

## 02

Student: \_\_\_\_\_

1. What theory is Albert Ellis associated with?
  - A. Rational-behavioural theory
  - B. Rational-emotive theory
  - C. Rational-cognitive theory
  - D. Rational-developmental theory
2. Albert Ellis' approach to abnormal behaviour is based on which of the following perspectives?
  - A. Behavioural
  - B. Psychodynamic
  - C. Cognitive
  - D. Humanistic
3. Which of the following best defines a theory?
  - A. A theory is a set of ideas that tentatively bridges the gap between normal and abnormal behaviours
  - B. A theory is a set of ideas that relates only to observed behaviours
  - C. A theory is a set of ideas that explains the causality of abnormality
  - D. A theory is a set of ideas that provides a framework for asking questions, gathering and interpreting information about a phenomenon
4. Which of the following best describes the nature-nurture question of abnormality?
  - A. The nature-nurture question relies heavily on biological perspectives to address abnormal behaviours
  - B. The nature-nurture question views abnormal behaviours merely from a sociological perspective
  - C. The nature-nurture question integrates a biological, psychological and social approach to abnormal behaviours
  - D. The nature-nurture question rejects the idea that abnormality has multiple causes
5. Maria and her parents recently moved to a new province because her mother was transferred to a new position in her company. She has had difficulty adjusting to her new school and has been suffering from loss of appetite, irritability and lack of interest in her usual activities. Assuming that Maria's behaviour meets the criteria for abnormal behaviour, which of the following would most likely be the best approach to explaining Maria's behaviour?
  - A. Psychological approach
  - B. Nature-nurture question
  - C. Social approach
  - D. Biological approach
6. A psychologist who applies a social approach would likely attribute abnormal behaviour to which of the following?
  - A. Genetics
  - B. Stressors
  - C. Interpersonal relationships
  - D. Unconscious desires
7. The integration of biological, psychological and social approaches to abnormality is referred to as the \_\_\_\_\_.
  - A. Vulnerability-stress model
  - B. Stress and diathesis model
  - C. Biological-stress model
  - D. Stress-anxiety model

8. Which of the following statements is most true of the vulnerability-stress model?
- A. The vulnerability-stress model is based on a genetic mutation that results in abnormal behaviours
  - B. The vulnerability-stress model is based on psychological factors that exacerbate biological symptoms
  - C. The vulnerability-stress model suggests that the vulnerability can be either biological or psychological
  - D. The vulnerability stress model suggests that environmental stressors must always be biological
9. Which of the following best explains the interaction between vulnerability and stress to cause a disorder?
- A. The vulnerability can be biological, psychological, or social and when coupled with the stress causes the disorder to manifest
  - B. An individual experiences a minimal amount of psychological and social stress that creates an atmosphere for the emergence of a disorder
  - C. Biological factors and psychological factors interact and create social stressors that influence the disorder
  - D. Psychological and social vulnerability are loosely associated with the disorder, but biological factors are the main contributors to the disorder
10. Which of the following statements best captures the feedback loops that maintain abnormal behaviour?
- A. Biological and social factors impact each other but have no influence on psychological factors
  - B. Psychosocial factors have a more profound effect on mental disorders than biological factors
  - C. Biological changes impact psychological and social factors which in turn may affect biological factors
  - D. Biological and psychological changes impact each other but have no influence on social factors
11. Tonya is worried about her upcoming nursing board exams. She has been suffering from nausea and a queasy stomach. Her anxiety has caused her to be irritable and she has been having trouble sleeping. Tonya has been less patient with family, which causes her more anxiety and increases her gastrointestinal problems. In this situation which of the following best explains Tonya's behaviour?
- A. Feedback loop
  - B. Psychological factors
  - C. Biological factors
  - D. Social factors
12. Which of the following biological theories best explains the changes in Phineas Gage's behaviour?
- A. Genetic abnormality
  - B. Structural damage to the brain
  - C. Biochemical imbalance
  - D. Genetic predisposition
13. Which of the following is not a biological approach to abnormality?
- A. Structural damage to the brain
  - B. Genetic abnormalities
  - C. Biochemical imbalance
  - D. Biological defense mechanisms
14. Which term refers to damage to the brain?
- A. Lagans
  - B. Lesions
  - C. Losses
  - D. Legends
15. Phineas Gage's head injury occurred in which part of the brain?
- A. Hippocampus
  - B. Cerebral cortex
  - C. Thalamus
  - D. Limbic system

16. What is the cerebral cortex responsible for?
  - A. Regulating sexual drives
  - B. Advanced thinking processes
  - C. Relaying messages to the brain
  - D. Impulse control
17. Dysfunction in which part of the brain would be associated with abnormal eating, drinking and sexual behaviours?
  - A. Right frontal lobe
  - B. Cerebrum
  - C. Hypothalamus
  - D. Midbrain
18. Cindy's mood has become increasingly unstable since her traffic accident. She often experiences bouts of aggression and fits of rage without provocation. Other times she can be overly passive and fails to recognize direct threats. What part of the brain did Cindy most likely damage?
  - A. Temporal lobe
  - B. Limbic system
  - C. Cerebellum
  - D. Thalamus
19. Which of the following statements is most true of neuroimaging techniques?
  - A. They have a high success rate of detecting structural abnormalities in the brains of those who suffer from psychological disorders
  - B. They have approximately a 50% success rate for detecting structural abnormalities in the brain of those who suffer from psychological disorders
  - C. They have been successful in determining causality of the most severe psychological disorders
  - D. They often detect no structural abnormalities in the brains of those who suffer from psychological disorders
20. What term refers to biochemicals that carry impulses from one neuron to another?
  - A. Hormones
  - B. Neurotransmitters
  - C. Electrical transmissions
  - D. Synaptic responses
21. Sally usually enjoys listening to music and playing her guitar. Lately, though, she finds these activities unrewarding, and as a result she feels sad and unmotivated. Which neurotransmitter is likely depleted in Sally's brain?
  - A. Dopamine
  - B. Norepinephrine
  - C. Acetylcholine
  - D. GABA
22. What does the term 'degradation' refer to?
  - A. The releasing of neurons into the synaptic gap for uptake by the receiving neuron
  - B. The reabsorption of the neurotransmitter into the initial neuron
  - C. The attaching of neurotransmitter to the receptor of the receiving neuron
  - D. The receiving neuron releasing an enzyme that breaks down the neurotransmitter into other chemicals
23. Which one of the following neurotransmitters plays an important role in regulating emotion and impulses?
  - A. Dopamine
  - B. Norepinephrine
  - C. Acetylcholine
  - D. Serotonin

24. Which of the following is an important role of dopamine?
- A. The functioning of intellectual systems
  - B. The functioning of muscle systems
  - C. The regulation of pain and mood
  - D. The regulation of aggression
25. Which of the following substances slow the reuptake process of norepinephrine?
- A. Cocaine and heroin
  - B. Heroin and marijuana
  - C. Marijuana and amphetamines
  - D. Amphetamines and cocaine
26. In which of the following emotional responses does gamma-aminobutyric acid (GABA) play a role?
- A. Anxiety
  - B. Depression
  - C. Anger
  - D. Sadness
27. Albert Ellis' anxiety would most likely be attributed to a dysfunction in which of the following systems?
- A. The dopamine system
  - B. The serotonin system
  - C. The GABA system
  - D. The endorphin system
28. Which of the following statements is true?
- A. Neurotransmitters are less likely to be considered contributors to mental disorders than psychological factors
  - B. The reuptake and degradation processes influence the levels of neurotransmitters
  - C. Substances such as heroin, cocaine, and amphetamines have little effect on neurotransmitter levels
  - D. Scientists have identified more than 1000 different neurotransmitters
29. Which biochemical affects an individual's level of energy, reaction to stress, and mood?
- A. Hormones
  - B. Pituitary
  - C. Endocrines
  - D. Corticotrophins
30. The three approaches to Gene Studies include:
- A. Adoption studies, twin studies, and family studies
  - B. Neurotransmitter system, endocrine system, and HPA axis
  - C. Behaviour genetics, polygenic processes, and chromosomal analyses
  - D. Linkage analysis, association studies, and epigenetics
31. The pituitary gland is most responsible for \_\_\_\_\_.
- A. Regulating mood and emotions
  - B. Regulating brain function and relaying messages
  - C. Regulating energy levels and managing aggression
  - D. Regulating the secretion of hormones by other endocrine glands
32. When the corticotrophin-release factor (CRF) travels from the hypothalamus to the pituitary, the pituitary releases the body's adrenocorticotrophic hormone (ACTH). The bloodstream carries ACTH to other glands and organs. This example illustrates the complex relationship between \_\_\_\_\_.
- A. The pituitary gland and hormones
  - B. The hormones and endocrine system
  - C. The endocrine system and hypothalamus
  - D. The hypothalamus and pituitary gland

33. A dysregulated hypothalamic-pituitary-adrenal (HPA) axis has been linked to which of the following problems?
- A. Anxiety and depression
  - B. Delusions and hallucinations
  - C. Anger and aggression
  - D. Panic and worry
34. Structures in the brain and the endocrine system frequently work together to create psychopathology as illustrated in the
- A. Hypothalamus
  - B. HPA axis
  - C. Adrenal gland
  - D. Thalamus
35. Which of the following is *not* true concerning behaviour genetics?
- A. Behaviour genetics studies the genetics of personality and abnormal behaviour
  - B. Research in behaviour genetics focuses primarily on twin studies
  - C. Research in behaviour genetics suggests that most disorders result from polygenic processes
  - D. Behaviour geneticists investigate the inheritability of behaviours and behavioural tendencies
36. How many chromosomes does a fertilized embryo have at conception?
- A. 18
  - B. 23
  - C. 32
  - D. 46
37. Ralph's older brother was recently diagnosed with Schizophrenia. Ralph, who is 16, is convinced that he, too, will develop Schizophrenia when he gets a little older because he's heard that Schizophrenia is due to "bad genes". What are Ralph's actual chances for developing Schizophrenia?
- A. Around 50%
  - B. Around 90%
  - C. Around 10%
  - D. Around 25%
38. Sandy was born with the chromosome 21 present in triplicate. Sandy was most likely born with which disorder?
- A. Severe mental retardation
  - B. Down syndrome
  - C. Tay Sachs Disease
  - D. Fragile X syndrome
39. What does the term "polygenic process" refer to?
- A. Multiple genes that culminate to create a disorder
  - B. The interaction between hormones and adrenal function
  - C. A coded set of instructions for cells to perform certain functions
  - D. A genetic predisposition to a disorder
40. In order to conduct family history studies, it is important that researchers do which of the following?
- A. Gather information from primary care physicians on families who suffer from debilitating psychological problems
  - B. Identify any external stressors that create disorders in families
  - C. Use a biopsychosocial methodology
  - D. Clearly identify the probands and control groups, and then trace family trees

41. Dell is interested in conducting a family history study on compulsive behaviours. His sample will consist of first-degree relatives. Therefore, which of the following families will make up Dell's sample?
- A. Families with adopted children
  - B. Families with biological children
  - C. Families with only monozygotic twins
  - D. Families with stepchildren
42. Monozygotic twins share what percentage of their genes?
- A. 25 percent
  - B. 50 percent
  - C. 75 percent
  - D. 100 percent
43. Terry and Perry are twins. Most people have no difficulty telling them apart. Terry has blonde hair and blue eyes and Perry has dark hair and brown eyes. What type of twins are Terry and Perry?
- A. Dizygotic twins
  - B. Twins created by a polygenic process
  - C. Monozygotic twins
  - D. Identical twins
44. What term refers to the probability that both twins will have a disorder if one twin has the disorder?
- A. Variable ratio
  - B. Concordance rate
  - C. Time-space interval
  - D. Genetic ration
45. Michael and Michelle are adolescents who share the same birthday. Michael received a diagnosis of bipolar disorder. On the other hand, Michelle shows no signs of mood disturbance. Which of the following statements is most likely true?
- A. Michael and Michelle are most likely monozygotic twins but Michael is genetically predisposed to develop a mood disorder
  - B. Michael and Michelle are most likely dizygotic twins but Michael developed the disorder because he modeled behaviours of other family members
  - C. Michael and Michelle are most likely dizygotic twins but Michelle did not develop the disorder because the concordance rate was extremely low
  - D. Michael and Michelle are most likely monozygotic twins but Michelle did not develop the disorder because she has a higher tolerance for stress
46. Dr. Bennett is least likely to use which of the following studies to learn about the influence of genetics on psychological disorders?
- A. Adoption studies
  - B. Twin studies
  - C. Extended family studies
  - D. Family history studies
47. Macy was adopted at birth, but later found that she had a twin sister. When reunited, Macy and her sister were shockingly surprised that they shared similar tastes in clothing, music and food. Both become uncomfortable and feel awkward in social situations. Based on the results of the twin studies conducted at the University of British Columbia and the University of Minnesota, genetics most likely influenced all of the following except:
- A. Their everyday life experiences
  - B. Anxiety of social situations
  - C. Personality traits
  - D. Behavioural patterns

