) remove the traditional gender bias in diagnosis.
- B) identify symptoms that may exist concurrently.
- C) predict the symptoms that will co-occur over time.
- D) be diagnosed / applied concurrently by two different clinicians.
- E) estimate an individual's standing on non-symptom attributes of the disorder.

Difficulty: 2

QuestionID: 03-1-15

Page-Reference: 51

Skill: Factual

Answer: E) estimate an individual's standing on non-symptom attributes of the disorder.

16. If the diagnostic category Autism Spectrum Disorder included information about the IQ or mental ability profiles commonly observed in persons with the diagnosis, then the diagnostic category would be said to have

- _____.
- A) predictive validity
 - B) concurrent validity
 - C) culture bias
 - D) test-retest reliability
 - E) inter-rater reliability

Difficulty: 2

QuestionID: 03-1-16

Page-Reference: 51

Skill: Factual

Answer: B) concurrent validity

17. If there was a perfect relationship between a diagnosis of conduct disorder in early adolescence and a diagnosis of antisocial personality disorder in adulthood, this would be evidence for the _____ of the first diagnosis.

- A) sensitivity
- B) predictive validity
- C) concurrent validity
- D) interrater reliability
- E) reliability

Difficulty: 2

QuestionID: 03-1-17

Page-Reference: 51

Skill: Application

Answer: B) predictive validity

18. If the diagnostic category conduct disorder were to have subtypes that predict meeting vs. not meeting criteria for Antisocial Personality Disorder in adulthood, then this would be evidence for _____ of the subtypes.

- A) sensitivity
- B) predictive validity
- C) concurrent validity
- D) interrater reliability
- E) test-retest reliability

Difficulty: 3

QuestionID: 03-1-18

Page-Reference: 51

Skill: Application

Answer: B) predictive validity

19. The beginning of a modern system of classifying disorders can be attributed to

- A) the American Psychological Association.
- B) the Canadian Psychological Association.

- C) DSM-I
- D) the World Health Organization.
- E) the American Psychiatric Association.

Difficulty: 2

QuestionID: 03-1-19

Page-Reference: 51

Skill: Factual

Answer: D) the World Health Organization.

20. The International Statistical Classification of Diseases, Injuries, and Causes of Death (ICD),

- A) was and still is highly influenced by psychoanalytic theory.
- B) is widely used in North America to diagnosis mental disorders.
- C) was developed by the APA to classify abnormal behaviour.
- D) is used mainly by physicians, while the DSM is used by psychologists.
- E) is a listing of all diseases and mental disorders.

Difficulty: 1

QuestionID: 03-1-20

Page-Reference: 52

Skill: Factual

Answer: E) is a listing of all diseases and mental disorders.

21. The first two editions of the DSM were considered unsatisfactory classification systems due to all of the following EXCEPT

- A) categories contained few objective criteria.
- B) psychoanalytic theory was influential in developing the categories.
- C) categories were not empirically-based.
- D) descriptions were brief and vague.
- E) the psychiatrists on the committee could not agree on the causes of disorders.

Difficulty: 2

QuestionID: 03-1-21

Page-Reference: 52

Skill: Factual

Answer: E) the psychiatrists on the committee could not agree on the causes of disorders.

22. DSM-III was a better attempt at classification than were earlier systems because it

- A) took on a dimensional as opposed to a categorical approach.
- B) it focused more strongly on the theoretical causes of various mental disorders.
- C) was less rigid than previous approaches.
- D) was informed by field trials.
- E) it promoted a behavioural rather than a psychodynamic theoretical orientation.

Difficulty: 2

QuestionID: 03-1-22

Page-Reference: 52

Skill: Conceptual

Answer: D) was informed by field trials.

23. The DSM-III-R presented significant differences compared to its predecessors. Perhaps the MOST important change was

- A) the fact that it included the number of symptoms required to meet the criterion.
- B) the fact that it became more empirically-based.
- C) that it required clinicians to consider five different areas of patient functioning.
- D) that field trials were carried out to improve reliability.
- E) the fact that it did not advocate any particular theory.

Difficulty: 3

QuestionID: 03-1-23

Page-Reference: 52

Skill: Conceptual

Answer: C) that it required clinicians to consider five different areas of patient functioning.

24. The DSM-IV-TR required that patients be evaluated along five separate dimensions. This is referred to as a

- A) diagnostic classification.
- B) psychological classification.
- C) multiaxial classification.
- D) dimensional classification.
- E) theoretical classification.

Difficulty: 1

QuestionID: 03-1-24

Page-Reference: 52

Skill: Factual

Answer: C) multiaxial classification.

25. When a classification system is atheoretical, what does this mean?

- A) that it contains a comprehensive list of causes for disorders that suits any clinician regardless of their theoretical orientation.
- B) that it is developed only by committee consensus.
- C) that it is based solely on clinician intuition and experience.
- D) that it does not endorse any one theory of abnormal behaviour.
- E) that it focuses only on the very best theories of abnormal behaviour.

Difficulty: 2

QuestionID: 03-1-25

Page-Reference: 52

Skill: Conceptual

Answer: D) that it does not endorse any one theory of abnormal behaviour.

