

Name: _____ Class: _____ Date: _____

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1. According to the authors of your textbook, the definition of a psychological disorder is associated with
- a. stress.
 - b. impairment in functioning.
 - c. culturally expected responses.
 - d. psychotic symptoms.

ANSWER: b

2. A psychological dysfunction refers to
- a. a breakdown in cognitive functioning.
 - b. a breakdown in emotional functioning.
 - c. a breakdown in behavioral functioning.
 - d. all of these are correct

ANSWER: d

3. Regarding the definition of abnormality, it is correct to state that
- a. it is difficult to define “normal” and “abnormal.”
 - b. abnormality depends solely on subjective distress.
 - c. the definition is universal across cultures.
 - d. the criteria differ depending on whether the individual has a psychological disorder or a psychological dysfunction.

ANSWER: a

4. The criterion that a particular behavior be atypical or not culturally expected is insufficient to define abnormality because
- a. behavior that occurs infrequently is considered abnormal in every culture.
 - b. the atypical behavior must also cause harm or impairment to be considered abnormal.
 - c. behaviors vary very little from one individual to another within each culture.
 - d. many people behave in ways that deviate from the average, but this doesn’t mean that they have a disorder.

ANSWER: d

5. A new marine recruit at boot camp begins feeling sad and lonely. Although still able to go to classes and continue the basic training exercises, the recruit is feeling down much of the time and worries about what is happening.. Which part of the definition of abnormality applies to the recruit’s situation?

- a. Personal distress
- b. Cultural factors
- c. Impaired functioning
- d. Violation of societal norms

ANSWER: a

6. Which of the following degrees is earned by a psychiatrist?
- a. Ph.D.

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- b. Ed.D.
- c. M.D.
- d. Psy.D.

ANSWER: c

7. Ozzy Manson is a male rocker who wears outlandish makeup and women's clothing when performing on stage. This behavior is considered

- a. more abnormal than that of an accountant who starts to do so because rockstars are supposed to be very masculine.
- b. less abnormal than that of an accountant who starts to do so because it is consistent with his professional success.
- c. more abnormal than that of an accountant who starts to do so because its less common to see a rockstar in makeup.
- d. just as abnormal as that of an accountant who starts to do so because abnormality is defined by the individual himself.

ANSWER: b

8. The prototype of a disorder reflects _____ as described in DSM-5.

- a. its history and prognosis
- b. its biological underpinnings
- c. The causes of pathology
- d. the "typical" profile and diagnostic criteria

ANSWER: d

9. The scientific study of psychological disorders is called

- a. psychopathology.
- b. psychoanalysis.
- c. pseudoscience.
- d. parapsychology.

ANSWER: a

10. Dr. Smith is interested in how separation anxiety changes over time from childhood to adolescence in the general population. What is his main field of study?

- a. Oedipal theory
- b. Behaviorism
- c. Child psychopathology
- d. Developmental psychology

ANSWER: d

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

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

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

ANSWER: a

12. Tameka, having earned her master's degree, has begun treating disorders and concentrating on family problems. Tameka is probably a(n)

- a. psychiatric social worker.
- b. family therapist.
- c. psychiatric nurse.
- d. mental health counselor.

ANSWER: a

13. 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.

- a. prevalence
- b. incidence
- c. recurrence
- d. ratio

ANSWER: b

14. Psychological disorders can be described as following a typical course or individual pattern. For example, schizophrenia follows a chronic course. On the other hand, mood disorders, including depression, follow a(n) _____ course.

- a. episodic
- b. acute
- c. cyclic
- d. insidious

ANSWER: a

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

- a. suddenly.
- b. atypically.
- c. gradually.
- d. following a period of recovery.

ANSWER: a

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

- a. diagnosis.

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- b. prognosis.
- c. pathophysiology.
- d. disease etiology.

ANSWER: b

17. Etiology is:

- a. The study of the biological effects of disorders on society.
- b. The study of the origins of disorders.
- c. The study of the impact of disorder on language use.
- d. The study of the prevalence of disorders.

ANSWER: b

18. At various times in history, in an attempt to explain problematic, irrational behavior, humans have focused on supernatural causes that include

- a. witchcraft.
- b. demons and evil spirits.
- c. the moon and stars.
- d. all of these are correct

ANSWER: d

19. Until the modern era, all of these theoretical models have been used to primarily explain our behavior, thinking and emotions EXCEPT

- a. psychological
- b. biological
- c. supernatural
- d. physical

ANSWER: b

20. Toward the end of the 14th century and continuing into the 15th, the causes of “madness” were generally attributed to

- a. toxins in the blood.
- b. heredity.
- c. brain disease.
- d. demons and witches.