48. For which of the following studies would separating the impacts of genetics and shared environment be problematic?
- A. Family history studies and adoption studies
  - B. Adoption studies and non-traditional family studies
  - C. Twin studies and family history studies
  - D. Extended family studies and adoption studies
49. Which of the following is not considered a flaw of biological theories?
- A. They often seem reductionistic
  - B. Social and environmental factors are often ignored
  - C. No explanations are available for why those who are biologically at risk for a disorder do not always develop the disorder
  - D. Progress has advanced too quickly and the development of treatments is lagging
50. According to the Psychodynamic perspective, abnormal behaviour is influenced by which of the following?
- A. Unconscious processes
  - B. External locus of control
  - C. Ego centric process
  - D. Collective experience
51. Who developed the psychoanalytic approach to personality and treatment of psychopathology?
- A. Freud
  - B. Horney
  - C. Breuer
  - D. Charcot
52. Frank and Bill are identical twins. At age 3, their genetic assays are identical. However, at age 50 there are major changes between the assays. What is the approach that examines differences in how genes are expressed?
- A. Twin studies
  - B. Epigenetics
  - C. Association studies
  - D. Linkage analysis
53. According to Freud, as a result of repression, what happens to emotion?
- A. It is dissolved
  - B. It is traumatized
  - C. It is dammed-up
  - D. It is clarified
54. How did Freud define repression?
- A. Inconsistent memories
  - B. Motivated forgetting
  - C. False memories
  - D. Personal forgetfulness
55. According to Freudian theory, which of the following is one of the two basic drives that motivates human behaviour?
- A. Aggression
  - B. Power
  - C. Catharsis
  - D. Repression
56. According to Freudian theory, what three systems of the human psyche regulate the libido?
- A. Personal unconscious, collective unconscious and archetypes
  - B. Id, ego and superego
  - C. Ego, unconscious and subconscious
  - D. Aggressive drive, id and the superego

57. The id operates by which of the following principles?
- A. The reality principle
  - B. The morality principle
  - C. The conscience principle
  - D. The pleasure principle
58. Sarah is constantly being distracted by her desire to become a model. Sarah spends most of her leisure time daydreaming of becoming a star. Her teacher has threatened to call her parents if she continues this behaviour. According to Freudian theory, Sarah is engaging in which of the following?
- A. Primary process thinking
  - B. Ego identity crisis
  - C. Id dominated behaviours
  - D. Libidinal drive
59. Which of the following structures is aware of objects in the environment and operates in the reality principle?
- A. Id
  - B. Ego
  - C. Superego
  - D. Ego centrism
60. Which of the following is the ego's primary mode of operation?
- A. Primary process thinking
  - B. Secondary process thinking
  - C. Tertiary process thinking
  - D. Secondary tertiary process thinking
61. Frank attends an evening class at the local community college. He begins to have stomach pain because of hunger. He wants to leave class early and get dinner, but realizes that leaving would disrupt the class instruction. Frank decides to wait and get a snack during the break. In this example, Frank most likely is applying which of the following styles of thinking?
- A. Rational deliberation
  - B. Wish fulfillment
  - C. Internalization
  - D. Conscience
62. What is the superego responsible for?
- A. Regulating emotional responses
  - B. Monitoring poor impulse controls
  - C. Storing rules and regulations of moral behaviours
  - D. Observing objects in the environment
63. Which of the following components are part of the superego?
- A. Anima and animus
  - B. Ego and personal unconscious
  - C. Inferiority and superiority
  - D. Conscience and ego ideal
64. Where do most of the interactions between the id, ego and superego occur?
- A. Neurotic system
  - B. Preconscious
  - C. Unconscious
  - D. Conscious



65. Which structure has the responsibility of protecting the conscious from unconscious material that may be harmful?
- A. Id
  - B. Ego
  - C. Superego
  - D. Libido
66. According to Freudian theory, what role do defense mechanisms play?
- A. They are used by the superego as reward for moral conduct
  - B. They disguise or transform unconscious wishes
  - C. They create psychological disorders
  - D. They protect the preconscious
67. Terrence's father abandoned his mother and him when he was 6 years-old. When he is asked about his father, he says that his father died. Although his father has tried to contact him, Terrence insists that his father is dead. Which of the following Freudian processes would best explain Terrence's behaviour?
- A. Id dominated behaviour
  - B. Neurotic paradox
  - C. Defense mechanism
  - D. Penis envy
68. What is the correct sequential order for Freud's psychosexual stages?
- A. Oral, anal, latency, genital, phallic
  - B. Anal, oral, latency, phallic, genital
  - C. Oral, anal, phallic, latency, genital
  - D. Anal, oral, phallic, genital, latency
69. Sarah and her mother, Stephanie, are constantly arguing because Sarah continues to challenge her mother's authority. Sarah is consistently bickering with her siblings. Her teacher has requested a conference to discuss Sarah's inability to control her anger and monitor her words. According to Freudian theory, Sarah probably had difficulty in which psychosexual stage of development?
- A. Oral
  - B. Anal
  - C. Latency
  - D. Phallic
70. Lena is extremely opinionated and overcontrolling. She often demands her way and refuses to offer help to anyone in need. According to Freudian theory, Lena probably became fixated in which psychosexual stage of development?
- A. Oral
  - B. Anal
  - C. Phallic
  - D. Genital
71. Boys who experience extreme fear of castration anxiety resolve the conflict by identifying with their fathers and putting aside their desires for their mothers. According to Freudian theory, this conflict develops during the \_\_\_\_\_ stage and the process is called the \_\_\_\_\_.
- A. Anal/Oedipus complex
  - B. Phallic/Electra complex
  - C. Anal/Electra complex
  - D. Phallic/Oedipus complex

72. Jeremy and Stacy are siblings who attend the same elementary school. They rarely speak to each other during free time. Jeremy is usually hanging out with his male friends while Stacy and her female friends stick together. At home, they interact only minimally. Each believes that his/her gender "rules". Jeremy and Stacy are most likely in which stage of psychosexual development?
- A. Anal
  - B. Phallic
  - C. Latency
  - D. Genital
73. Lancet has become interested in his chemistry class. He has always been shy and elicits the help of his older sister for dating advice. Lancet is most likely in which stage of psychosexual development?
- A. Anal
  - B. Phallic
  - C. Latency
  - D. Genital
74. Critics of Freudian theory would be most likely to argue which of the following?
- A. Freud's theory fails to account for biological factors in development
  - B. Freud's theory neglects the role of social and environmental forces
  - C. Freud's theory overemphasizes the concept of self
  - D. Freud's theory focuses too much attention on sexuality in social relationships
75. An advocate of object relations theory would be most likely to believe which of the following statements?
- A. Interpersonal relationships during early childhood influence an individual's self-concept and personality development
  - B. Self-awareness is impacted by the psychosexual urges present during each stage of development
  - C. Thoughts, behaviours, and emotions are connected to one's unconscious state of mind
  - D. Environmental stressors coupled with poor parental relationships create mental disorders for vulnerable individuals
76. Higher rates of depression and post-traumatic stress disorder among Aboriginal people in Canada may be at least partially attributed to
- A. Physical isolation
  - B. Societal reorganization
  - C. Polygenic processes
  - D. Cultural isolation
77. Ever since Rachel moved to a new neighbourhood, she has been concerned that her children have been misbehaving and disobeying her, and staying out past their curfew. Consistent with social structural theories, Rachel should be vigilant for
- A. A lack of cohesion in her neighbourhood
  - B. Open conflict among neighbours
  - C. Subcultures, such as gangs
  - D. Modelling
78. The symptoms of \_\_\_\_\_ appear to be vary between Asian and Canadian cultures.
- A. Schizophrenia
  - B. Bipolar disorder
  - C. Neuroses
  - D. Anorexia Nervosa
79. Suzy is an active toddler who enjoys playing with blocks independently. Suddenly, a pile of blocks tips over and hits Suzy in the nose. Suzy sobs uncontrollably and seeks out her mother. This behaviour suggests that Suzy has developed a
- A. Secure attachment
  - B. Insecure attachment
  - C. Disorganized attachment
  - D. Hypervigilance

80. According to Family Systems Theories, the family system works towards
- Harmony
  - Homeostasis
  - Progress
  - Self-actualization
81. Which of the following theorists criticized Freud's theory of female development?
- Karen Horney
  - Anna Freud
  - Eleanor Rosch
  - Melanie Klein
82. Chad is an active patron of the arts and finds great fulfillment in admiring a beautiful painting or statue. These activities suggest that Chad has met which of following needs:
- Cognitive
  - Aesthetic
  - All of the above.
  - None of the above
83. Which of the following is true of behavioural theorists'?
- They accept the idea that unconscious conflicts drive human behaviour
  - They include biological factors as contributing to abnormal behaviours
  - They suggest that maladaptive thinking patterns are the primary motivator for abnormal behaviours
  - They focus on the influences of reinforcement and punishment in producing behaviour
84. Which of the following are the core principles of behavioural theories?
- Classical reinforcement and operant conditioning
  - Operant observation and vicarious reinforcement
  - Classical conditioning and operant conditioning
  - Operant conditioning and latent learning
85. Who was the Russian physiologist whose discovery of conditioned responses made a tremendous impact on psychology?
- B. F. Skinner
  - John Watson
  - Edward Thorndike
  - Ivan Pavlov
86. In Pavlov's experiment, which of the following was true of the conditioned stimulus?
- It was the event that elicited the unlearned response
  - It was the previously neutral stimulus
  - It was a reinforcement that elicited the learned response
  - It was the same as the unconditioned stimulus
87. Alexis was a sick child who made frequent visits to the hospital. One day her mother and Alexis drove by the hospital and Alexis began to cry. She repeatedly said, "Mommy, I don't want to see the doctor." In this example, which of the following is the conditioned stimulus?
- Her mother
  - The shot
  - The car
  - The hospital
88. How does classical conditioning explain the physiological response heroin addicts have when they see a syringe?
- The physiological response to the syringe becomes the conditioned stimulus
  - The physiological response to the syringe is the unconditioned stimulus
  - The physiological response to the syringe remains as the neutral stimulus
  - The physiological response to the syringe is the unconditioned and conditioned stimulus