26. When a classification system is polythetic, what does this mean?

- A) that it is constructed in a manner that is consistent with ethical codes.
- B) that an individual can receive a diagnosis even if their behaviour meets criteria for only a subset of possible symptoms.
- C) that it makes it possible to diagnose comorbid conditions.
- D) that it is questionably ethical.
- E) that it was influenced strongly by political and ethical considerations.

Difficulty: 2

QuestionID: 03-1-26

Page-Reference: 52

Skill: Conceptual

Answer: B) that an individual can receive a diagnosis even if their behaviour meets criteria for only a subset of possible symptoms.

27. Learning disorders usually become apparent

- A) during adolescence.
- B) during childhood.
- C) after psychological testing shows children to be learning disabled.
- D) after age 18, because children learn at such different rates.
- E) during the first few weeks of life.

Difficulty: 1

QuestionID: 03-1-27

Page-Reference: 53

Skill: Conceptual

Answer: B) during childhood.

28. This disorder is caused by alcohol withdrawal or poor diet, as well as several medical conditions. Sufferers may display inattention and disconnected thoughts. They would most likely be diagnosed with

- A) ADHD.
- B) schizophrenia disorder.
- C) delirium.
- D) dementia.
- E) Amnestic syndrome.

Difficulty: 2

QuestionID: 03-1-28

Page-Reference: 56

Skill: Conceptual

Answer: C) delirium.

29. The main feature of schizophrenia is

- A) poor diet and substance use disorder.
- B) below average level of intelligence.
- C) excessive fear, worry, and apprehension.
- D) a marked loss of pleasure from usual activities.
- E) a loss of contact with the reality.

Difficulty: 1

QuestionID: 03-1-29

Page-Reference: 53

Skill: Factual

Answer: E) a loss of contact with the reality.

30. Cindy's daughter died a few months ago, and Cindy has been suffering from many problems lately. She feels profoundly sad, has no appetite, is feeling worthless, and has no energy or initiative to engage in any activities. If Cindy were to see a clinician, she would be given a diagnosis of

- A) a mood disorder.
- B) major depressive disorder
- C) schizophrenia disorder.
- D) a normal reaction to the situation.
- E) bereavement disorder.

Difficulty: 2

QuestionID: 03-1-30

Page-Reference: 54

Skill: Application

Answer: B) major depressive disorder

31. **All of the following symptoms may indicate the presence of an anxiety disorder EXCEPT**

- A) delusions.
- B) avoidance.
- C) fear.
- D) apprehension.
- E) worry.

Difficulty: 1

QuestionID: 03-1-31

Page-Reference: 54

Skill: Factual

Answer: A) delusions.

32. **Sarah suffers from social anxiety disorder, which causes her to feel depressed, lethargic, and hopeless. Recently, she has also been diagnosed with depression. This occurrence is referred to as _____.**

- A) multiple disorders
- B) co-occurrence
- C) double diagnosis
- D) comorbidity
- E) dissociative disorders

Difficulty: 1

QuestionID: 03-1-32

Page-Reference: 55

Skill: Application

Answer: D) comorbidity

33. **Comorbidity between two disorders indicates that:**

- A) there is some relationship between the disorders in that person.
- B) the two disorders are independent of each other.
- C) the two disorders require the same form of treatment.
- D) the two disorders have the same cause.
- E) the diagnostic system is poor, failing to include all the relevant criteria in each disorder.

Difficulty: 2

QuestionID: 03-1-33

Page-Reference: 55

Skill: Conceptual

Answer: A) there is some relationship between the disorders in that person.

34. **The dissociative disorder involving two or more distinct personality states is known as**

- A) Dissociative amnesia with fugue.
- B) Depersonalization/derealization disorder.
- C) Dissociative amnesia.
- D) Dissociative identity disorder.
- E) Identity amnesia.

Difficulty: 1

QuestionID: 03-1-34

Page-Reference: 54-55

Skill: Factual

Answer: D) Dissociative identity disorder.

35. Which three categories are included in the "Gender Dysphoria, Paraphilic Disorders and Sexual Dysfunctions" section of the DSM-5?

- A) transvestism, transsexuality, and gender dysphoria
- B) paraphilic disorders, sex addiction, sexual dysfunction
- C) sexual dysfunction, gender dysphoria, paraphilic disorders
- D) frigidity, sexual dysfunction, paraphilic disorders
- E) gynephilia, eroticism, transvestic disorder

Difficulty: 1

QuestionID: 03-1-35

Page-Reference: 56

Skill: Factual

Answer: C) sexual dysfunction, gender dysphoria, paraphilic disorders

36. The term _____ refers to abnormal events that occur during sleep, while the term _____ refers to not getting enough sleep.

- A) sleepwalking disorder; sleep terror disorder
- B) insomnias; hypersomnias
- C) nightmares; insomnias
- D) dyssomnias; parasomnias
- E) parasomnias; insomnia

Difficulty: 1

QuestionID: 03-1-36

Page-Reference: 55

Skill: Factual

Answer: E) parasomnias; insomnia

37. If you were diagnosed by your psychologist as having an impulse control disorder, you would most likely engage in behaviours such as

- A) compulsive drinking or eating.
- B) destroying property and beating up others.
- C) excessive Internet use.
- D) excessive cleaning of your house.
- E) engaging in huge spending sprees and excessive sexual behaviour.