ANSWER: d

21. 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?

- a. They were considered to be suffering from inherited conditions and were cared for by members of the church communities.
- b. They were seen as possessed by evil spirits and blamed for all misfortunes.

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- c. They were regarded as basically good individuals who were not responsible for their abnormal behavior.
- d. They were provided with medical treatments and sometimes hospitalized because mental illness was regarded as equivalent to physical illness.

ANSWER: b

22. 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

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

ANSWER: c

23. Symptoms such as despair and lethargy were often identified by the medieval church with the sin of _____.

- a. blasphemy or sacrilege.
- b. envy or covetousness.
- c. acedia or sloth.
- d. gluttony or greed.

ANSWER: c

24. During the Middle Ages, large-scale outbreaks of large groups of people simultaneously compelled to run out in the streets while engaged in bizarre behavior was known at that time as:

- a. a rave.
- b. tarantism.
- c. St. Michaels dance.
- d. Carnival.

ANSWER: b

25. According to your textbook, mass hysteria may simply demonstrate the phenomenon of _____, in which the experience of an emotion spreads to those around us.

- a. emotion contagion
- b. viral possession
- c. generalized panic disorder
- d. mob mentality

ANSWER: a

26. Sigmund Freud proposed that many physical complaints suffered by young women

- a. were a form of divine punishment.
- b. reflected stress placed upon them by society.
- c. resulted from the "conversion" of sexual fantasies into socially acceptable outlets.

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d. resulted from the rise in feminism.

ANSWER: c

27. In ancient China, unexplained mental disorders were caused by blockages of

- a. bodily fluids like blood and perspiration.
- b. the humors of black and yellow bile.
- c. “wind” that needed to flow properly.
- d. hysteria caused by extreme changes in body temperature.

ANSWER: c

28. In the late 19th century, John P. Grey and his colleagues

- a. discovered the first cure for schizophrenia
- b. ironically reduced interest in treating mental patients
- c. changed the field of psychological research largely into a biological science
- d. created the first humane treatment facilities for mentally ill patients

ANSWER: d

29. DSM-5, an updated version of the *Diagnostic and Statistical Manual of Mental Disorders*, was published in

- a. 1994.
- b. 2000.
- c. 2002.
- d. 2013.

ANSWER: d

30. 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

- a. generalized conditioning.
- b. stimulus generalization.
- c. variety stimulus.
- d. stimulus discrimination.

ANSWER: b

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

- a. lunatic
- b. idiot
- c. maniac
- d. psychopath

ANSWER: a

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32. Seventeenth century treatments for depression included¹⁹

- a. insulin shock therapy.
- b. reserpine therapy.
- c. hydrotherapy.
- d. induced vomiting.

ANSWER: d

33. 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

- a. blood.
- b. phlegm.
- c. yellow bile.
- d. black bile.

ANSWER: d

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

- a. hot-tempered.
- b. easygoing.
- c. kind.
- d. cheap.

ANSWER: a

35. Based on Hippocrates’ humoral theory, “sanguine” describes a person who is

- a. pessimistic.
- b. pale.
- c. cheerful.
- d. humorous.

ANSWER: c

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

- a. needles.
- b. leeches.
- c. tourniquets.
- d. bacteria.

ANSWER: b

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

- a. marriage.
- b. pregnancy.
- c. therapy.

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d. divorce.

ANSWER: a

38. In ancient Greece, some “humoral excesses” thought to be causing psychological disorders were treated by
- a. increasing or decreasing the person’s exposure to heat, dryness, moisture, or cold.
 - b. herbal remedies.
 - c. decreasing both caloric and liquid intake.
 - d. lowering the person’s body temperature for extended periods of time.

ANSWER: a

39. 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
- a. have him closer to a hospital that treated mental illness.
 - b. keep him away from his family.
 - c. restore the balance in his humors.
 - d. cure him of hysteria.

ANSWER: c

40. 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
- a. bloodletting.
 - b. induced seizures.
 - c. exorcism.
 - d. drilling through the skull.