89. A fire ant stung Leah while she was playing in the yard. She becomes panicky each time she goes out to play. In this example, which of the following is the unconditioned stimulus?
- A. The sting
  - B. Playing outside
  - C. Seeing the ant
  - D. Feeling panicky
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91. Rachael broke her wrist jumping a hurdle at track practice. She experiences no fear when participating in other sports. Yet, when she sees a hurdle, she becomes afraid. In this example the unconditioned response is \_\_\_\_\_ and the conditioned response is \_\_\_\_\_.
- A. Fear of falling; jumping the hurdle
  - B. Jumping the hurdle; jumping the hurdle
  - C. Jumping the hurdle; fear of falling
  - D. Fear of falling; fear of falling
92. Which of the following is claimed by the Law of Effect?
- A. The strength of the reward has no bearing on behaviours
  - B. Punishment has no impact on undesired behaviours
  - C. Behaviours followed by a reward are strengthened
  - D. Punishment is more effective than rewards
93. Which form of conditioning refers to shaping behaviours by providing rewards for desired responses and punishments for undesired responses?
- A. Classical conditioning
  - B. Operant conditioning
  - C. Respondent conditioning
  - D. Avoidant conditioning
94. Who is most strongly associated with operant conditioning?
- A. Edward Thorndike
  - B. Ivan Pavlov
  - C. John Watson
  - D. B.F. Skinner
95. Which of the following is not an example of an operantly-learned behaviour?
- A. An adolescent washing the car hoping to get a curfew extension
  - B. A man jumping back at the sight of a snake
  - C. A prison inmate receiving tokens for good behaviour
  - D. An animal staying still to avoid an electric shock
96. Tracy got her first pair of glasses. She told her mother that she did not want to wear them to school because the kids would laugh at her. A week later, Tracy's mother found Tracy's glasses stuffed in her pillowcase. Her mother decided to give Tracy \$2.00 every two hours for wearing her glasses. Which type of schedule applies to Tracy's behaviour?
- A. Continuous reinforcement schedule
  - B. Partial reinforcement schedule
  - C. Continuous punishment schedule
  - D. Partial punishment schedule

97. What process refers to the elimination of a learned behaviour?
- A. Removal
  - B. Extinction
  - C. Disappearance
  - D. Vanishing
98. Behaviours reinforced on which of the following schedules are the most difficult to extinguish?
- A. Nonstop reinforcement
  - B. Partial reinforcement
  - C. Continuous reinforcement
  - D. Positive reinforcement
99. Jessica was in a car accident crossing an icy bridge. She now maps out her routes to avoid traveling over bridges. This avoidance helps to reduce her anxiety. What kind of response has Jessica developed?
- A. An unconditioned response
  - B. A conditioned avoidance response
  - C. A conditioned response
  - D. An unconditioned avoidance response
100. According to social learning theory, what is meant by the term "modelling"?
- A. People learn by viewing the behaviour of others
  - B. Learning is the direct result of rewards and punishment
  - C. People observe the punishment and rewards of others and then model the behaviours
  - D. Learning occurs when two stimuli are paired together
101. Joe's favorite food is spaghetti. His mom always makes it for him on Friday night, but his mom does not like the way he slurps the spaghetti into his mouth. One Friday night, she attempted to change Joe's eating pattern. At dinner, she picked up her spoon and fork and began to roll the spaghetti. David, Joe's brother, used his spoon as well. Susan, Joe's sister, also used her spoon to roll her spaghetti. At first, Joe slurped spaghetti into his mouth, but after a few minutes, he began to use his fork and spoon. In this example, Joe is doing which of the following?
- A. Shaping behaviours
  - B. Modeling behaviours
  - C. Observing behaviours
  - D. Acquiring behaviours
102. Jerry sees Mike getting a sticker for sitting quietly in his seat. Jerry decides to stop fidgeting and begins to sit still in hopes of getting a sticker for his sticker collection. Which learning process is taking place?
- A. Classical conditioning
  - B. Observational learning
  - C. Conditioned learning
  - D. Social learning
103. Which of the following is not a limitation of behavioural theories?
- A. Certain abnormal behaviours can be replicated in the laboratory but it is questionable whether the behaviours occur in the real world
  - B. The development of normal and abnormal behaviours has been scientifically tested by behavioural theories
  - C. The complexity of human behaviours and the environmental experiences cannot be captured in laboratory studies
  - D. Behavioural theories do not recognize free will
104. Which movement followed the development of behavioural theories?
- A. Cognitive
  - B. Psychodynamic
  - C. Humanistic
  - D. Social learning

105. The idea that humans construct meaning out of their experiences and act in accordance with their interpretations of the world is based on which of the following theories?
- A. Humanistic
  - B. Existential
  - C. Cognitive
  - D. Psychodynamic
106. Which of the following is the focus of cognitive theories?
- A. Measurable behaviours
  - B. Thoughts and beliefs
  - C. Unconscious conflicts
  - D. Self-concept
107. Which of the following is not a type of cognition?
- A. Causal attribution
  - B. Dysfunctional assumptions
  - C. Control theory
  - D. Dysfunctional behaviours
108. Martha was distraught when she discovered her husband had been involved with another woman and the relationship had produced a child. She constantly asked herself: why the extra-marital relationship happened, why he was unhappy with her, why didn't he tell her about the child and why hadn't her husband told her that he was unhappy with their relationship? Which type of cognition is Martha most likely exhibiting?
- A. Control theory
  - B. Causal attribution
  - C. Global assumption
  - D. Adaptive thinking
109. When he was using drugs, Reggie had several encounters with the law. His police record has kept him from getting several apartments because of the background check. Reggie interprets his search for an apartment as hopeless. He often says, "I might as well give up, no one is going to rent me an apartment anyway. How can I get ahead if no one will give me a chance?" Reggie is most likely experiencing which type of cognition?
- A. Self-awareness
  - B. Learned helplessness
  - C. Self-efficacy
  - D. Causal attribution
110. Self-efficacy is a person's belief in his/her abilities to accomplish desired outcomes. Who conceived the idea of self-efficacy?
- A. Martin Seligman
  - B. Albert Ellis
  - C. John Watson
  - D. Albert Bandura
111. People who tend to hold dysfunctional assumptions often react to situations with all of the following, except:
- A. Irrational thoughts
  - B. Adaptive behaviours
  - C. Negative emotions
  - D. Maladaptive behaviours
112. Which of the following is the greatest limitation of the cognitive theories?
- A. Cognitive theories do not recognize the important role of social factors.
  - B. Cognitive theories do not place enough emphasis on the role of biological factors.
  - C. Cognitive theories cannot explain unwanted emotions, thoughts and behaviours
  - D. Cognitive theories cannot prove that maladaptive cognitions precede and cause disorders

113. Which of the following theories is based on the assumption that humans have an innate capacity for goodness and for living a full life?
- A. Humanistic and existential
  - B. Existential and psychodynamic
  - C. Psychodynamic and humanistic
  - D. Cognitive and behavioural
114. Which of the following theories was developed in reaction to the pessimistic and deterministic view of human behaviour by the psychodynamic perspective, and traditional behavioural view that behaviours are a product of the environment?
- A. Biological
  - B. Existential
  - C. Humanistic
  - D. Cognitive
115. Which of the following is true concerning humanistic and existential theories?
- A. Existential theories take a more negative approach to the human experience than the humanistic perspective
  - B. Critics of humanistic and existential theories argue that the theories are vague and impossible to test scientifically
  - C. Humanistic and existential theories focus on existential anxiety as an explanation of abnormality
  - D. Free will is not viewed as an important part of human nature in the humanistic and existential theories
116. Which of the following is not considered a social perspective of abnormal behaviour?
- A. Interpersonal theories
  - B. Family systems theories
  - C. Object relation theories
  - D. Social structural theories
117. Who posited that individuals proceed through resolving psychosocial crises attempting to understand their world, their relationships, and themselves?
- A. Erik Erikson
  - B. Sigmund Freud
  - C. Harry Sullivan
  - D. Karen Horney
118. Randolph was constantly criticized by his father and grew up believing that he could not do anything right. According to Sullivan's theory, which of the following most likely describes Randolph's self-concept?
- A. True-me
  - B. Bad-me
  - C. Good-me
  - D. Not-me
119. Lucy is concerned because her family pays little or no attention to each other. They seem to constantly go their own way and have little interest in having a meal together. According to the family systems theory, what term best describes Lucy's family?
- A. Inflexible family
  - B. Distant family
  - C. Disengaged family
  - D. Dysfunctional family
120. Biological, psychological, and social approaches are being integrated to explain abnormal behaviours.  
True    False
121. Most mental health professionals take an integrated approach to understanding mental disorders.  
True    False

122. Phineas Gage's accident has had little or no impact on the biological perspective of abnormality.  
True False
123. Structural damage to the brain is exclusive to injuries such as automobile accidents.  
True False
124. Reuptake and degradation are naturally occurring processes in the transmission of neurotransmitters.  
True False
125. Neurotransmitters play a critical role in the functioning of several basic systems in the brain.  
True False
126. Behaviour genetics is the study of behaviours and the impact of the environment on those behaviours.  
True False
127. The concordance rate of monozygotic twins should be higher than the concordance rate of dizygotic twins to establish a genetic link for a given disorder  
True False
128. Identical twins may choose the same activities and have the same likes and dislikes although they were reared in separate households.  
True False
129. Many biological theories of abnormality were stumbled upon accidentally.  
True False
130. According to Freudian theory, the ego structure of the personality seeks immediate gratification.  
True False
131. The Oedipus and Electra Complexes occur during the anal stage of psychosexual development.  
True False
132. Freud argued that one's environment was the most important factor in personality development.  
True False
133. In Ontario, physicians who practice psychoanalysis are fully covered by the provincial health insurance plan.  
True False
134. Behaviours learned through a partial reinforcement schedule are easier to extinguish than those that are learned through a continuous reinforcement schedule.  
True False
135. Classical and operant conditioning theories are the core principles of learning.  
True False
136. Behavioural theorists had little or no influence scientifically testing hypotheses about normal and abnormal behaviours.  
True False
137. A person with high self-efficacy will exert more energy and try harder in situations to achieve desired outcomes.  
True False
138. Cognitive therapies in the 1960s and 70s were based on Aaron Beck's and Albert Ellis' cognitive theories.  
True False
139. Cognitive theories have worked hard to supply empirical evidence for their experiments of specific disorders.  
True False



140. Humanistic theorists argue that uncovering unconscious conflicts takes precedent over understanding the person behind the conflict.  
True False
141. Abraham Maslow developed client-center therapy.  
True False
142. The controversy between Freud and one of his students resulted in the development of contemporary interpersonal theories.  
True False
143. Children with insecure attachments often have confidence in their caregivers and find them trustworthy.  
True False
144. Inflexible families are greatly involved in the lives of other family members.  
True False
145. The \_\_\_\_\_ suggests that a person must carry some vulnerability to the disorder in order to develop the disorder.  
\_\_\_\_\_
146. The feedback effect recognizes that \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ factors impact each other.  
\_\_\_\_\_
147. The structural damage to Phineas Gage's brain caused changes in his \_\_\_\_\_.  
\_\_\_\_\_
148. The area of the brain involved in advanced thinking processes is the \_\_\_\_\_.  
\_\_\_\_\_
149. Eating, drinking and sexual behaviours are regulated by the \_\_\_\_\_.  
\_\_\_\_\_
150. Each neuron is comprised of a cell body and \_\_\_\_\_ that receive impulses from adjacent neurons.  
\_\_\_\_\_
151. The gap between synaptic terminals and the adjacent neuron is called the \_\_\_\_\_.  
\_\_\_\_\_
152. The neurotransmitter \_\_\_\_\_, plays an important role in regulating emotions and impulses such as aggression.  
\_\_\_\_\_
153. GABA has been linked to \_\_\_\_\_ disorders.  
\_\_\_\_\_
154. The \_\_\_\_\_ has been called the master gland.  
\_\_\_\_\_
155. The study of the genetics of personality and abnormality is called \_\_\_\_\_.  
\_\_\_\_\_
156. When multiple genetic abnormalities come together in an individual to create a disorder, the process is called \_\_\_\_\_.  
\_\_\_\_\_
157. Freud developed \_\_\_\_\_, which is a theory of personality and psychopathology.  
\_\_\_\_\_

158. \_\_\_\_\_ was also referred to as wish fulfillment by Freud.  
\_\_\_\_\_
159. The motivated forgetting of difficult experiences is known as \_\_\_\_\_.  
\_\_\_\_\_
160. According to Freudian theory, the \_\_\_\_\_ and \_\_\_\_\_ are the basic drives that motivate behaviour.  
\_\_\_\_\_
161. The \_\_\_\_\_ and \_\_\_\_\_ are the two components of the superego.  
\_\_\_\_\_
162. \_\_\_\_\_ are the strategies that the ego uses to disguise or transform unconscious wishes.  
\_\_\_\_\_
163. The school that integrates Freudian drive theory and the role of early relationships is called the \_\_\_\_\_.  
\_\_\_\_\_
164. The psychosexual stages are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.  
\_\_\_\_\_
165. Individuals with \_\_\_\_\_ are confident that their caregivers will be there when they need them.  
\_\_\_\_\_
166. The \_\_\_\_\_ suggests that behaviours followed by rewards are strengthened.  
\_\_\_\_\_
167. People who receive a paycheck every week are paid on a \_\_\_\_\_ reinforcement schedule.  
\_\_\_\_\_
168. "Things should turn out the way I want them to turn out" is an example of \_\_\_\_\_.  
\_\_\_\_\_
169. Self-concept and images of self that were developed because of early childhood experiences are called \_\_\_\_\_.  
\_\_\_\_\_
170. James and Jerry are brothers whose mother was often intoxicated. When they were young, their home environment was less than conducive for healthy development. James, revolted by his mother's behaviour, rarely consumes alcohol. People who appear intoxicated often repulse him. On the other hand, Jerry has a history of alcohol use, repeatedly argues with his girlfriend, and has difficulty maintaining employment. Explain the vulnerability-stress model and feedback effect as it applies to Jerry's behaviour.