Difficulty: 2

QuestionID: 03-1-37

Page-Reference: 56

Skill: Conceptual

Answer: B) destroying property and beating up others.

38. If a person's medical illness appears to be in part psychological the diagnosis is

- A) somatic symptom disorder.
- B) fictitious disorder.
- C) psychophysiological disorder.
- D) psychological factors affecting physical condition.
- E) psychosomatic disorder.

Difficulty: 1

QuestionID: 03-1-38

Page-Reference: 55

Skill: Conceptual

Answer: D) psychological factors affecting physical condition.

39. The most important reason cited in the text for revising the DSM-IV to DSM-5 is

- A) to ensure that the most up-to-date terminology is used to describe disorders.
- B) to ensure that classification is based upon the most current and valid research.
- C) to promote selection of effective treatments.
- D) to eliminate confusing symptom descriptors.
- E) to reduce the overlap between disorder categories.

Difficulty: 2

QuestionID: 03-1-39

Page-Reference: 57

Skill: Factual, Conceptual

Answer: B) to ensure that classification is based upon the most current and valid research.

40. Which of the following is a problem with the categorical approach to the classification of mental disorders?

- A) It relies too heavily on a dimensional rating of severity.
- B) If a client falls short of the required criteria for a disorder, they may be denied treatment.
- C) A lot of people are not impaired in their functioning even if they meet the categorical cut off for a diagnosis.
- D) There are not enough categories to accurately capture all the possible disorders.
- E) There are no problems with the categorical approach of mental disorders.

Difficulty: 2

QuestionID: 03-1-40

Page-Reference: 57

Skill: Conceptual

Answer: B) If a client falls short of the required criteria for a disorder, they may be denied treatment.

41. What is the dimensional approach to diagnosis?

- A) a diagnostic approach that takes into account that mental disorders fall on a continuum of severity.
- B) a diagnostic approach that encourages clinicians to assess psychopathology according to multiple dimensions, not just symptoms.
- C) a diagnostic approach that encourages assessment by more than one clinician.
- D) a diagnostic approach that encourages assessment of quality of life.
- E) a diagnostic approach that focuses on functional impairment.

Difficulty: 2

QuestionID: 03-1-41

Page-Reference: 57

Skill: Factual, Conceptual

Answer: A) a diagnostic approach that takes into account that mental disorders fall on a continuum of severity.

42. In the text, evidence-based practice refers to

- A) a particular method of treating delusions and hallucinations.
- B) a general method of treatment that involves comparing thoughts to reality.
- C) basing assessment and treatment upon the most current and valid research findings.
- D) reducing theoretical propositions in the classification system.

E) a method for reducing diagnostic error.

Difficulty: 2

QuestionID: 03-1-42

Page-Reference: 56-57

Skill: Conceptual

Answer: C) basing assessment and treatment upon the most current and valid research findings.

43. Which of the following is true regarding hoarding disorder in DSM-5?

- A) Hoarding disorder is now recognized as an anxiety disorder.
- B) Hoarding disorder is listed as a condition requiring further study.
- C) Hoarding disorder is listed as a subtype of obsessive-compulsive disorder.
- D) Hoarding disorder was included based on strong scientific evidence that it is an independent disorder.
- E) Hoarding disorder is listed as an impulse control disorder.

Difficulty: 2

QuestionID: 03-1-43

Page-Reference: 57

Skill: Factual, Conceptual

Answer: D) Hoarding disorder was included based on strong scientific evidence that it is an independent disorder.

44. The text suggests that our current classification is categorical because

- A) it is based on the medical model and a categorical approach to physical diseases.
- B) categorical systems have better predictive validity than do dimensional systems.
- C) dimensional systems are not amenable to empirical study.
- D) decisions to intervene in mental disorders are usually categorical.
- E) symptom counts are related to outcome variables in a linear manner.

Difficulty: 2

QuestionID: 03-1-44

Page-Reference: 57

Skill: Factual

Answer: A) it is based on the medical model and a categorical approach to physical diseases.

45. Discrete classification refers to _____, while continuous classification is also called _____.

- A) statistical classification; normative classification
- B) categorical classification; dimensional classification
- C) critical classification; current classification
- D) dimensional classification; categorical classification
- E) directional classification; bi-directional classification

Difficulty: 1

QuestionID: 03-1-45

Page-Reference: 57

Skill: Factual

Answer: B) categorical classification; dimensional classification

46. Mrs. Landin divided her class into two teams based on last names: everyone from A- L was on one team and everyone from M-Z was on the other team. This is an example of

- A) reliable classification.
- B) dimensional classification.
- C) alphabetical classification.

- D) categorical classification.
- E) normative classification.

Difficulty: 1

QuestionID: 03-1-46

Page-Reference: 57

Skill: Application

Answer: D) categorical classification.

47. Why is the categorical approach to classification problematic in the DSM?

- A) Even if a person has all the symptoms of a disorder, they will not necessarily be diagnosed with a mental disorder.
- B) There may not be enough categories to cover every disorder.
- C) Too many people are classified as having a mental disorder.
- D) Some people may have difficulties but would not be diagnosed as having a disorder.
- E) Not all people diagnosed with the same disorder behave the same way.