ANSWER: a

41. The concept of hysteria, which traditionally meant physical symptoms for which no organic pathology could be found, is now associated with which DSM-5 classification?
- a. Anxiety disorders
 - b. Borderline personality disorder
 - c. Premenstrual symptom disorder
 - d. Somatic symptom disorder

ANSWER: d

42. The traditional tendency to stigmatize women as “hysterical” derived from Hippocrates’ concept of
- a. the “wandering womb.”
 - b. an “incompetent cervix.”
 - c. “penis envy.”
 - d. “pelvic dysfunction.”

ANSWER: a

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43. The term “hysteria” derives from the Greek *hysteron*, which means

- a. vagina.
- b. uterus.
- c. penis.
- d. libido.

ANSWER: b

44. 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

- a. malaria.
- b. Alzheimer’s disease.
- c. syphilis.
- d. The common cold.

ANSWER: c

45. In the 19th century, John Grey, a well-known American psychiatrist, believed that mental illness was due to

- a. psychological factors.
- b. physical causes.
- c. social/environmental influences.
- d. unknown influences.

ANSWER: b

46. In the 1950s, the first effective drugs for severe psychotic disorders were developed in a systematic way. Before that time, all of the following were used to treat psychosis EXCEPT.

- a. opium
- b. neuroleptics
- c. herbal medicine
- d. moral therapy

ANSWER: b

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

- a. *Case Studies in Mental Illness*.
- b. *American Journal of Madness*.
- c. *American Journal of Insanity*.
- d. *Lunatics in America*.

ANSWER: c

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

- a. neuroleptics

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- b. benzodiazepines
- c. bromides
- d. opiates

ANSWER: a

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

- a. depression.
- b. anxiety.
- c. schizophrenia.
- d. hysteria.

ANSWER: b

50. 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

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

ANSWER: d

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

- a. restraint and seclusion.
- b. normal social interaction.
- c. individual attention from the hospital staff.
- d. careful nurturance.

ANSWER: a

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

- a. Benjamin Rush.
- b. William Tuke.
- c. Joseph von Medina.
- d. Manfred Sakel.

ANSWER: a

53. After the mid-1800s, moral therapy declined as a treatment for the mentally ill in the United States because

- a. the number of patients in mental institutions also declined.
- b. immigrants caused an increase in the mental hospital population.
- c. the number of people available to staff mental hospitals increased.

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- d. new biologically based treatments became available.

ANSWER: b

54. 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,

- a. a decrease in the number of mental patients in institutions, forcing many to close.
- b. an increase in the number of mental patients, resulting in insufficient staff to care for them.
- c. a change from custodial care to moral therapy for institutionalized patients.
- d. more patients receiving psychotherapy and fewer receiving medication.

ANSWER: b

55. Anton Mesmer, an early 18th century physician, purported to be affecting 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

- a. undetectable magnetic fields.
- b. chemically induced humoral balance.
- c. mental telepathy.
- d. the power of suggestion.

ANSWER: d

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

- a. Philippe Pinel
- b. Anton Mesmer
- c. Sigmund Freud
- d. Jean-Martin Charcot

ANSWER: d

57. Which of the following accurately describes the patients of Freud and Breuer after they received treatment in a highly suggestible state of hypnosis for their psychological disorders?

- a. Feelings of relief and improvement
- b. Decreased emotionality while in the hypnotic state
- c. Accurate posthypnotic recall
- d. Increased understanding of the causes of their psychological disorder

ANSWER: a

58. 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.

- a. neurosis
- b. the unconscious mind

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- c. the Electra complex
- d. catharsis

ANSWER: b

59. In using hypnosis to treat patients with psychological disorders, Breuer and Freud discovered
- a. that it is therapeutic to recall and relive emotionally traumatic events.
 - b. that patients are unable to process emotionally charged information.
 - c. that hypnosis is less effective than mesmerism.
 - d. the existence of conscious memories.

ANSWER: a

60. In the classic case of Anna O. in 1895, neurologist Josef Breuer treated her “hysterical” symptoms by using
- a. psychoanalysis.
 - b. hypnosis.
 - c. faith healing.
 - d. the placebo effect.

ANSWER: b

61. Which of the following is NOT included as part of Freud’s structure of the mind?
- a. Id
 - b. Psyche
 - c. Superego
 - d. Ego

ANSWER: b

62. In Freudian theory, “libido” and “thanatos” represent the two basic but opposing drives of
- a. life and death.
 - b. sex and celibacy.
 - c. good and evil.
 - d. pleasure and pain.