171. Describe the modern biological theories of abnormal behaviours. What (if any) is the relationship between the modern theories and Ancient, Medieval, and Renaissance biological theories?
172. Discuss Freud's contribution to the psychodynamic theory of abnormal behaviour. What are the differences between the traditional and contemporary psychodynamic theories?
173. Discuss Freud's psychosexual stages of development. Include the strengths and weaknesses of his theory.
174. After 5 years, Samantha says she can remember the break up with her fiancé as though it occurred yesterday. She claims that they were in a restaurant and they had a huge fight because he was cheating on her. Samantha is adamant that she broke off the engagement. Her friend, Mandy, says that the engagement ended because her fiancé assaulted her and was apprehended by Police. Mandy says that others can corroborate her version of the story. Explain Samantha's behaviour by contrasting Freudian theory with Cognitive theory.
175. Describe the learning process of classical conditioning and operant conditioning. Provide examples for these theories from your own experiences.

176. Malcolm is a 1<sup>st</sup> semester undergraduate student who received a low B on his first graduate level biology exam. He became extremely distraught after seeing the grade on his paper. Malcolm argued that the grade set the precedent for all his future performances. He also claimed that he failed the test and ruined his opportunity to get into medical school. As a cognitive psychologist, how would you explain Malcolm's behaviour?

177. Compare and contrast the behavioural and cognitive theories of abnormality. How are they similar and how are they different? Give an example of how the two theories may complement each other.

## 02 Key

1. What theory is Albert Ellis associated with?

(p. 33)

- A. Rational-behavioural theory
- B. Rational-emotive theory**
- C. Rational-cognitive theory
- D. Rational-developmental theory

*Learning Objective: 2  
Nolen - Chapter 02 #1*

2. Albert Ellis' approach to abnormal behaviour is based on which of the following perspectives?

(p. 33)

- A. Behavioural
- B. Psychodynamic
- C. Cognitive**
- D. Humanistic

*Learning Objective: 2  
Nolen - Chapter 02 #2*

3. Which of the following best defines a theory?

(p. 33)

- A. A theory is a set of ideas that tentatively bridges the gap between normal and abnormal behaviours
- B. A theory is a set of ideas that relates only to observed behaviours
- C. A theory is a set of ideas that explains the causality of abnormality
- D. A theory is a set of ideas that provides a framework for asking questions, gathering and interpreting information about a phenomenon**

*Learning Objective: N/A  
Nolen - Chapter 02 #3*

4. Which of the following best describes the nature-nurture question of abnormality?

(p. 34)

- A. The nature-nurture question relies heavily on biological perspectives to address abnormal behaviours
- B. The nature-nurture question views abnormal behaviours merely from a sociological perspective
- C. The nature-nurture question integrates a biological, psychological and social approach to abnormal behaviours
- D. The nature-nurture question rejects the idea that abnormality has multiple causes**

*Learning Objective: N/A  
Nolen - Chapter 02 #4*

5. Maria and her parents recently moved to a new province because her mother was transferred to a new position in her company. She has had difficulty adjusting to her new school and has been suffering from loss of appetite, irritability and lack of interest in her usual activities. Assuming that Maria's behaviour meets the criteria for abnormal behaviour, which of the following would most likely be the best approach to explaining Maria's behaviour?

(p. 33-34)

- A. Psychological approach**
- B. Nature-nurture question
- C. Social approach
- D. Biological approach

*Learning Objective: 2  
Nolen - Chapter 02 #5*

6. A psychologist who applies a social approach would likely attribute abnormal behaviour to which of the following?

(p. 33-34)

- A. Genetics
- B. Stressors
- C. Interpersonal relationships**
- D. Unconscious desires

*Learning Objective: 3  
Nolen - Chapter 02 #6*

7. The integration of biological, psychological and social approaches to abnormality is referred to as the \_\_\_\_\_.

(p. 34)

- A.** Vulnerability-stress model
- B. Stress and diathesis model
- C. Biological-stress model
- D. Stress-anxiety model

Learning Objective: N/A  
Nolen - Chapter 02 #7

8. Which of the following statements is most true of the vulnerability-stress model?

(p. 34)

- A. The vulnerability-stress model is based on a genetic mutation that results in abnormal behaviours
- B. The vulnerability-stress model is based on psychological factors that exacerbate biological symptoms
- C.** The vulnerability-stress model suggests that the vulnerability can be either biological or psychological
- D. The vulnerability stress model suggests that environmental stressors must always be biological

Learning Objective: N/A  
Nolen - Chapter 02 #8

9. Which of the following best explains the interaction between vulnerability and stress to cause a disorder?

(p. 34)

- A.** The vulnerability can be biological, psychological, or social and when coupled with the stress causes the disorder to manifest
- B. An individual experiences a minimal amount of psychological and social stress that creates an atmosphere for the emergence of a disorder
- C. Biological factors and psychological factors interact and create social stressors that influence the disorder
- D. Psychological and social vulnerability are loosely associated with the disorder, but biological factors are the main contributors to the disorder

Learning Objective: N/A  
Nolen - Chapter 02 #9

10. Which of the following statements best captures the feedback loops that maintain abnormal behaviour?

(p. 34)

- A. Biological and social factors impact each other but have no influence on psychological factors
- B. Psychosocial factors have a more profound effect on mental disorders than biological factors
- C.** Biological changes impact psychological and social factors which in turn may affect biological factors
- D. Biological and psychological changes impact each other but have no influence on social factors

Learning Objective: N/A  
Nolen - Chapter 02 #10

11. Tonya is worried about her upcoming nursing board exams. She has been suffering from nausea and a queasy stomach. Her anxiety has caused her to be irritable and she has been having trouble sleeping. Tonya has been less patient with family, which causes her more anxiety and increases her gastrointestinal problems. In this situation which of the following best explains Tonya's behaviour?

(p. 34)

- A.** Feedback loop
- B. Psychological factors
- C. Biological factors
- D. Social factors

Learning Objective: N/A  
Nolen - Chapter 02 #11

12. Which of the following biological theories best explains the changes in Phineas Gage's behaviour?

(p. 36)

- A. Genetic abnormality
- B.** Structural damage to the brain
- C. Biochemical imbalance
- D. Genetic predisposition

Learning Objective: 1  
Nolen - Chapter 02 #12

13. Which of the following is not a biological approach to abnormality?

(p. 36)

- A. Structural damage to the brain
- B. Genetic abnormalities
- C. Biochemical imbalance
- D. Biological defense mechanisms**

*Learning Objective: 1*  
*Nolen - Chapter 02 #13*

14. Which term refers to damage to the brain?

(p. 37)

- A. Lagans
- B. Lesions**
- C. Losses
- D. Legends

*Learning Objective: 1*  
*Nolen - Chapter 02 #14*

15. Phineas Gage's head injury occurred in which part of the brain?

(p. 37)

- A. Hippocampus
- B. Cerebral cortex**
- C. Thalamus
- D. Limbic system

*Learning Objective: 1*  
*Nolen - Chapter 02 #15*

16. What is the cerebral cortex responsible for?

(p. 37)

- A. Regulating sexual drives
- B. Advanced thinking processes**
- C. Relaying messages to the brain
- D. Impulse control

*Learning Objective: 1*  
*Nolen - Chapter 02 #16*

17. Dysfunction in which part of the brain would be associated with abnormal eating, drinking and sexual behaviours?

(p. 37)

- A. Right frontal lobe
- B. Cerebrum
- C. Hypothalamus**
- D. Midbrain

*Learning Objective: 1*  
*Nolen - Chapter 02 #17*

18. Cindy's mood has become increasingly unstable since her traffic accident. She often experiences bouts of aggression and fits of rage without provocation. Other times she can be overly passive and fails to recognize direct threats. What part of the brain did Cindy most likely damage?

(p. 37-38)

- A. Temporal lobe
- B. Limbic system**
- C. Cerebellum
- D. Thalamus

*Learning Objective: 1*  
*Nolen - Chapter 02 #18*

19. Which of the following statements is most true of neuroimaging techniques?

(p. 38)

- A. They have a high success rate of detecting structural abnormalities in the brains of those who suffer from psychological disorders
- B. They have approximately a 50% success rate for detecting structural abnormalities in the brain of those who suffer from psychological disorders
- C. They have been successful in determining causality of the most severe psychological disorders
- D. They often detect no structural abnormalities in the brains of those who suffer from psychological disorders**

*Learning Objective: 1*  
*Nolen - Chapter 02 #19*

20. What term refers to biochemicals that carry impulses from one neuron to another?

(p. 38)

- A. Hormones
- B. Neurotransmitters**
- C. Electrical transmissions
- D. Synaptic responses

*Learning Objective: 1  
Nolen - Chapter 02 #20*

21. Sally usually enjoys listening to music and playing her guitar. Lately, though, she finds these activities unrewarding, and as a result she feels sad and unmotivated. Which neurotransmitter is likely depleted in Sally's brain?

(p. 39)

- A. Dopamine**
- B. Norepinephrine
- C. Acetylcholine
- D. GABA

*Learning Objective: 1  
Nolen - Chapter 02 #21*

22. What does the term 'degradation' refer to?

(p. 38)

- A. The releasing of neurons into the synaptic gap for uptake by the receiving neuron
- B. The reabsorption of the neurotransmitter into the initial neuron
- C. The attaching of neurotransmitter to the receptor of the receiving neuron
- D. The receiving neuron releasing an enzyme that breaks down the neurotransmitter into other chemicals**

*Learning Objective: 1  
Nolen - Chapter 02 #22*

23. Which one of the following neurotransmitters plays an important role in regulating emotion and impulses?

(p. 39)

- A. Dopamine
- B. Norepinephrine
- C. Acetylcholine
- D. Serotonin**

*Learning Objective: 1  
Nolen - Chapter 02 #23*

24. Which of the following is an important role of dopamine?

(p. 39)

- A. The functioning of intellectual systems
- B. The functioning of muscle systems**
- C. The regulation of pain and mood
- D. The regulation of aggression

*Learning Objective: 1  
Nolen - Chapter 02 #24*

25. Which of the following substances slow the reuptake process of norepinephrine?

(p. 39)

- A. Cocaine and heroin
- B. Heroin and marijuana
- C. Marijuana and amphetamines
- D. Amphetamines and cocaine**

*Learning Objective: 1  
Nolen - Chapter 02 #25*

26. In which of the following emotional responses does gamma-aminobutyric acid (GABA) play a role?

(p. 39)

- A. Anxiety**
- B. Depression
- C. Anger
- D. Sadness

*Learning Objective: 1  
Nolen - Chapter 02 #26*



27. (p. 40) Albert Ellis' anxiety would most likely be attributed to a dysfunction in which of the following systems?
- A. The dopamine system
  - B. The serotonin system
  - C. The GABA system**
  - D. The endorphin system