Difficulty: 1

QuestionID: 03-1-47

Page-Reference: 57

Skill: Factual, Conceptual

Answer: D) Some people may have difficulties but would not be diagnosed as having a disorder.

48. Jacob decides to measure three different coping strategies in a group of subjects. To do this, he has each subject fill out a questionnaire that contains statements about behaviours engaged in when faced with a stressful situation. Subjects must decide on a scale of 1 to 5 how often they engage in these behaviours. This is an example of

- A) categorical classification.
- B) dimensional classification.
- C) measurement classification.
- D) inter-rater classification.
- E) behaviour classification.

Difficulty: 1

QuestionID: 03-1-48

Page-Reference: 57

Skill: Application

Answer: B) dimensional classification.

49. Why has it been proposed that a dimensional approach to classification should be adopted in the DSM?

- A) People who need help may not be receiving it because they fall short of diagnostic criteria.
- B) There are too few categories to cover every possible disorder.
- C) Either people have a mental disorder or they do not.
- D) Stigmatization occurs far too often when people are categorized.
- E) Clinicians would find it much easier to agree on who should receive a diagnosis and who should not.

Difficulty: 2

QuestionID: 03-1-49

Page-Reference: 57

Skill: Factual, Conceptual

Answer: A) People who need help may not be receiving it because they fall short of diagnostic criteria.

50. A _____ approach to classification recognizes that a disorder may be mild or severe, while with a

_____ approach, the disorder is either present or not.

- A) categorical; dimensional
- B) dimensional; categorical
- C) discrete; continuous
- D) reliable; valid
- E) valid; reliable

Difficulty: 1

QuestionID: 03-1-50

Page-Reference: 57

Skill: Factual

Answer: B) dimensional; categorical

51. According to the text, each of the following is an advantage of a dimensional approach to diagnosing mental disorder EXCEPT

- A) it more adequately describes an individual's problems.
- B) it recognizes the continuum from normal to abnormal.
- C) it captures severity level.
- D) it de-stigmatizes diagnosis.
- E) it facilitates delivery of services to people who need it.

Difficulty: 1

QuestionID: 03-1-51

Page-Reference: 57

Skill: Conceptual

Answer: D) it de-stigmatizes diagnosis.

52. It is hoped that DSM-5 will have improved clinical utility. Each of the following is an example of improved clinical utility EXCEPT

- A) improved communication of important clinical information to patients/families.
- B) improved prediction of the course of a disorder.
- C) improved communication of information to other health care providers.
- D) improved reliability of the diagnostic questionnaires.
- E) improved ability to select effective interventions.

Difficulty: 1

QuestionID: 03-1-52

Page-Reference: 57

Skill: Conceptual

Answer: D) improved reliability of the diagnostic questionnaires.

53. Why do some professionals argue that current classification systems are flawed because of their adherence to the medical model?

- A) Medical illnesses cannot yet be classified.
- B) Little evidence supports the notion that there are unconscious causes of disorder.
- C) No mental disorder is caused by an anatomical deviation.
- D) Many professionals do not subscribe to the medical model.
- E) It is next to impossible to classify someone with a disorder due to comorbidity.

Difficulty: 2

QuestionID: 03-1-53

Page-Reference: 57

Skill: Conceptual

Answer: C) No mental disorder is caused by an anatomical deviation.

54. A defense of retaining some aspects of the medical model is provided by Wakefield (1992), who states:

- A) some physical illnesses are diagnosed on the basis of associated dysfunction alone; in the future we will acquire more knowledge about physical correlates of mental disorders.
- B) psychological symptoms invariably have physical processes which are causal.
- C) decisions to intervene or not must be made on a categorical basis; serious mental illness requires professionals to think like doctors.
- D) reliability will be improved by focusing on the underlying physical processes responsible for mental disorders.
- E) at this point the most effective interventions are pharmacological.

Difficulty: 2

QuestionID: 03-1-54

Page-Reference: 58

Skill: Conceptual

Answer: A) some physical illnesses are diagnosed on the basis of associated dysfunction alone; in the future we will acquire more knowledge about physical correlates of mental disorders.

55. Jody is a talented poet who suffers from auditory and visual hallucinations. Those who argue that Jody would be stigmatized if she were diagnosed as having schizophrenia would argue that

- A) the fact that she is a talented poet would be ignored.
- B) she might unfairly be diagnosed as ill despite the fact that she is talented.
- C) she might not be allowed to write her poetry in the hospital.
- D) she might not be asked to participate in poetry readings because of her illness.
- E) people would view her poems as the result of her illness.

Difficulty: 2

QuestionID: 03-1-55

Page-Reference: 59-60

Skill: Application

Answer: D) she might not be asked to participate in poetry readings because of her illness.

56. "Loss of information" as it pertains to diagnosis and as described in the text refers to

- A) loss of information about unique individuals when diagnostic labels are applied.
- B) loss of information resulting from selection of one assessment tool over another.
- C) decline in relevance of a diagnosis over time.
- D) failure to include all the important symptoms in the criteria for a disorder.
- E) failure to diagnose comorbid conditions.

Difficulty: 2

QuestionID: 03-1-56

Page-Reference: 58

Skill: Conceptual

Answer: A) loss of information about unique individuals when diagnostic labels are applied.