ANSWER: a

63. 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.
- a. egoistic
 - b. phallic
 - c. id
 - d. mesmeric

ANSWER: c

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64. Although Freud conceptualized the libido as the life energy within the id, many people think of it as the
- death instinct.
 - sex drive.
 - conscience.
 - Oedipal conflict.

ANSWER: b

65. 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.
- ego
 - superego
 - libido
 - ideal self

ANSWER: a

66. According to psychoanalytic theory, the id operates on the “pleasure principle,” which means that it
- pays particular attention to social rules and regulations.
 - thinks in an unemotional, logical, and rational manner.
 - seeks the goal of maximizing pleasure and eliminating tension or conflicts.
 - utilizes secondary process thinking.

ANSWER: c

67. Chuckie wanted an ice cream bar before dinner and he thought about going and taking one without permission. However, after thinking about it, he decided to get permission from his mom. Chuckie was operating according to the _____ principle.
- pleasure
 - reality
 - moral
 - Oedipal

ANSWER: b

68. A beginning introductory psychology student is worried about the selfish and sometimes dangerous drives of his id and wonders if it will make him commit crimes. You, a veteran of introductory psychology, respond confidently by telling him not to worry because, according to Freud,
- each of us also develops an ego to help us behave more realistically.
 - id fantasies actually reflect the opposite of what you really want and believe.
 - scientists disproved Freud’s theories a long time ago.
 - since id impulses are usually part of the unconsciousness, they do not manifest in real behaviors.

ANSWER: a

69. According to psychoanalytic theory, the role of the ego involves
- counteracting the aggressive and sexual drives of the id.

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- b. maximizing pleasure and reducing tension.
- c. mediating conflict between the id and the superego.
- d. utilizing fantasy and primary process thinking.

ANSWER: c

70. According to psychoanalytic theory, the conflicts between the id and the superego often lead to feelings of
- a. anxiety.
 - b. desire.
 - c. depression.
 - d. anger.

ANSWER: a

71. According to Freudian theory, anxiety is a signal for the ego to marshal its defense mechanisms, which function as
- a. reality-based actions.
 - b. unconscious protective processes.
 - c. conscious efforts to maintain control.
 - d. primitive emotional responses.

ANSWER: b

72. All of the following are examples of defense mechanisms according to psychoanalytic theory EXCEPT
- a. adaptation.
 - b. displacement.
 - c. repression.
 - d. projection.

ANSWER: a

73. In which of the following defense mechanisms does an individual unconsciously block disturbing wishes, thoughts or experiences from awareness?
- a. Rationalization
 - b. Reaction formation
 - c. Repression
 - d. Displacement

ANSWER: c

74. In which of the following defense mechanisms does an individual falsely attribute his or her own unacceptable feelings, impulses, or thoughts to another person?
- a. Denial
 - b. Projection
 - c. Displacement
 - d. Sublimation

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ANSWER: b

75. Just before leaving work for the day, Theodora received a very poor rating by her supervisor, who had been constantly criticizing her in front of her coworkers. Theodora became very upset with her supervisor, but she needs her job and is powerless to express her feelings. When she got home, her kids ran up to greet her, all talking at once. Theodora 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

- a. displacement.
- b. projection.
- c. repression.
- d. rationalization.

ANSWER: a

76. Freud hypothesized that if we did not receive ratification during a stage, an individual's personality would reflect the stage throughout adult life because the person developed a(n) _____.

- a. collective unconscious.
- b. inferiority complex.
- c. object relationship.
- d. fixation.

ANSWER: d

77. Freud called the anxiety that resulted from unconscious conflicts a _____.

- a. fixation
- b. neuroses
- c. defense mechanism
- d. primary process

ANSWER: b

78. A four-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.

- a. oral
- b. anal
- c. phallic
- d. genital

ANSWER: a

79. 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

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

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ANSWER: b

80. According to Sigmund Freud, the Electra complex, the psychosexual conflict that occurs at the phallic stage of development in girls, is characterized by

- a. castration anxiety.
- b. Oedipal conflicts.
- c. penis envy.
- d. latency lust.

ANSWER: c

81. Jung introduced the concept of the _____, a wisdom stored deep in individual memories and passed down from generation to generation.