*Learning Objective: 1*  
*Nolen - Chapter 02 #27*

28. (p. 38) Which of the following statements is true?
- A. Neurotransmitters are less likely to be considered contributors to mental disorders than psychological factors
  - B. The reuptake and degradation processes influence the levels of neurotransmitters**
  - C. Substances such as heroin, cocaine, and amphetamines have little effect on neurotransmitter levels
  - D. Scientists have identified more than 1000 different neurotransmitters

*Learning Objective: 1*  
*Nolen - Chapter 02 #28*

29. (p. 40) Which biochemical affects an individual's level of energy, reaction to stress, and mood?
- A. Hormones**
  - B. Pituitary
  - C. Endocrines
  - D. Corticotrophins

*Learning Objective: 1*  
*Nolen - Chapter 02 #29*

30. (p. 44-45) The three approaches to Gene Studies include:
- A. Adoption studies, twin studies, and family studies
  - B. Neurotransmitter system, endocrine system, and HPA axis
  - C. Behaviour genetics, polygenic processes, and chromosomal analyses
  - D. Linkage analysis, association studies, and epigenetics**

*Learning Objective: 1*  
*Nolen - Chapter 02 #30*

31. (p. 40) The pituitary gland is most responsible for \_\_\_\_\_.
- A. Regulating mood and emotions
  - B. Regulating brain function and relaying messages
  - C. Regulating energy levels and managing aggression
  - D. Regulating the secretion of hormones by other endocrine glands**

*Learning Objective: 1*  
*Nolen - Chapter 02 #31*

32. (p. 41) When the corticotrophin-release factor (CRF) travels from the hypothalamus to the pituitary, the pituitary releases the body's adrenocorticotrophic hormone (ACTH). The bloodstream carries ACTH to other glands and organs. This example illustrates the complex relationship between \_\_\_\_\_.
- A. The pituitary gland and hormones
  - B. The hormones and endocrine system
  - C. The endocrine system and hypothalamus
  - D. The hypothalamus and pituitary gland**

*Learning Objective: 1*  
*Nolen - Chapter 02 #32*

33. (p. 41) A dysregulated hypothalamic-pituitary-adrenal (HPA) axis has been linked to which of the following problems?
- A. Anxiety and depression**
  - B. Delusions and hallucinations
  - C. Anger and aggression
  - D. Panic and worry

*Learning Objective: 1*  
*Nolen - Chapter 02 #33*

34. Structures in the brain and the endocrine system frequently work together to create psychopathology as illustrated in the  
(p. 41)  
A. Hypothalamus  
**B. HPA axis**  
C. Adrenal gland  
D. Thalamus

Learning Objective: 1  
Nolen - Chapter 02 #34

35. Which of the following is *not* true concerning behaviour genetics?  
(p. 41)  
A. Behaviour genetics studies the genetics of personality and abnormal behaviour  
**B. Research in behaviour genetics focuses primarily on twin studies**  
C. Research in behaviour genetics suggests that most disorders result from polygenic processes  
D. Behaviour geneticists investigate the inheritability of behaviours and behavioural tendencies

Learning Objective: 1  
Nolen - Chapter 02 #35

36. How many chromosomes does a fertilized embryo have at conception?  
(p. 41)  
A. 18  
B. 23  
C. 32  
**D. 46**

Learning Objective: 1  
Nolen - Chapter 02 #36

37. Ralph's older brother was recently diagnosed with Schizophrenia. Ralph, who is 16, is convinced that he, too, will develop Schizophrenia when he gets a little older because he's heard that Schizophrenia is due to "bad genes". What are Ralph's actual chances for developing Schizophrenia?  
(p. 42)  
A. Around 50%  
B. Around 90%  
**C. Around 10%**  
D. Around 25%

Learning Objective: 1  
Nolen - Chapter 02 #37

38. Sandy was born with the chromosome 21 present in triplicate. Sandy was most likely born with which disorder?  
(p. 41)  
A. Severe mental retardation  
**B. Down syndrome**  
C. Tay Sachs Disease  
D. Fragile X syndrome

Learning Objective: 1  
Nolen - Chapter 02 #38

39. What does the term "polygenic process" refer to?  
(p. 41)  
**A. Multiple genes that culminate to create a disorder**  
B. The interaction between hormones and adrenal function  
C. A coded set of instructions for cells to perform certain functions  
D. A genetic predisposition to a disorder

Learning Objective: 1  
Nolen - Chapter 02 #39

40. In order to conduct family history studies, it is important that researchers do which of the following?  
(p. 42)  
A. Gather information from primary care physicians on families who suffer from debilitating psychological problems  
B. Identify any external stressors that create disorders in families  
C. Use a biopsychosocial methodology  
**D. Clearly identify the probands and control groups, and then trace family trees**

Learning Objective: 1  
Nolen - Chapter 02 #40

41. Dell is interested in conducting a family history study on compulsive behaviours. His sample will consist of first-degree relatives. Therefore, which of the following families will make up Dell's sample?  
(p. 42)
- A. Families with adopted children
  - B. Families with biological children**
  - C. Families with only monozygotic twins
  - D. Families with stepchildren

*Learning Objective: 1  
Nolen - Chapter 02 #41*

42. Monozygotic twins share what percentage of their genes?  
(p. 43)
- A. 25 percent
  - B. 50 percent
  - C. 75 percent
  - D. 100 percent**

*Learning Objective: 1  
Nolen - Chapter 02 #42*

43. Terry and Perry are twins. Most people have no difficulty telling them apart. Terry has blonde hair and blue eyes and Perry has dark hair and brown eyes. What type of twins are Terry and Perry?  
(p. 43)
- A. Dizygotic twins**
  - B. Twins created by a polygenic process
  - C. Monozygotic twins
  - D. Identical twins

*Learning Objective: 1  
Nolen - Chapter 02 #43*

44. What term refers to the probability that both twins will have a disorder if one twin has the disorder?  
(p. 43)
- A. Variable ratio
  - B. Concordance rate**
  - C. Time-space interval
  - D. Genetic ration

*Learning Objective: 1  
Nolen - Chapter 02 #44*

45. Michael and Michelle are adolescents who share the same birthday. Michael received a diagnosis of bipolar disorder. On the other hand, Michelle shows no signs of mood disturbance. Which of the following statements is most likely true?  
(p. 43)
- A. Michael and Michelle are most likely monozygotic twins but Michael is genetically predisposed to develop a mood disorder
  - B. Michael and Michelle are most likely dizygotic twins but Michael developed the disorder because he modeled behaviours of other family members
  - C. Michael and Michelle are most likely dizygotic twins but Michelle did not develop the disorder because the concordance rate was extremely low**
  - D. Michael and Michelle are most likely monozygotic twins but Michelle did not develop the disorder because she has a higher tolerance for stress

*Learning Objective: 1  
Nolen - Chapter 02 #45*

46. Dr. Bennett is least likely to use which of the following studies to learn about the influence of genetics on psychological disorders?  
(p. 43)
- A. Adoption studies
  - B. Twin studies
  - C. Extended family studies**
  - D. Family history studies

*Learning Objective: 1  
Nolen - Chapter 02 #46*

47. (p. 43-44) Macy was adopted at birth, but later found that she had a twin sister. When reunited, Macy and her sister were shockingly surprised that they shared similar tastes in clothing, music and food. Both become uncomfortable and feel awkward in social situations. Based on the results of the twin studies conducted at the University of British Columbia and the University of Minnesota, genetics most likely influenced all of the following except:

- A.** Their everyday life experiences
- B. Anxiety of social situations
- C. Personality traits
- D. Behavioural patterns

*Learning Objective: 1  
Nolen - Chapter 02 #47*

48. (p. 44) For which of the following studies would separating the impacts of genetics and shared environment be problematic?

- A. Family history studies and adoption studies
- B. Adoption studies and non-traditional family studies
- C.** Twin studies and family history studies
- D. Extended family studies and adoption studies

*Learning Objective: 1  
Nolen - Chapter 02 #48*

49. (p. 45) Which of the following is not considered a flaw of biological theories?

- A. They often seem reductionistic
- B. Social and environmental factors are often ignored
- C. No explanations are available for why those who are biologically at risk for a disorder do not always develop the disorder
- D.** Progress has advanced too quickly and the development of treatments is lagging

*Learning Objective: 1  
Nolen - Chapter 02 #49*

50. (p. 46) According to the Psychodynamic perspective, abnormal behaviour is influenced by which of the following?

- A.** Unconscious processes
- B. External locus of control
- C. Ego centric process
- D. Collective experience

*Learning Objective: 2  
Nolen - Chapter 02 #50*

51. (p. 46) Who developed the psychoanalytic approach to personality and treatment of psychopathology?

- A.** Freud
- B. Horney
- C. Breuer
- D. Charcot

*Learning Objective: 2  
Nolen - Chapter 02 #51*

52. (p. 45) Frank and Bill are identical twins. At age 3, their genetic assays are identical. However, at age 50 there are major changes between the assays. What is the approach that examines differences in how genes are expressed?

- A. Twin studies
- B.** Epigenetics
- C. Association studies
- D. Linkage analysis

*Learning Objective: 1  
Nolen - Chapter 02 #52*

53. According to Freud, as a result of repression, what happens to emotion?  
(p. 47)  
A. It is dissolved  
B. It is traumatized  
**C. It is dammed-up**  
D. It is clarified

*Learning Objective: 2  
Nolen - Chapter 02 #53*

54. How did Freud define repression?  
(p. 47)  
A. Inconsistent memories  
**B. Motivated forgetting**  
C. False memories  
D. Personal forgetfulness

*Learning Objective: 2  
Nolen - Chapter 02 #54*

55. According to Freudian theory, which of the following is one of the two basic drives that motivates human behaviour?  
(p. 47)  
**A. Aggression**  
B. Power  
C. Catharsis  
D. Repression

*Learning Objective: 2  
Nolen - Chapter 02 #55*

56. According to Freudian theory, what three systems of the human psyche regulate the libido?  
(p. 47)  
A. Personal unconscious, collective unconscious and archetypes  
**B. Id, ego and superego**  
C. Ego, unconscious and subconscious  
D. Aggressive drive, id and the superego

*Learning Objective: 2  
Nolen - Chapter 02 #56*

57. The id operates by which of the following principles?  
(p. 47)  
A. The reality principle  
B. The morality principle  
C. The conscience principle  
**D. The pleasure principle**

*Learning Objective: 2  
Nolen - Chapter 02 #57*

58. Sarah is constantly being distracted by her desire to become a model. Sarah spends most of her leisure time daydreaming of becoming a star. Her teacher has threatened to call her parents if she continues this behaviour. According to Freudian theory, Sarah is engaging in which of the following?  
(p. 47)  
**A. Primary process thinking**  
B. Ego identity crisis  
C. Id dominated behaviours  
D. Libidinal drive

*Learning Objective: 2  
Nolen - Chapter 02 #58*

59. Which of the following structures is aware of objects in the environment and operates in the reality principle?  
(p. 47)  
A. Id  
**B. Ego**  
C. Superego  
D. Ego centrism

*Learning Objective: 2  
Nolen - Chapter 02 #59*

60. Which of the following is the ego's primary mode of operation?

(p. 47)

- A. Primary process thinking
- B. Secondary process thinking**
- C. Tertiary process thinking
- D. Secondary tertiary process thinking

Learning Objective: 2  
Nolen - Chapter 02 #60

61. Frank attends an evening class at the local community college. He begins to have stomach pain because of hunger. He wants to leave class early and get dinner, but realizes that leaving would disrupt the class instruction. Frank decides to wait and get a snack during the break. In this example, Frank most likely is applying which of the following styles of thinking?