57. Rosenhan's (1973) study of pseudo-patients in psychiatric hospitals illustrates

- A) that diagnosis can be influenced, if not determined by choice of assessment measures.
- B) that behaviour is misinterpreted when seen through the lens of a psychiatric diagnosis.
- C) that hallucinations can be shaped by the questions of the interviewing clinician.
- D) why structured interviews are preferred over unstructured ones.
- E) that failure to make a diagnosis can have serious consequences.

Difficulty: 2

QuestionID: 03-1-57

Page-Reference: 58

Skill: Conceptual

Answer: B) that behaviour is misinterpreted when seen through the lens of a psychiatric diagnosis.

58. What might women's groups see as the main problem with the diagnostic categories of the DSM?

- A) Many behaviours associated with being female are viewed as indicative of poor mental health.
- B) Important traits are ignored once a person is diagnosed with an illness.
- C) The diagnostic categories are based on the medical model.
- D) Diagnoses of mental disorders are based on a discrete approach to classification of mental disorders.
- E) Women are often stigmatized to a greater degree.

Difficulty: 2

QuestionID: 03-1-58

Page-Reference: 59

Skill: Conceptual

Answer: A) Many behaviours associated with being female are viewed as indicative of poor mental health.

59. Rachel is a secretary at a large law firm, where she is treated with a lack of respect, then she goes home to her husband and children where she has to cook and clean while her husband watches T.V. Recently, Rachel was given antidepressants to treat her feelings of sadness and lack of self-worth. The most likely criticism of Rachel's diagnosis of depression would be

- A) most women become depressed, so Rachel should not necessarily receive this diagnosis.
- B) normal female behaviour is being medicalized.
- C) Rachel is more likely suffering from generalized anxiety disorder.
- D) anti-depressants are not the best method to treat depression.
- E) Rachel is facing many difficulties--perhaps changes in her life would remedy the situation.

Difficulty: 1

QuestionID: 03-1-59

Page-Reference: 59-60

Skill: Application

Answer: E) Rachel is facing many difficulties--perhaps changes in her life would remedy the situation.

60. Personality disorders in the DSM are particularly problematic for women because

- A) it is more difficult to be a woman in society than it is to be a man.
- B) women are seen as having more flawed personalities than men.
- C) if women have a psychological problem, it is seen as part of their personality.
- D) gender stereotypes are associated with many of the personality disorders.
- E) more and more women are being diagnosed with traditionally "masculine" personality disorders.

Difficulty: 1

QuestionID: 03-1-60

Page-Reference: 59

Skill: Factual

Answer: D) gender stereotypes are associated with many of the personality disorders.

61. It is important that clinicians be more aware of cultural issues for all of the following reasons except

- A) different cultural issues may influence the diagnosis.
- B) North America is relatively multi-cultural.
- C) certain syndromes appear only within a particular culture.

- D) different cultural practices may be unusual to white North Americans, but are normal in the society in which they are found.
- E) many clinicians now visit and diagnose patients in many different countries.

Difficulty: 1

QuestionID: 03-1-61

Page-Reference: 59-60

Skill: Factual, Conceptual

Answer: E) many clinicians now visit and diagnose patients in many different countries.

62. Although the DSM-5 stresses that cultural and social differences must be taken into account during assessment and diagnosis,

- A) most diagnoses would remain the same, regardless of culture.
- B) the psychiatric manuals written in different cultures should be made available here.
- C) the specifics of the manual are determined mainly by individuals trained in the United States.
- D) very few cultures present their own unique syndromes.
- E) most clinicians ignore these differences and treat everyone the same.

Difficulty: 1

QuestionID: 03-1-62

Page-Reference: 59-60

Skill: Conceptual

Answer: C) the specifics of the manual are determined mainly by individuals trained in the United States.

63. The correlation between IQ test scores and academic and career outcomes is weaker for indigenous children than for children of other ethnic groups: this illustrates both _____ and limited _____ of IQ test scores for indigenous children.

- A) sampling bias; concurrent validity
- B) sampling bias; predictive validity
- C) culture bias; concurrent validity
- D) culture bias; predictive validity
- E) culture bias; face validity

Difficulty: 2

QuestionID: 03-1-63

Page-Reference: 60

Skill: Conceptual

Answer: D) culture bias; predictive validity

64. Elma is from the Philippines, and she claims that she sees the spirits of the dead on different occasions, as do other individuals in her culture. It would be important to consider culture in this diagnosis because she could be suffering from

- A) nothing - these beliefs could be normal in this culture.
- B) schizophrenia disorder.
- C) hauntings.
- D) some type of psychosis.
- E) the use of hallucinogens.

Difficulty: 1

QuestionID: 03-1-64

Page-Reference: 60

Skill: Application

Answer: A) nothing - these beliefs could be normal in this culture.

65. Taijin kyofusho is a syndrome found only in Japan. This condition:

- A) features concerns about being embarrassed.
- B) is often mistaken for social anxiety disorder.
- C) features a fear of embarrassing others.
- D) affects mainly Japanese women.
- E) is usually caused by poor diet.

Difficulty: 1

QuestionID: 03-1-65

Page-Reference: 60

Skill: Factual

Answer: C) features a fear of embarrassing others.