- a. collective unconscious
- b. pleasure principle
- c. psycho-sexual stages
- d. object relations

ANSWER: a

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

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

ANSWER: d

83. Severe internal conflicts that produce a lot of anxiety or other emotions can trigger self-defeating defensive processes or symptoms such as

- a. acute and posttraumatic stress symptoms.
- b. depression or bipolar symptoms.
- c. phobic or obsessive symptoms.
- d. suicidal or aggressive symptoms.

ANSWER: c

84. In Erik Erikson's theory of lifespan development, an individual reaches the mature stage when he or she is about _____ years old.

- a. 55
- b. 65
- c. 75
- d. 85

ANSWER: b

85. Which of the following is an accurate statement about "stage" theories of development?

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- a. In Freudian theory, sexual arousal and interest occur during the latency stage.
- b. In Erikson's theory, development occurs across the lifespan.
- c. In Freudian theory, intrapsychic conflicts are resolved in early childhood.
- d. In Adler's theory, the basic quality of human nature is negative and needs to be controlled.

ANSWER: b

86. In psychoanalytic psychotherapy, it is important for patients to
- a. keep their thoughts and feelings to themselves.
 - b. make eye contact with the psychoanalyst.
 - c. describe the content of their dreams to the analyst.
 - d. remain in a vertical posture to induce emotional processing.

ANSWER: c

87. In Freudian therapy, the process of a patient coming to relate to the therapist as much as they did to important figures in their childhood is called
- a. the Oedipal complex.
 - b. castration anxiety.
 - c. an oral fixation.
 - d. transference.

ANSWER: d

88. Psychodynamic psychotherapy differs from classical (Freudian) psychoanalysis in that it
- a. emphasizes the goal of personality reconstruction.
 - b. requires a long-term commitment on the part of the person being analyzed.
 - c. focuses on relationships and interpersonal issues.
 - d. considers past experiences unimportant.

ANSWER: c

89. The concepts of "self-actualizing" and "the hierarchy of needs" are most closely associated with the theories of
- a. Abraham Maslow.
 - b. Carl Rogers.
 - c. Carl Jung.
 - d. Melanie Klein.

ANSWER: a

90. Which of the following is NOT associated with the humanistic theories of Carl Rogers?
- a. Unconditional positive regard
 - b. Transference
 - c. Empathy
 - d. Person-centered therapy

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ANSWER: b

91. Humanistic therapists regard _____ as the single most positive influence in facilitating human growth.
- a. therapist interpretation of patient verbalizations
 - b. relationships (including the therapeutic relationship)
 - c. self-esteem
 - d. intellectual and moral development

ANSWER: b

92. The systematic development of a scientific approach to psychopathology is represented by
- a. humanistic psychology.
 - b. psychoanalysis.
 - c. Jungian psychology.
 - d. the behavioral model.

ANSWER: d

93. Which scientist felt that that psychology should not use introspection or other unquantifiable methods and is considered the founder of behaviorism?
- a. Edward Titchener
 - b. B.F. Skinner
 - c. John Watson
 - d. Ivan Pavlov

ANSWER: c

94. 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.
- a. systematic desensitization
 - b. person centered therapy
 - c. exorcism
 - d. aversive conditioning

ANSWER: a

95. Which well-known behavioral scientist was the author of *The Behavior of Organisms* (1938)?
- a. John Watson
 - b. Ivan Pavlov
 - c. B.F. Skinner
 - d. Edward L. Thorndike

ANSWER: c

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

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conducted on

- a. humans.
- b. pigeons.
- c. rats.
- d. dogs.

ANSWER: d

97. Timmy was severely bitten by a Collie when he was five years old. Now he is afraid of any dog he sees. His fear of dogs is a(n)

- a. unconditioned stimulus.
- b. unconditioned response.
- c. conditioned stimulus.
- d. conditioned response.

ANSWER: d

98. Mary Cover Jones thought that if fear could be conditioned, perhaps it could also be

- a. reinforced.
- b. self-actualized.
- c. unlearned or extinguished.
- d. repressed.

ANSWER: c

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

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

ANSWER: c

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

- a. sociocultural.
- b. psychobiological/biopsychological.
- c. systematic.
- d. multidimensional and integrative.

ANSWER: d

101. A patient arrives in your office with a severe fear of spiders. You treat this patient by gradually introducing her to snake images, snake toys, and eventually live snakes in order to show her that nothing bad happened in the presence of these objects. You are using the therapeutic technique called

- a. Cognitive therapy

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- b. Systematic desensitization
- c. Operant conditioning
- d. Multidimensional therapy

ANSWER: b

102. Skinner coined the term _____ because behavior operates on the environment and changes it in some way.

- a. conjunctive conditioning
- b. objective conditioning
- c. operant conditioning
- d. reverse conditioning

ANSWER: c

103. You just adopted a puppy and want to teach it to fetch the newspaper. What approach would B. F. Skinner advise you to take?