(p. 47)

- A. Rational deliberation**
- B. Wish fulfillment
- C. Internalization
- D. Conscience

Learning Objective: 2  
Nolen - Chapter 02 #61

62. What is the superego responsible for?

(p. 47)

- A. Regulating emotional responses
- B. Monitoring poor impulse controls
- C. Storing rules and regulations of moral behaviours**
- D. Observing objects in the environment

Learning Objective: 2  
Nolen - Chapter 02 #62

63. Which of the following components are part of the superego?

(p. 48)

- A. Anima and animus
- B. Ego and personal unconscious
- C. Inferiority and superiority
- D. Conscience and ego ideal**

Learning Objective: 2  
Nolen - Chapter 02 #63

64. Where do most of the interactions between the id, ego and superego occur?

(p. 48)

- A. Neurotic system
- B. Preconscious
- C. Unconscious**
- D. Conscious

Learning Objective: 2  
Nolen - Chapter 02 #64

65. Which structure has the responsibility of protecting the conscious from unconscious material that may be harmful?

(p. 48)

- A. Id
- B. Ego**
- C. Superego
- D. Libido

Learning Objective: 2  
Nolen - Chapter 02 #65

66. According to Freudian theory, what role do defense mechanisms play?

(p. 48)

- A. They are used by the superego as reward for moral conduct
- B. They disguise or transform unconscious wishes**
- C. They create psychological disorders
- D. They protect the preconscious

Learning Objective: 2  
Nolen - Chapter 02 #66

67. Terrence's father abandoned his mother and him when he was 6 years-old. When he is asked about his father, he says that his father died. Although his father has tried to contact him, Terrence insists that his father is dead. Which of the following Freudian processes would best explain Terrence's behaviour?
- (p. 48)
- A. Id dominated behaviour
  - B. Neurotic paradox
  - C. Defense mechanism**
  - D. Penis envy

Learning Objective: 2  
Nolen - Chapter 02 #67

68. What is the correct sequential order for Freud's psychosexual stages?
- (p. 48-49)
- A. Oral, anal, latency, genital, phallic
  - B. Anal, oral, latency, phallic, genital
  - C. Oral, anal, phallic, latency, genital**
  - D. Anal, oral, phallic, genital, latency

Learning Objective: 2  
Nolen - Chapter 02 #68

69. Sarah and her mother, Stephanie, are constantly arguing because Sarah continues to challenge her mother's authority. Sarah is consistently bickering with her siblings. Her teacher has requested a conference to discuss Sarah's inability to control her anger and monitor her words. According to Freudian theory, Sarah probably had difficulty in which psychosexual stage of development?
- (p. 48)
- A. Oral**
  - B. Anal
  - C. Latency
  - D. Phallic

Learning Objective: 2  
Nolen - Chapter 02 #69

70. Lena is extremely opinionated and overcontrolling. She often demands her way and refuses to offer help to anyone in need. According to Freudian theory, Lena probably became fixated in which psychosexual stage of development?
- (p. 48)
- A. Oral
  - B. Anal**
  - C. Phallic
  - D. Genital

Learning Objective: 2  
Nolen - Chapter 02 #70

71. Boys who experience extreme fear of castration anxiety resolve the conflict by identifying with their fathers and putting aside their desires for their mothers. According to Freudian theory, this conflict develops during the \_\_\_\_\_ stage and the process is called the \_\_\_\_\_.
- (p. 49)
- A. Anal/Oedipus complex
  - B. Phallic/Electra complex
  - C. Anal/Electra complex
  - D. Phallic/Oedipus complex**

Learning Objective: 2  
Nolen - Chapter 02 #71

72. Jeremy and Stacy are siblings who attend the same elementary school. They rarely speak to each other during free time. Jeremy is usually hanging out with his male friends while Stacy and her female friends stick together. At home, they interact only minimally. Each believes that his/her gender "rules". Jeremy and Stacy are most likely in which stage of psychosexual development?
- (p. 49)
- A. Anal
  - B. Phallic
  - C. Latency**
  - D. Genital

Learning Objective: 2  
Nolen - Chapter 02 #72

73. Lancet has become interested in his chemistry class. He has always been shy and elicits the help of his older sister for dating advice. Lancet is most likely in which stage of psychosexual development?
- A. Anal
  - B. Phallic
  - C. Latency
  - D. Genital**

*Learning Objective: 2  
Nolen - Chapter 02 #73*

74. Critics of Freudian theory would be most likely to argue which of the following?
- A. Freud's theory fails to account for biological factors in development
  - B. Freud's theory neglects the role of social and environmental forces**
  - C. Freud's theory overemphasizes the concept of self
  - D. Freud's theory focuses too much attention on sexuality in social relationships

*Learning Objective: 2  
Nolen - Chapter 02 #74*

75. An advocate of object relations theory would be most likely to believe which of the following statements?
- A. Interpersonal relationships during early childhood influence an individual's self-concept and personality development**
  - B. Self-awareness is impacted by the psychosexual urges present during each stage of development
  - C. Thoughts, behaviours, and emotions are connected to one's unconscious state of mind
  - D. Environmental stressors coupled with poor parental relationships create mental disorders for vulnerable individuals

*Learning Objective: 2  
Nolen - Chapter 02 #75*

76. Higher rates of depression and post-traumatic stress disorder among Aboriginal people in Canada may be at least partially attributed to
- A. Physical isolation
  - B. Societal reorganization**
  - C. Polygenic processes
  - D. Cultural isolation

*Learning Objective: 3  
Nolen - Chapter 02 #76*

77. Ever since Rachel moved to a new neighbourhood, she has been concerned that her children have been misbehaving and disobeying her, and staying out past their curfew. Consistent with social structural theories, Rachel should be vigilant for
- A. A lack of cohesion in her neighbourhood
  - B. Open conflict among neighbours
  - C. Subcultures, such as gangs**
  - D. Modelling

*Learning Objective: 3  
Nolen - Chapter 02 #77*

78. The symptoms of \_\_\_\_\_ appear to be vary between Asian and Canadian cultures.
- A. Schizophrenia
  - B. Bipolar disorder
  - C. Neuroses
  - D. Anorexia Nervosa**

*Learning Objective: 3  
Nolen - Chapter 02 #78*



79. (p. 60) Suzy is an active toddler who enjoys playing with blocks independently. Suddenly, a pile of blocks tips over and hits Suzy in the nose. Suzy sobs uncontrollably and seeks out her mother. This behaviour suggests that Suzy has developed a
- A.** Secure attachment
  - B. Insecure attachment
  - C. Disorganized attachment
  - D. Hypervigilance

*Learning Objective: 3  
Nolen - Chapter 02 #79*

80. (p. 60) According to Family Systems Theories, the family system works towards
- A. Harmony
  - B.** Homeostasis
  - C. Progress
  - D. Self-actualization

*Learning Objective: 3  
Nolen - Chapter 02 #80*

81. (p. 50) Which of the following theorists criticized Freud's theory of female development?
- A.** Karen Horney
  - B. Anna Freud
  - C. Eleanor Rosch
  - D. Melanie Klein

*Learning Objective: 2  
Nolen - Chapter 02 #81*

82. (p. 57) Chad is an active patron of the arts and finds great fulfillment in admiring a beautiful painting or statue. These activities suggest that Chad has met which of following needs:
- A. Cognitive
  - B. Aesthetic
  - C.** All of the above.
  - D. None of the above

*Learning Objective: 2  
Nolen - Chapter 02 #82*

83. (p. 50) Which of the following is true of behavioural theorists'?
- A. They accept the idea that unconscious conflicts drive human behaviour
  - B. They include biological factors as contributing to abnormal behaviours
  - C. They suggest that maladaptive thinking patterns are the primary motivator for abnormal behaviours
  - D.** They focus on the influences of reinforcement and punishment in producing behaviour

*Learning Objective: 2  
Nolen - Chapter 02 #83*

84. (p. 51) Which of the following are the core principles of behavioural theories?
- A. Classical reinforcement and operant conditioning
  - B. Operant observation and vicarious reinforcement
  - C.** Classical conditioning and operant conditioning
  - D. Operant conditioning and latent learning

*Learning Objective: 2  
Nolen - Chapter 02 #84*

85. (p. 51) Who was the Russian physiologist whose discovery of conditioned responses made a tremendous impact on psychology?
- A. B. F. Skinner
  - B. John Watson
  - C. Edward Thorndike
  - D.** Ivan Pavlov

*Learning Objective: 2  
Nolen - Chapter 02 #85*

86. In Pavlov's experiment, which of the following was true of the conditioned stimulus?

(p. 51)

- A. It was the event that elicited the unlearned response
- B. It was the previously neutral stimulus**
- C. It was a reinforcement that elicited the learned response
- D. It was the same as the unconditioned stimulus

Learning Objective: 2  
Nolen - Chapter 02 #86

87. Alexis was a sick child who made frequent visits to the hospital. One day her mother and Alexis drove by the hospital and Alexis began to cry. She repeatedly said, "Mommy, I don't want to see the doctor." In this example, which of the following is the conditioned stimulus?

(p. 51)

- A. Her mother
- B. The shot
- C. The car
- D. The hospital**

Learning Objective: 2  
Nolen - Chapter 02 #87

88. How does classical conditioning explain the physiological response heroin addicts have when they see a syringe?

(p. 51)

- A. The physiological response to the syringe becomes the conditioned stimulus**
- B. The physiological response to the syringe is the unconditioned stimulus
- C. The physiological response to the syringe remains as the neutral stimulus
- D. The physiological response to the syringe is the unconditioned and conditioned stimulus

Learning Objective: 2  
Nolen - Chapter 02 #88

89. A fire ant stung Leah while she was playing in the yard. She becomes panicky each time she goes out to play. In this example, which of the following is the unconditioned stimulus?

(p. 51)

- A. The sting**
- B. Playing outside
- C. Seeing the ant
- D. Feeling panicky

Learning Objective: 2  
Nolen - Chapter 02 #89

90. A fire ant stung Leah while she was playing in the yard. She becomes panicky each time she goes out to play. In this example, which of the following is the conditioned stimulus?

(p. 51)

- A. The sting
- B. Playing outside**
- C. Seeing the ant
- D. Feeling panicky

Learning Objective: 2  
Nolen - Chapter 02 #90

91. Rachael broke her wrist jumping a hurdle at track practice. She experiences no fear when participating in other sports. Yet, when she sees a hurdle, she becomes afraid. In this example the unconditioned response is \_\_\_\_\_ and the conditioned response is \_\_\_\_\_.

(p. 51)

- A. Fear of falling; jumping the hurdle
- B. Jumping the hurdle; jumping the hurdle
- C. Jumping the hurdle; fear of falling
- D. Fear of falling; fear of falling**

Learning Objective: 2  
Nolen - Chapter 02 #91

92. Which of the following is claimed by the Law of Effect?

(p. 51)

- A. The strength of the reward has no bearing on behaviours
- B. Punishment has no impact on undesired behaviours
- C. Behaviours followed by a reward are strengthened**
- D. Punishment is more effective than rewards

Learning Objective: 2  
Nolen - Chapter 02 #92

93. Which form of conditioning refers to shaping behaviours by providing rewards for desired responses and punishments for undesired responses?  
(p. 51)
- A. Classical conditioning
  - B. Operant conditioning**
  - C. Respondent conditioning
  - D. Avoidant conditioning

*Learning Objective: 2*  
*Nolen - Chapter 02 #93*

94. Who is most strongly associated with operant conditioning?  
(p. 51)
- A. Edward Thorndike
  - B. Ivan Pavlov
  - C. John Watson
  - D. B.F. Skinner**

*Learning Objective: 2*  
*Nolen - Chapter 02 #94*

95. Which of the following is not an example of an operantly-learned behaviour?  
(p. 51-52)
- A. An adolescent washing the car hoping to get a curfew extension
  - B. A man jumping back at the sight of a snake**
  - C. A prison inmate receiving tokens for good behaviour
  - D. An animal staying still to avoid an electric shock

*Learning Objective: 2*  
*Nolen - Chapter 02 #95*

96. Tracy got her first pair of glasses. She told her mother that she did not want to wear them to school because the kids would laugh at her. A week later, Tracy's mother found Tracy's glasses stuffed in her pillowcase. Her mother decided to give Tracy \$2.00 every two hours for wearing her glasses. Which type of schedule applies to Tracy's behaviour?  
(p. 52)
- A. Continuous reinforcement schedule**
  - B. Partial reinforcement schedule
  - C. Continuous punishment schedule
  - D. Partial punishment schedule