66. Research has found that members of African-American and Hispanic populations showing emotional disturbances are more likely than Caucasians to be diagnosed with schizophrenia. This illustrates

- A) cultural bias.
- B) interrater reliability.
- C) misinterpretation of symptoms.
- D) stigmatization.
- E) racism.

Difficulty: 1

QuestionID: 03-1-66

Page-Reference: 60

Skill: Conceptual

Answer: A) cultural bias.

67. The most important reason for there being concern regarding ties between special interest groups and the development of the DSM is

- A) the need for a diagnostic system that is purely descriptive.
- B) the need to move away from the medical model.
- C) the need for the DSM to remain value free.
- D) the need for a DSM that serves agreed-upon functions and values.
- E) the need to maximize predictive validity in the DSM.

Difficulty: 3

QuestionID: 03-1-67

Page-Reference: 60

Skill: Conceptual

Answer: D) the need for a DSM that serves agreed-upon functions and values.

68. The 2002 Health Canada Report on Mental Illness concludes that

- A) approximately one in five Canadians will experience a mental illness in their lifetime.
- B) approximately one in ten Canadians will experience a mental illness in their lifetime.
- C) approximately 5 percent of the population will experience a mental illness in their lifetime.
- D) approximately 5 percent of the population will experience a mental disorder in a one-year period.
- E) mental illness is the leading cause of disability and premature death in Canada.

Difficulty: 1

QuestionID: 03-1-68

Page-Reference: 60

Skill: Factual

Answer: B) approximately one in five Canadians will experience a mental illness in their lifetime.

69. The National Institute of Mental Health (NIMH) recently published the Research Domain Criteria, which encourages the study of abnormal behaviour from what perspective?

- A) biological
- B) sociocultural
- C) political
- D) biopsychosocial
- E) evolutionary

Difficulty: 2

QuestionID: 03-1-69

Page-Reference: 61

Skill: Factual

Answer: A) biological

70. The goal of the National Institute of Mental Health Research Domain Criteria is to

- A) stimulate research that may lead to a new taxonomy of mental disorders.
- B) stimulate research that will lead to a better sociocultural understanding of mental disorders.
- C) stimulate research that will lead to a more comprehensive listing of categories of mental disorders than currently exists in DSM-5.
- D) stimulate research that will lead to valid symptom counts and thresholds in the DSM
- E) stimulate research that will lead to improvements in symptom interviews for mental disorders.

Difficulty: 3

QuestionID: 03-1-70

Page-Reference: 61

Skill: Factual, Conceptual

Answer: A) stimulate research that may lead to a new taxonomy of mental disorders.

Chapter 03 True/False Questions

1. The DSM-5 is an example of a very strong diagnostic system.

- a True
- b False

Difficulty: 2

QuestionID: 03-2-71

Page-Reference: 50

Skill: Factual, Conceptual

Answer: b. False

2. Regardless of the diagnostic system used, it is relatively common that an individual will meet the criteria for more than one disorder.

- a True
- b False

Difficulty: 2

QuestionID: 03-2-72

Page-Reference: 51

Skill: Factual

Answer: a. True

3. An increase in reliability results in an increase in validity.

- a True
- b False

Difficulty: 2

QuestionID: 03-2-73

Page-Reference: 51

Skill: Factual

Answer: b. False

4. The DSM system has been criticized as being low in concurrent validity.

- a True
- b False

Difficulty: 1

QuestionID: 03-2-74

Page-Reference: 51

Skill: Factual

Answer: a. True

5. Kraepelin's classification system is very different from modern classification systems.

- a True
- b False

Difficulty: 1

QuestionID: 03-2-75

Page-Reference: 51

Skill: Factual

Answer: a. True

6. DSM-I was the first classification system to offer precise, reliable diagnostic categories.

- a True
- b False

Difficulty: 2

QuestionID: 03-2-76

Page-Reference: 52

Skill: Factual

Answer: b. False

7. Intellectual disability, autistic spectrum disorder, and motor skills disorder are usually diagnosed in childhood.

- a True
- b False

Difficulty: 1

QuestionID: 03-2-77

Page-Reference: 53

Skill: Factual, Conceptual

Answer: a. True

8. Mood, anxiety, and somatic symptom disorders are diagnosed at age 18.

- a True
- b False

Difficulty: 2

QuestionID: 03-2-78

Page-Reference: 54

Skill: Factual, Conceptual

Answer: b. False

9. Mania is characterized by extreme elation and activity, grandiosity, and flight of ideas, followed by sadness, lack of energy, and lack of pleasure.

- a True
- b False

Difficulty: 1

QuestionID: 03-2-79

Page-Reference: 54

Skill: Factual, Conceptual

Answer: b. False

10. Dissociative Identity Disorder involves individuals suddenly and unexpectedly leaving their home, traveling to a new locale, and taking up a new identity.

- a True
- b False

Difficulty: 1

QuestionID: 03-2-80

Page-Reference: 54-55

Skill: Factual, Conceptual

Answer: b. False

11. Parasomnias are defined by events such as sleepwalking or waking up in cold sweats.

- a True
- b False

Difficulty: 1

QuestionID: 03-2-81

Page-Reference: 55

Skill: Factual

Answer: a. True

12. Those suffering from personality disorders find it difficult to change their behaviours and find that these behaviours are present in most aspects of their lives.