- a. Punish the puppy each time it does not fetch the paper
- b. Give the puppy a treat each time it gets a little closer to fetching perfectly
- c. Give the puppy a treat each time it fetches perfectly and not otherwise
- d. Be patient and understand that behavior shaping occurs naturally over developmental stages

ANSWER: b

104. In the 1990s, the idea that no one influence occurs in isolation has led to the _____.

- a. focus on the biological approach in psychology.
- b. growth of an integrative approach to psychology.
- c. decline of interest in the unconscious mind.
- d. a movement away from scientific methodology in psychology.

ANSWER: b

105. Catharsis is a method of “exorcising” demons for religious and psychological purposes.

- a. True
- b. False

ANSWER: False

106. Defense mechanisms are used to reinforce desired behaviors in operant conditioning.

- a. True
- b. False

ANSWER: False

107. Discuss why the following criteria taken individually are not completely satisfactory in defining abnormality, psychological dysfunction, personal distress, and “not typical or culturally expected” behavior.

ANSWER: Sample Answer: Psychological dysfunction is not completely satisfactory because behavior is on a continuum, and a milder version of impairment would not meet the criteria for a disorder. As for personal

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distress, by itself, this criterion does not define abnormal behavior because distress can be a normal reaction to a traumatic situation. Also, for some of the psychological disorders, by definition, suffering and distress are absent. Not typical or culturally accepted are insufficient when they refer to someone such as a person with an exceptionally high IQ who is not typical but not disordered. Culturally unacceptable is not sufficient because what may be culturally unacceptable in one culture is perfectly acceptable in another.

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

ANSWER: Sample Answer

Clinical and counseling psychologists receive a Ph.D. (or sometimes an Ed.D., doctor of education, or Psy.D., doctor of psychology) and follow a course of graduate-level study, lasting approximately five years, that prepares them to conduct research into the causes and treatment of psychological disorders and to diagnose, assess, and treat these disorders. Counseling psychologists tend to study and treat adjustment and vocational issues encountered by relatively healthy individuals, and clinical psychologists usually concentrate on more severe psychological disorders. Psychologists with other specialty training, such as experimental and social psychologists, investigate the basic determinants of behavior but do not assess or treat psychological disorders.

Psychiatrists first earn an M.D. in medical school and then specialize in psychiatry during residency training that lasts three to four years. Psychiatrists also investigate the nature and causes of psychological disorders, make diagnoses, and offer treatments. Many psychiatrists emphasize drugs or other biological treatments, although most use psychosocial treatments as well.

Psychiatric social workers typically earn a master's degree in social work as they develop expertise in collecting information about the social and family situation of the individual with a psychological disorder. Social workers also treat disorders, often concentrating on family problems.

Psychiatric nurses have advanced degrees and specialize in the care and treatment of patients with psychological disorders, usually in hospitals as part of a treatment team.

109. Compare and contrast humoral theory and ancient Chinese approaches to explaining abnormal behavior.

ANSWER: Humoral theory and Chinese approaches to explaining abnormal behavior compare in that they focused on an internal, bodily-based source of disorders. Humoral theory focused on blood, black bile, yellow bile, and phlegm. Chinese approaches focused on yin and yang. They concurred that imbalance in the condition of the body was the contributing factor to the various disorders and both developed methods to reestablish balance in the body. Bloodletting and vomiting was used in humoral approaches and acupuncture was used to reduce blockage and restore proper "flow" inside the body in Chinese methods. They contrast in that Galen focused on physically present fluids in the body while the Chinese approach focused on the movement of air or "wind" throughout the body.

110. Describe the development of biological treatments.

ANSWER: In the early 1900s electric shock and brain surgery were often used. Electroconvulsive shock therapy, insulin shock therapy, and drugs like opium were used to treat patients with disorders. Later, reserpine, neuroleptics, bromides, and benzodiazepines were used to treat patients with disorders with mixed results and concerns about the side effects of the drugs.