*Learning Objective: 2*  
*Nolen - Chapter 02 #96*

97. What process refers to the elimination of a learned behaviour?  
(p. 52)
- A. Removal
  - B. Extinction**
  - C. Disappearance
  - D. Vanishing

*Learning Objective: 2*  
*Nolen - Chapter 02 #97*

98. Behaviours reinforced on which of the following schedules are the most difficult to extinguish?  
(p. 52)
- A. Nonstop reinforcement
  - B. Partial reinforcement**
  - C. Continuous reinforcement
  - D. Positive reinforcement

*Learning Objective: 2*  
*Nolen - Chapter 02 #98*

99. Jessica was in a car accident crossing an icy bridge. She now maps out her routes to avoid traveling over bridges. This avoidance helps to reduce her anxiety. What kind of response has Jessica developed?  
(p. 52)
- A. An unconditioned response
  - B. A conditioned avoidance response**
  - C. A conditioned response
  - D. An unconditioned avoidance response

*Learning Objective: 2*  
*Nolen - Chapter 02 #99*

100. According to social learning theory, what is meant by the term "modelling"?  
(p. 52) **A.** People learn by viewing the behaviour of others  
B. Learning is the direct result of rewards and punishment  
C. People observe the punishment and rewards of others and then model the behaviours  
D. Learning occurs when two stimuli are paired together

Learning Objective: 2  
Nolen - Chapter 02 #100

101. Joe's favorite food is spaghetti. His mom always makes it for him on Friday night, but his mom does not like the way he slurps the spaghetti into his mouth. One Friday night, she attempted to change Joe's eating pattern. At dinner, she picked up her spoon and fork and began to roll the spaghetti. David, Joe's brother, used his spoon as well. Susan, Joe's sister, also used her spoon to roll her spaghetti. At first, Joe slurped spaghetti into his mouth, but after a few minutes, he began to use his fork and spoon. In this example, Joe is doing which of the following?  
(p. 52) **B.** Modeling behaviours  
A. Shaping behaviours  
C. Observing behaviours  
D. Acquiring behaviours

Learning Objective: 2  
Nolen - Chapter 02 #101

102. Jerry sees Mike getting a sticker for sitting quietly in his seat. Jerry decides to stop fidgeting and begins to sit still in hopes of getting a sticker for his sticker collection. Which learning process is taking place?  
(p. 52) **B.** Observational learning  
A. Classical conditioning  
C. Conditioned learning  
D. Social learning

Learning Objective: 2  
Nolen - Chapter 02 #102

103. Which of the following is not a limitation of behavioural theories?  
(p. 53) **B.** The development of normal and abnormal behaviours has been scientifically tested by behavioural theories  
A. Certain abnormal behaviours can be replicated in the laboratory but it is questionable whether the behaviours occur in the real world  
C. The complexity of human behaviours and the environmental experiences cannot be captured in laboratory studies  
D. Behavioural theories do not recognize free will

Learning Objective: 2  
Nolen - Chapter 02 #103

104. Which movement followed the development of behavioural theories?  
(p. 53) **A.** Cognitive  
B. Psychodynamic  
C. Humanistic  
D. Social learning

Learning Objective: 2  
Nolen - Chapter 02 #104

105. The idea that humans construct meaning out of their experiences and act in accordance with their interpretations of the world is based on which of the following theories?  
(p. 53) **C.** Cognitive  
A. Humanistic  
B. Existential  
D. Psychodynamic

Learning Objective: 2  
Nolen - Chapter 02 #105

106. Which of the following is the focus of cognitive theories?

(p. 53)

- A. Measurable behaviours
- B. Thoughts and beliefs**
- C. Unconscious conflicts
- D. Self-concept

*Learning Objective: 2*  
*Nolen - Chapter 02 #106*

107. Which of the following is not a type of cognition?

(p. 53)

- A. Causal attribution
- B. Dysfunctional assumptions
- C. Control theory
- D. Dysfunctional behaviours**

*Learning Objective: 2*  
*Nolen - Chapter 02 #107*

108. Martha was distraught when she discovered her husband had been involved with another woman and the relationship had produced a child. She constantly asked herself: why the extra-marital relationship happened, why he was unhappy with her, why didn't he tell her about the child and why hadn't her husband told her that he was unhappy with their relationship? Which type of cognition is Martha most likely exhibiting?

(p. 53)

- A. Control theory
- B. Causal attribution**
- C. Global assumption
- D. Adaptive thinking

*Learning Objective: 2*  
*Nolen - Chapter 02 #108*

109. When he was using drugs, Reggie had several encounters with the law. His police record has kept him from getting several apartments because of the background check. Reggie interprets his search for an apartment as hopeless. He often says, "I might as well give up, no one is going to rent me an apartment anyway. How can I get ahead if no one will give me a chance?" Reggie is most likely experiencing which type of cognition?

(p. 54)

- A. Self-awareness
- B. Learned helplessness**
- C. Self-efficacy
- D. Causal attribution

*Learning Objective: 2*  
*Nolen - Chapter 02 #109*

110. Self-efficacy is a person's belief in his/her abilities to accomplish desired outcomes. Who conceived the idea of self-efficacy?

(p. 54)

- A. Martin Seligman
- B. Albert Ellis
- C. John Watson
- D. Albert Bandura**

*Learning Objective: 2*  
*Nolen - Chapter 02 #110*

111. People who tend to hold dysfunctional assumptions often react to situations with all of the following, except:

(p. 54-55)

- A. Irrational thoughts
- B. Adaptive behaviours**
- C. Negative emotions
- D. Maladaptive behaviours

*Learning Objective: 2*  
*Nolen - Chapter 02 #111*

112. Which of the following is the greatest limitation of the cognitive theories?  
(p. 55) A. Cognitive theories do not recognize the important role of social factors.  
B. Cognitive theories do not place enough emphasis on the role of biological factors.  
C. Cognitive theories cannot explain unwanted emotions, thoughts and behaviours  
**D. Cognitive theories cannot prove that maladaptive cognitions precede and cause disorders**

*Learning Objective: 2  
Nolen - Chapter 02 #112*

113. Which of the following theories is based on the assumption that humans have an innate capacity for goodness and for living a full life?  
(p. 56) **A. Humanistic and existential**  
B. Existential and psychodynamic  
C. Psychodynamic and humanistic  
D. Cognitive and behavioural

*Learning Objective: 2  
Nolen - Chapter 02 #113*

114. Which of the following theories was developed in reaction to the pessimistic and deterministic view of human behaviour by the psychodynamic perspective, and traditional behavioural view that behaviours are a product of the environment?  
(p. 56) A. Biological  
B. Existential  
**C. Humanistic**  
D. Cognitive

*Learning Objective: 2  
Nolen - Chapter 02 #114*

115. Which of the following is true concerning humanistic and existential theories?  
(p. 57) A. Existential theories take a more negative approach to the human experience than the humanistic perspective  
**B. Critics of humanistic and existential theories argue that the theories are vague and impossible to test scientifically**  
C. Humanistic and existential theories focus on existential anxiety as an explanation of abnormality  
D. Free will is not viewed as an important part of human nature in the humanistic and existential theories

*Learning Objective: 2  
Nolen - Chapter 02 #115*

116. Which of the following is not considered a social perspective of abnormal behaviour?  
(p. 59) A. Interpersonal theories  
B. Family systems theories  
**C. Object relation theories**  
D. Social structural theories

*Learning Objective: 3  
Nolen - Chapter 02 #116*

117. Who posited that individuals proceed through resolving psychosocial crises attempting to understand their world, their relationships, and themselves?  
(p. 59) **A. Erik Erikson**  
B. Sigmund Freud  
C. Harry Sullivan  
D. Karen Horney

*Learning Objective: 3  
Nolen - Chapter 02 #117*

118. Randolph was constantly criticized by his father and grew up believing that he could not do anything right. According to Sullivan's theory, which of the following most likely describes Randolph's self-concept?  
(p. 60)  
A. True-me  
**B. Bad-me**  
C. Good-me  
D. Not-me

*Learning Objective: 3  
Nolen - Chapter 02 #118*

119. Lucy is concerned because her family pays little or no attention to each other. They seem to constantly go their own way and have little interest in having a meal together. According to the family systems theory, what term best describes Lucy's family?  
(p. 61)  
A. Inflexible family  
B. Distant family  
**C. Disengaged family**  
D. Dysfunctional family

*Learning Objective: 3  
Nolen - Chapter 02 #119*

120. Biological, psychological, and social approaches are being integrated to explain abnormal behaviours.  
(p. 34)  
**TRUE**

*Learning Objective: N/A  
Nolen - Chapter 02 #120*

121. Most mental health professionals take an integrated approach to understanding mental disorders.  
(p. 34)  
**TRUE**

*Learning Objective: N/A  
Nolen - Chapter 02 #121*

122. Phineas Gage's accident has had little or no impact on the biological perspective of abnormality.  
(p. 35-36)  
**FALSE**

*Learning Objective: 1  
Nolen - Chapter 02 #122*

123. Structural damage to the brain is exclusive to injuries such as automobile accidents.  
(p. 36-37)  
**FALSE**

*Learning Objective: 1  
Nolen - Chapter 02 #123*

124. Reuptake and degradation are naturally occurring processes in the transmission of neurotransmitters.  
(p. 38)  
**TRUE**

*Learning Objective: 1  
Nolen - Chapter 02 #124*

125. Neurotransmitters play a critical role in the functioning of several basic systems in the brain.  
(p. 38)  
**TRUE**

*Learning Objective: 1  
Nolen - Chapter 02 #125*

126. Behaviour genetics is the study of behaviours and the impact of the environment on those behaviours.  
(p. 41)  
**FALSE**

*Learning Objective: 1  
Nolen - Chapter 02 #126*

127. The concordance rate of monozygotic twins should be higher than the concordance rate of dizygotic twins to establish a genetic link for a given disorder  
(p. 43)  
**TRUE**

*Learning Objective: 1  
Nolen - Chapter 02 #127*

128. Identical twins may choose the same activities and have the same likes and dislikes although they were reared in separate households.

**TRUE**

*Learning Objective: 1  
Nolen - Chapter 02 #128*

129. Many biological theories of abnormality were stumbled upon accidentally.

**TRUE**

*Learning Objective: 1  
Nolen - Chapter 02 #129*

130. According to Freudian theory, the ego structure of the personality seeks immediate gratification.

**FALSE**

*Learning Objective: 2  
Nolen - Chapter 02 #130*

131. The Oedipus and Electra Complexes occur during the anal stage of psychosexual development.

**FALSE**

*Learning Objective: 2  
Nolen - Chapter 02 #131*

132. Freud argued that one's environment was the most important factor in personality development.

**FALSE**

*Learning Objective: 2  
Nolen - Chapter 02 #132*

133. In Ontario, physicians who practice psychoanalysis are fully covered by the provincial health insurance plan.

**TRUE**

*Learning Objective: 2  
Nolen - Chapter 02 #133*

134. Behaviours learned through a partial reinforcement schedule are easier to extinguish than those that are learned through a continuous reinforcement schedule.

**FALSE**

*Learning Objective: 2  
Nolen - Chapter 02 #134*

135. Classical and operant conditioning theories are the core principles of learning.

**TRUE**

*Learning Objective: 2  
Nolen - Chapter 02 #135*

136. Behavioural theorists had little or no influence scientifically testing hypotheses about normal and abnormal behaviours.