- a True
- b False

Difficulty: 2

QuestionID: 03-2-82

Page-Reference: 56

Skill: Conceptual

Answer: a. True

13. **The category 'Other Conditions that May be a Focus of Clinical Attention' is used for mental disorders that do not fit under any other category.**

- a True
- b False

Difficulty: 2

QuestionID: 03-2-83

Page-Reference: 56

Skill: Factual, Conceptual

Answer: b. False

14. **Categorical classification is also called medical classification.**

- a True
- b False

Difficulty: 2

QuestionID: 03-2-84

Page-Reference: 57

Skill: Factual

Answer: b. False

15. **One example of dimensional classification would be using questionnaires to give people a certain score on a certain criterion.**

- a True
- b False

Difficulty: 2

QuestionID: 03-2-85

Page-Reference: 57

Skill: Application

Answer: a. True

16. **All physical illnesses have known lesions or anatomical abnormalities.**

- a True
- b False

Difficulty: 1

QuestionID: 03-2-86

Page-Reference: 57

Skill: Factual

Answer: b. False

17. **According to Szasz (1961), diagnosis of mental illness has no physical basis and therefore no objective basis and is merely a means of social control.**

- a True
- b False

Difficulty: 1

QuestionID: 03-2-87

Page-Reference: 57

Skill: Factual

Answer: a. True

18. **Being diagnosed with a mental illness can have social consequences which can themselves play a role in creating new or maintaining existing mental illness.**

a True

b False

Difficulty: 2

QuestionID: 03-2-88

Page-Reference: 58

Skill: Factual

Answer: a. True

19. **Diagnosis can lead clinicians to make assumptions about an individual that are not valid.**

a True

b False

Difficulty: 1

QuestionID: 03-2-89

Page-Reference: 58

Skill: Factual

Answer: a. True

20. **In order to deal with gender biases in diagnostic systems, a reconceptualization of the way that women's behaviours are viewed will have to occur.**

a True

b False

Difficulty: 1

QuestionID: 03-2-90

Page-Reference: 59

Skill: Conceptual

Answer: a. True

21. **Cultural biases are generally not problematic in the DSM because regardless of where you come from, the symptoms for any one disorder will be similar.**

a True

b False

Difficulty: 2

QuestionID: 03-2-91

Page-Reference: 59

Skill: Factual, Conceptual

Answer: b. False

22. **Schizophrenia is more common among African American and Hispanic populations than among Caucasian populations.**

- a True
- b False

Difficulty: 1

QuestionID: 03-2-92

Page-Reference: 60

Skill: Factual

Answer: b. False

23. Homosexuality was removed from DSM-III in 1980 due to the accumulated empirical findings which were incompatible with homosexuality being a disorder.

- a True
- b False

Difficulty: 1

QuestionID: 03-2-93

Page-Reference: 60

Skill: Factual

Answer: b. False

24. It is estimated that about one third of the global population has a mental disorder and that two thirds of those people receive no treatment.

- a True
- b False

Difficulty: 1

QuestionID: 03-2-94

Page-Reference: 61

Skill: Factual

Answer: a. True

Chapter 03 Essay Questions

1. Why is it impossible to develop the perfect classification system?

Difficulty: 2

QuestionID: 03-3-95

Page-Reference: 50

Skill: Factual, Conceptual

Answer: In the perfect system, disorders would be classified based on the individual's symptoms, etiology, prognosis, and treatment response. To develop such a system, it would be necessary to assess a large number of people psychologically and physically, a thorough history would have to be taken, longitudinal observations would have to be undertaken, and controlled outcome treatment studies would have to be conducted. However, it is difficult to observe large numbers of people over long periods of time, and even more difficult to determine which events are critical in the development of disorders. As well, different individuals react differently to treatments, and even two people suffering from the same disorder may benefit from different treatments.

2. Discuss the history and development of the DSM system.

Difficulty: 1

QuestionID: 03-3-96

Page-Reference: 51-52

Skill: Factual

Answer: The first Diagnostic and Statistical Manual of Mental Disorders (DSM-I) was published by the American Psychiatric Association in 1952, followed by the DSM-II in 1968. These volumes were unsatisfactory, containing only brief, vague descriptions of the diagnostic categories. These categories were not empirically based and contained few objective criteria, resulting in a rather unreliable system. Major changes were noted in the DSM-III (1980) and the DSM-III-R (1987). Field trials were conducted to improve reliability, psychoanalytic theory was given far less influence, and a required number of symptoms and a necessary time period were included. Most importantly was the introduction of a multiaxial approach, requiring clinicians to provide substantial patient information across five domains.

DSM-IV (1994) was developed to further improve the system, with 12 field trials conducted to collect new information and various professionals consulted to offer input. The DSM-5 published in 2013 is now the primary text used in North America by professionals diagnosing mental disorders. One of the main structural changes is the removal of the 5 level multiaxial system.

3. Describe the reasons why there is controversy surrounding the classification of mental disorders.

Difficulty: 2

QuestionID: 03-3-97

Page-Reference: 59-60

Skill: Factual, Conceptual

Answer: Three main criticisms of classification systems are generally cited:

1) Adherence to the medical model. Professionals argue that there rarely is a distinguishable physical abnormality that characterizes the mental disorders. Critics also argue that the idea that symptoms indicate underlying mental problems of which the patient is unaware is outdated with little supporting evidence.