111. Describe the development of moral therapy.

ANSWER: Moral therapy focused on improving the living circumstances of patients. Institutionalized patients were treated as normal as possible and social interaction was encouraged. Relationships were nurtured, individualized attention, and emphasis on positive consequences for appropriate interactions were promoted. Restraint and seclusion were eliminated. Increases in immigration and institutionalization led to a lack of human and economic resources to meet the rising needs of patients. Additionally, the biological model

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suggested that mental illness was caused by brain pathology and, therefore, was incurable leaving little support for moral therapy focused institutions.

112. Compare and contrast the supernatural model of abnormal behavior and the biological model of abnormal behavior.

ANSWER: Sample Answer: The supernatural model and the biological model both sought to explain abnormal behavior. In the supernatural tradition, abnormal behavior was attributed to outside agents, such as demons or spirits. In the biological tradition, disorders were attributed to disease or biochemical imbalances. The supernatural model and the biological model both offer treatments and interventions. The supernatural model focused on exorcism, and the biological tradition focused on adjusting the humors of the body by bloodletting, and inducing vomiting. The supernatural model and the biological model both sought to improve the conditions of people suffering from disorders. The supernatural model focused on community support and the biological model focused on physical care.¹⁹

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

ANSWER: Sample Answer: The psychoanalytic theory developed by Sigmund Freud is based on three major concepts.

- Structure of the mind.* According to Freud, the mind can be divided into three major parts: the id, the source of our strong sexual and aggressive feelings or energies, which operates on the pleasure principle; the ego, or the part of the mind that operates on the reality principle to ensure that we act realistically; and the superego, or conscience, which represents the moral principles of our culture. When these areas are in conflict, it can result in anxiety.
- Defense mechanisms.* In order to mediate continuing conflict between the id and the superego, the ego marshals defense mechanisms or unconscious protective processes that keep primitive emotions in check. Examples include denial, displacement, projection, rationalization, reaction formation, repression, and sublimation.
- Psychosexual stages of development.* Freud theorized that during infancy and early childhood, we pass through psychosexual stages of development in a specific order that affect our lifetime functioning. These stages include the oral, anal, phallic, latency, and genital stages, and are characterized by distinctive means of gratifying our basic needs and satisfying our drive for physical pleasure.

114. Compare and contrast the psychoanalytic perspectives of Freud with the perspectives of Jung and Adler.

ANSWER: Freud, Jung, and Adler all focused on intrapsychic conflicts. Freud emphasized sex and survival drives, while Jung and Adler focused on individual growth. Freud held to the idea of powerful id influences and a negative perspective on human nature. Jung focused on the collective unconscious, Adler focused on power (inferiority versus superiority), and they both held to a positive perspective on human nature.

115. Describe three criticisms of Freud's psychoanalytic theory.

ANSWER: Regarding psychoanalysis, treatment is lengthy and expensive, and there is a lack of evidence to support its methods. Psychoanalytic theory is also criticized for being unscientific, dependent on anecdotal reports by the patients, subject to highly interpretive by the psychoanalyst, and there has been no obvious way to prove or disprove the hypotheses of psychoanalysis.

116. Compare and contrast the research of Watson and Rayner with Little Albert and the research of Mary Cover Jones. Little Peter differed.

ANSWER: Watson and Rayner, as well as Mary Cover Jones, used classical conditioning methods in their behaviorist approaches to understand human behavior. Watson used classical conditioning to condition Little Albert to become afraid of furry animals. Mary Cover Jones used classical conditioning to un-condition Little Peter not to be afraid of furry animals.

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117. Explain why the concept of a multidimensional integrative approach to psychopathology appears to be the more logical choice.

ANSWER: Sample Answer: All of the various approaches had shortcomings when attempting to explain psychopathology. The biological model, while effective in treating some disorders, could not treat others. Since biological causes could not be found for some disorders, biological treatments could not be developed. The psychoanalytic perspective was based on anecdotal evidence and could not be scientifically evaluated. Many of the basic tenets could not be observed. Humanistic theory contributed very little new information to the field of psychopathology. Its principles were not scientifically tested, nor were they very useful in the intervention of severe psychological disorders. The behavioral model failed to account for development of psychopathology across the lifespan. It cannot explain the more complex layers of both conscious and subconscious behaviors. As the use of scientific research techniques has continued to expand our understanding of the biological, behavioral, cognitive, emotional, developmental, and social factors that contribute to behavior, it is increasingly clear that psychopathology is multiply determined. This understanding now influences our understanding of both the causes and treatments of psychological disorders.