**FALSE**

*Learning Objective: 2  
Nolen - Chapter 02 #136*

137. A person with high self-efficacy will exert more energy and try harder in situations to achieve desired outcomes.

**TRUE**

*Learning Objective: 2  
Nolen - Chapter 02 #137*

138. Cognitive therapies in the 1960s and 70s were based on Aaron Beck's and Albert Ellis' cognitive theories.

**TRUE**

*Learning Objective: 2  
Nolen - Chapter 02 #138*

139. Cognitive theories have worked hard to supply empirical evidence for their experiments of specific disorders.

**TRUE**

*Learning Objective: 2  
Nolen - Chapter 02 #139*



140. Humanistic theorists argue that uncovering unconscious conflicts takes precedent over understanding the person behind the conflict.  
(p. 56) **FALSE**  
*Learning Objective: 2  
Nolen - Chapter 02 #140*
141. Abraham Maslow developed client-center therapy.  
(p. 56) **FALSE**  
*Learning Objective: 2  
Nolen - Chapter 02 #141*
142. The controversy between Freud and one of his students resulted in the development of contemporary interpersonal theories.  
(p. 59) **TRUE**  
*Learning Objective: 3  
Nolen - Chapter 02 #142*
143. Children with insecure attachments often have confidence in their caregivers and find them trustworthy.  
(p. 60) **FALSE**  
*Learning Objective: 3  
Nolen - Chapter 02 #143*
144. Inflexible families are greatly involved in the lives of other family members.  
(p. 61) **FALSE**  
*Learning Objective: 3  
Nolen - Chapter 02 #144*
145. The \_\_\_\_\_ suggests that a person must carry some vulnerability to the disorder in order to develop the disorder.  
(p. 34) **vulnerability-stress model**  
*Learning Objective: N/A  
Nolen - Chapter 02 #145*
146. The feedback effect recognizes that \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ factors impact each other.  
(p. 34) **biological, psychological, social**  
*Learning Objective: N/A  
Nolen - Chapter 02 #146*
147. The structural damage to Phineas Gage's brain caused changes in his \_\_\_\_\_.  
(p. 36) **personality**  
*Learning Objective: N/A  
Nolen - Chapter 02 #147*
148. The area of the brain involved in advanced thinking processes is the \_\_\_\_\_.  
(p. 37) **cerebral cortex**  
*Learning Objective: 1  
Nolen - Chapter 02 #148*
149. Eating, drinking and sexual behaviours are regulated by the \_\_\_\_\_.  
(p. 37) **hypothalamus**  
*Learning Objective: 1  
Nolen - Chapter 02 #149*
150. Each neuron is comprised of a cell body and \_\_\_\_\_ that receive impulses from adjacent neurons.  
(p. 38) **Dendrites**  
*Learning Objective: 1  
Nolen - Chapter 02 #150*
151. The gap between synaptic terminals and the adjacent neuron is called the \_\_\_\_\_.  
(p. 38) **synapse**  
*Learning Objective: 1  
Nolen - Chapter 02 #151*

152. The neurotransmitter \_\_\_\_\_, plays an important role in regulating emotions and impulses such as aggression.  
(p. 39) **serotonin**
- Learning Objective: 1*  
*Nolen - Chapter 02 #152*
153. GABA has been linked to \_\_\_\_\_ disorders.  
(p. 39) **anxiety**
- Learning Objective: 1*  
*Nolen - Chapter 02 #153*
154. The \_\_\_\_\_ has been called the master gland.  
(p. 40) **pituitary gland**
- Learning Objective: 1*  
*Nolen - Chapter 02 #154*
155. The study of the genetics of personality and abnormality is called \_\_\_\_\_.  
(p. 41) **behaviour genetics**
- Learning Objective: 1*  
*Nolen - Chapter 02 #155*
156. When multiple genetic abnormalities come together in an individual to create a disorder, the process is called \_\_\_\_\_.  
(p. 41) **polygenic**
- Learning Objective: 1*  
*Nolen - Chapter 02 #156*
157. Freud developed \_\_\_\_\_, which is a theory of personality and psychopathology.  
(p. 46) **psychoanalysis**
- Learning Objective: 2*  
*Nolen - Chapter 02 #157*
158. \_\_\_\_\_ was also referred to as wish fulfillment by Freud.  
(p. 47) **Primary process thinking**
- Learning Objective: 2*  
*Nolen - Chapter 02 #158*
159. The motivated forgetting of difficult experiences is known as \_\_\_\_\_.  
(p. 47) **repression**
- Learning Objective: 2*  
*Nolen - Chapter 02 #159*
160. According to Freudian theory, the \_\_\_\_\_ and \_\_\_\_\_ are the basic drives that motivate behaviour.  
(p. 47) **libido, aggressive drive**
- Learning Objective: 2*  
*Nolen - Chapter 02 #160*
161. The \_\_\_\_\_ and \_\_\_\_\_ are the two components of the superego.  
(p. 48) **ego ideal and conscience**
- Learning Objective: 2*  
*Nolen - Chapter 02 #161*
162. \_\_\_\_\_ are the strategies that the ego uses to disguise or transform unconscious wishes.  
(p. 48) **Defense mechanisms**
- Learning Objective: 2*  
*Nolen - Chapter 02 #162*
163. The school that integrates Freudian drive theory and the role of early relationships is called the \_\_\_\_\_.  
(p. 49) **object relation theory**
- Learning Objective: 2*  
*Nolen - Chapter 02 #163*
164. The psychosexual stages are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.  
(p. 48-49) **oral, anal, phallic, latency, genital**
- Learning Objective: 2*  
*Nolen - Chapter 02 #164*

165. Individuals with \_\_\_\_\_ are confident that their caregivers will be there when they need them.

(p. 60)

**secure attachments**

Learning Objective: 3  
Nolen - Chapter 02 #165

166. The \_\_\_\_\_ suggests that behaviours followed by rewards are strengthened.

(p. 51)

**law of effect**

Learning Objective: 2  
Nolen - Chapter 02 #166

167. People who receive a paycheck every week are paid on a \_\_\_\_\_ reinforcement schedule.

(p. 52)

**continuous**

Learning Objective: 2  
Nolen - Chapter 02 #167

168. "Things should turn out the way I want them to turn out" is an example of \_\_\_\_\_.

(p. 54)

**global dysfunctional assumption or dysfunctional assumption**

Learning Objective: 2  
Nolen - Chapter 02 #168

169. Self-concept and images of self that were developed because of early childhood experiences are called \_\_\_\_\_.

(p. 59)

**Prototypes**

Learning Objective: 3  
Nolen - Chapter 02 #169

170. James and Jerry are brothers whose mother was often intoxicated. When they were young, their home environment was less than conducive for healthy development. James, revolted by his mother's behaviour, rarely consumes alcohol. People who appear intoxicated often repulse him. On the other hand, Jerry has a history of alcohol use, repeatedly argues with his girlfriend, and has difficulty maintaining employment. Explain the vulnerability-stress model and feedback effect as it applies to Jerry's behaviour.

(p. 34)

Key terms and concepts that may be included in student responses:

- biopsychosocial approach-integration of biological, psychological, and social approaches
- vulnerability-stress model-a person must carry a biological, psychological, or social vulnerability that interacts with some sort of stress or trigger (e.g., both James and Jerry might have had a biological vulnerability, but Jerry might have started drinking following a stressful event)
- nature-nurture question-is the cause biological or environmental (both!)
- feedback loops-changes in one factor impact the second factor, which then feed back to impact the first factor (e.g., drinking impacts employment and relationship with girlfriend, but then unemployment and conflict with girlfriend contributes to further drinking)

Learning Objective: N/A  
Nolen - Chapter 02 #170

171. Describe the modern biological theories of abnormal behaviours. What (if any) is the relationship between the modern theories and Ancient, Medieval, and Renaissance biological theories?

(p. 36)

Key terms and concepts that may be included in student responses:

- Modern theories-focus on structural brain abnormalities, biochemical processes (neurotransmitters, endocrine system), and genetic factors
- revisit chapter 1-Hippocrates: abnormal behaviours are like other diseases of the body, caused by imbalance in body humors; Ancient Greeks: hysteria, abnormal behaviour explained using biological theories, physical illness and injury cause abnormal behaviour

Learning Objective: 1  
Nolen - Chapter 02 #171

172. Discuss Freud's contribution to the psychodynamic theory of abnormal behaviour. What are the differences between the traditional and contemporary psychodynamic theories?  
(p. 46-50)

Key terms and concepts that may be included in student responses:

- Freud's psychoanalytic theory-3 structures of personality (id, ego, superego); unconscious conflicts; defense mechanisms; repressed memories; psychosexual stages of development (oral, anal, phallic, latency, genital)
- Contemporary psychodynamic approach—focus on interpersonal relationships; object relations theory—4 stages (undifferentiated, symbiosis, separation/individuation, integration); splitting

*Learning Objective: 2  
Nolen - Chapter 02 #172*

173. Discuss Freud's psychosexual stages of development. Include the strengths and weaknesses of his theory.  
(p. 48-50)

Key terms and concepts that may be included in student responses:

- id, ego, and superego
- 5 psychosexual stages of development-oral, anal, phallic, latency, genital
- unconscious sexual urges and desires
- Strengths: comprehensive theory of human development and abnormal behaviour from a psychological perspective
- Weaknesses: Conceptualization of female development (emphasis on sexual drives and anatomy; male viewed as prototypical human being; poor generalization); claims personality is fixed in childhood, lacks empirical support

*Learning Objective: 2  
Nolen - Chapter 02 #173*

174. After 5 years, Samantha says she can remember the break up with her fiancé as though it occurred yesterday. She claims that they were in a restaurant and they had a huge fight because he was cheating on her. Samantha is adamant that she broke off the engagement. Her friend, Mandy, says that the engagement ended because her fiancé assaulted her and was apprehended by Police. Mandy says that others can corroborate her version of the story. Explain Samantha's behaviour by contrasting Freudian theory with Cognitive theory.  
(p. 47-48)

Key terms and concepts that may be included in student responses:

- unconscious conflicts-protect the conscious from unconscious material
- the break-up of the relationship is too difficult so the ego pushes the experience back into the unconscious repression
- defense mechanisms are used for protection-e.g., repression-motivated forgetting; denial
- global assumptions about how things ought to be frame thoughts
- attribution are selective of events and therefore memories
- learned helplessness may result from abusive events

*Learning Objective: 2  
Nolen - Chapter 02 #174*

175. Describe the learning process of classical conditioning and operant conditioning. Provide examples for these theories from your own experiences.  
(p. 51-52)

Key terms and concepts that may be included in student responses:

- classical conditioning-unconditioned stimulus (e.g., food), unconditioned response (e.g., salivate), conditioned stimulus (e.g., bell), conditioned response (e.g., salivate)
- operant conditioning—reinforcement; law of effect; reinforcement schedules (e.g., continuous, partial); extinction
- examples should clearly demonstrate the processes

*Learning Objective: 2  
Nolen - Chapter 02 #175*

176. Malcolm is a 1<sup>st</sup> semester undergraduate student who received a low B on his first graduate level biology exam. He became extremely distraught after seeing the grade on his paper. Malcolm argued that the grade set the precedent for all his future performances. He also claimed that he failed the test and ruined his opportunity to get into medical school. As a cognitive psychologist, how would you explain Malcolm's behaviour?  
(p. 53-54)

Key terms and concepts that may be included in student responses:

- cognitive theories-thoughts and beliefs shape behaviours and emotional responses. The interpretation of events has a large impact on behaviours and emotional responses.
- causal attribution-attributions can influence behaviours and emotional responses (more detrimental to attribute failure to personality factors than situational factors)
- control theory-expectations regarding ability to control important events; learned helplessness (e.g., "There's nothing I can do to get into medical school")
- global assumptions-broad beliefs about how things are supposed to work lead to irrational thoughts and negative emotions (e.g., "If I fail a test, I'm a failure as a person")

*Learning Objective: 2  
Nolen - Chapter 02 #176*

177. Compare and contrast the behavioural and cognitive theories of abnormality. How are they similar and how are they different? Give an example of how the two theories may complement each other.  
(p. 50-55)

Key terms and concepts that may be included in student responses:

- Behavioural-learning principles, law of effect, lab-based experiments
- Cognitive-beliefs and assumptions-includes learning principles (plus cognitive learning models such as social learning theory), rational thinking to test assumptions as an 'experiment' (Cognitive-behavioural therapy)

*Learning Objective: 2  
Nolen - Chapter 02 #177*

## 02 Summary

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