2) Stigmatization. A person diagnosed with a mental disorder may be unfairly stigmatized by society and may be labelled (e.g. "schizophrenic," "hyperactive," etc.) rather than being considered a unique individual with skills and strengths. Once labelled, the individual may have difficulties in society and may even accept the label him or herself, resulting in a worsening of the disorder.

3) Loss of Information. Information about the individual may be ignored, with only the information relating to the disorder being acknowledged.

4. Compare and contrast the dimensional versus the categorical approach to classification.

Difficulty: 2

QuestionID: 03-3-98

Page-Reference: 56-57

Skill: Factual, Conceptual

Answer: The categorical approach to classification taken by the DSM system: the individual either has the disorder or does not. This approach has been criticized for not recognizing the continuum between abnormal and normal behaviour, and it has been suggested that the categorical approach does not provide a meaningful description of the person's psychological problems. Some clinicians support a dimensional approach to diagnosis, based on a continuum from non-existent to mild to severe. However, in contrast to the categorical approach, the dimensional approach would result in far more people receiving a psychiatric diagnosis and perhaps facing unnecessary stigmatization.

5. Define reliability and validity and describe the concepts of interrater reliability and concurrent and predictive validity in measuring psychopathology.

Difficulty: 2

QuestionID: 03-3-99

Page-Reference: 51

Skill: Factual, Conceptual

Answer: If a measurement tool is reliable, it will give the same measurement for an individual or thing every time. A valid measurement tool is one that measures what it is supposed to measure. One form of reliability, interrater reliability, refers to the extent to which two clinicians will independently come up with the same diagnosis of a particular patient. If the diagnostic system does not allow clinicians to agree on signs and symptoms, interrater reliability will remain low. Validity depends on reliability, so that without reliability you cannot have validity. However, a measure can be reliable without being valid. Concurrent validity refers to the ability of the diagnostic category to estimate a person's rating on characteristics that are related to the disorder, but that are not themselves part of the diagnostic criteria. Predictive validity is the ability of a test to predict the future course of an individual's development.

6. Highlight the gender biases evident in the DSM system and suggest possible ways to deal with this.

Difficulty: 2

QuestionID: 03-3-100

Page-Reference: 59-60

Skill: Conceptual

Answer: During the late 1960s, the mental health system was criticized for both gender bias and sexism. The DSM-I and DSM-II were influenced by psychoanalytic theory, which has been accused of sexism. In 1974, a task force was developed by the APA to investigate gender bias and sex-role stereotyping in assessment and therapy. The DSM-III was still far from free of gender bias, however. Critiques of the DSM system have claimed that psychiatric disorders are described in a way that makes diagnosis more probable for women. Assumptions regarding psychopathology are rooted in social norms which value stereotypical male attributes such as assertiveness and devalue stereotypical female attributes such as nurturance.

The DSM system has also been accused of not taking life circumstances into account and not recognizing that the oppression of women may affect behaviour. Women's normal reproductive behaviour has been pathologized, as is evident by the developing of premenstrual dysphoric disorder (PMDD). In order to deal effectively with these biases, society must come to value behaviours commonly associated with women. Clinicians must recognize their personal biases and make an effort to come to terms with these biases when assessing and treating patients.

7. Why is it important that cultural differences be taken into account when assessing and diagnosing mental disorders?

Difficulty: 2

QuestionID: 03-3-101

Page-Reference: 59-60

Skill: Conceptual

Answer: It is extremely important that clinicians be aware of cultural issues that may influence assessment and diagnosis. Some behaviours that we view as abnormal may be normal in other cultures. For example, during North American aboriginal religious ceremonies, members may have hallucinations. As well, in Hispanic populations, possession by evil spirits remains a popular belief. Individuals from these cultures who carry these beliefs should not necessarily be seen as having psychosis. As well, aboriginal children may fare worse on IQ tests because their culture values cooperation as opposed to the values of individualism and competitiveness, which are stressed on IQ tests. Certain syndromes may only appear in certain cultures, such as taijin-kyofusho, found in Japan and characterized by an excessive fear that one will embarrass or offend others. Other research has found that emotional difficulties may be diagnosed differently in African American and Hispanic populations than in white populations. It is important to recognize that what seems normal and abnormal to us may not be normal or abnormal to individuals of other cultures, and neither view is right or wrong.

8. What are the Research Domain Criteria and why did the National Institute of Mental Health develop them?

Difficulty: 2

QuestionID: 03-3-102

Page-Reference: 61

Skill: Factual

Answer: The Research Domain Criteria is a new framework for the study of abnormal behaviour that is designed to stimulate more research into the biological bases of abnormal behaviour and eventually, a new taxonomy or classification system for mental disorders that will include laboratory and behavioural data. It consists of a matrix of constructs and levels of analysis that researchers are encouraged to look to in designing their studies. The constructs of principal interest in this framework are ones that have been argued to be fundamental to the understanding mental disorders: (1) negative valence systems; (2) positive valence systems; (3) cognitive systems; (4) social processes; (5) arousal and regulatory systems. Levels of analysis for studying the constructs are genes, molecules, cell, brain circuits, physiology, behaviour, self-report, and paradigms.