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| 1. According to your text, psychological disorders, by definition, include which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Stress | |  | b. | Impaired functioning | |  | c. | Culturally expected responses | |  | d. | Psychotic symptoms |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 2. A psychological dysfunction refers to a breakdown in which of the following?   |  |  |  | | --- | --- | --- | |  | a. | The individual’s internal sense of self | |  | b. | The individual’s ability to function at work | |  | c. | The individual’s important interpersonal relationships | |  | d. | The individual’s cognitive, emotional, and/or behavioral functioning |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 3. Which of the following is accurate about the definition of abnormality in psychology?   |  |  |  | | --- | --- | --- | |  | a. | There are significant disagreements about what is abnormal. | |  | b. | Abnormality depends solely on subjective distress. | |  | c. | The definition is universal across cultures. | |  | d. | The criteria differ for disorders and dysfunctions. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 4. Why is determining whether a behavior is uncommon in a given culture insufficient to determine whether the behavior should be labeled as abnormal in a psychological sense?   |  |  |  | | --- | --- | --- | |  | a. | Behavior that occurs infrequently is considered abnormal in every culture. | |  | b. | The atypical behavior must also cause harm or impairment to be considered abnormal. | |  | c. | Behaviors vary  little from one individual to another within each culture. | |  | d. | Many people behave in ways that deviate from the average, but this doesn’t mean that they have a disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 5. A college student has been feeling very sad. Although they are still able to go to classes and work at their job, they feel down most of the time and are consumed with worries about their lives or current situations. Which part of the definition of abnormality applies to their situation?   |  |  |  | | --- | --- | --- | |  | a. | Personal distress | |  | b. | Cultural factors | |  | c. | Impaired functioning | |  | d. | Violation of societal norms |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 6. With multi-colored hair and facial tattoos, Kamryn is easily accepted by friends. Potential employers, however, seem distinctly disinterested in hiring Kamryn despite their excellent qualifications and references. Which part of the definition of abnormality applies to Kamryn's situation?   |  |  |  | | --- | --- | --- | |  | a. | Personal Distress | |  | b. | Cultural Factors | |  | c. | Impaired Functioning | |  | d. | Violation of Social Norms |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 7. Talking loudly and smoking is more appropriate in an Egyptian movie theatre than an American one. This illustrates which criterion regarding abnormality?   |  |  |  | | --- | --- | --- | |  | a. | Personal Distress | |  | b. | Cultural Expectations | |  | c. | Impaired Functioning | |  | d. | Violation of Laws |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 8. Which of the following is a true statement?   |  |  |  | | --- | --- | --- | |  | a. | There is clear consensus on the definition of mental health disease. | |  | b. | There is no clear consensus on the definition of disease but there is a clear definition of mental health disorder. | |  | c. | The Diagnostic and Statistical Manual (DSM) never changes its definitions. | |  | d. | The DSM is based on prototypes, or symptoms and examples of the phenomenon in question. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 9. A psychiatrist is most likely to have which of the following degrees?   |  |  |  | | --- | --- | --- | |  | a. | Ph.D. | |  | b. | Ed.D. | |  | c. | M.D. | |  | d. | Psy.D. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 10. You can practice therapy with which of the following degrees if you meet additional licensing requirements?   |  |  |  | | --- | --- | --- | |  | a. | Master's degree in business administration | |  | b. | Bachelor's degree in psychology | |  | c. | Ph.D. in psychology | |  | d. | Ph.D. in non-profit management |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 11. Rocky Starr, who identifies as a man, wears over-the-top and exaggerated makeup when performing on stage with a rock band. How is this behavior most accurately described?   |  |  |  | | --- | --- | --- | |  | a. | Abnormal, because men typically do not wear outlandish makeup. | |  | b. | Not abnormal, because it is part of Rocky’s on-stage persona. | |  | c. | Possibly normal but possibly abnormal, depending on his contract. | |  | d. | Abnormal, because very few individuals become rock stars. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 12. The DSM-5 prototype of a disorder reflects which of the following?   |  |  |  | | --- | --- | --- | |  | a. | The disorder's history and prognosis | |  | b. | The disorder's biological underpinnings | |  | c. | The causes of pathology | |  | d. | The "typical" profile and diagnostic criteria |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 13. What is the scientific study of psychological disorders called?   |  |  |  | | --- | --- | --- | |  | a. | Psychopathology | |  | b. | Psychoanalysis | |  | c. | Pseudoscience | |  | d. | Parapsychology |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 14. Functioning as a mental health scientist practitioner includes which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Using only established diagnostic criteria | |  | b. | Being accountable solely to their clients | |  | c. | Evaluating their own treatment outcomes | |  | d. | Following pop psychology recommendations |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 15. Dr. Rhoades studies personality disorders and is interested in whether childhood maltreatment increases the risk of subsequent diagnosis with personality disorders. Which aspect of research in psychopathology is Dr. Rhoades studying?   |  |  |  | | --- | --- | --- | |  | a. | The treatment of disorders | |  | b. | The etiology of disorders | |  | c. | The outcomes of disorders | |  | d. | The descriptions of disorders |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 16. Vinnie has recurrent major depression and experiences lengthy periods of functioning very well in all aspects of life, interspersed with occasional periods of deep depression that require medication and intensive psychotherapy. Vinnie’s disorder is best described as which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Episodic | |  | b. | Chronic | |  | c. | Acute | |  | d. | Time-limited |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 17. Shonda had peculiar beliefs as a child that became increasingly more paranoid during adolescence. By early adulthood, Shonda expressed beliefs that the government was monitoring her mind and she reported hearing messages from mysterious individuals who would help her save the world. Shonda was hospitalized after she stopped caring for herself and was diagnosed with schizophrenia. Which term best describes the onset of Shonda’s disorder?   |  |  |  | | --- | --- | --- | |  | a. | Insidious | |  | b. | Chronic | |  | c. | Atypical | |  | d. | Acute |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 18. Which of the following best describes contemporary approaches to the treatment of psychological disorders?   |  |  |  | | --- | --- | --- | |  | a. | They are heavily influenced by the psychodynamic orientation. | |  | b. | They are typically emphasizing behavior since it is easily measured. | |  | c. | They are focusing on lengthy psychotherapy rather than medication. | |  | d. | They are not fitting neatly into a single theoretical orientation. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 19. Dr. Cisneros is studying learning responses in rats. Which orientation is Dr. Cisneros likely to have?   |  |  |  | | --- | --- | --- | |  | a. | Behaviorism | |  | b. | Oedipal theory | |  | c. | Psychiatry | |  | d. | Humanistic Psychology |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 20. Which influences are included in the integrative approach to the development of psychopathology?   |  |  |  | | --- | --- | --- | |  | a. | Genetic and biochemical | |  | b. | Spiritual and emotional | |  | c. | Physiological and interpersonal | |  | d. | Biological, psychological, and social |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 21. Dr. Smith is interested in how the presentation of separation anxiety changes from early childhood to through middle childhood. Dr. Smith is most likely to work in which field?   |  |  |  | | --- | --- | --- | |  | a. | Oedipal theory | |  | b. | Behaviorism | |  | c. | Behavioral neuroscience | |  | d. | Developmental psychopathology |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 22. How might mental health professionals function as scientist-practitioners?   |  |  |  | | --- | --- | --- | |  | a. | By seeking advice from personal friends who have disorders | |  | b. | By assessing individuals intuitively rather than by using standardized tests | |  | c. | By conducting research leading to new information about mental disorders and their treatments | |  | d. | By using the most current diagnostic and treatment procedures |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 23. Tameka, who has a master's degree, has begun treating disorders and concentrating on family problems. Tameka is most likely to be which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Psychiatric social worker | |  | b. | Psychiatrist | |  | c. | Psychiatric nurse | |  | d. | Research psychologist |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 24. Dr. Harmon conducts research concerning the number of individuals who have a specific disorder and is particularly interested in the number of newly diagnosed cases. What is Dr. Harmon studying?   |  |  |  | | --- | --- | --- | |  | a. | The prevalence of the disorder | |  | b. | The incidence of the disorder | |  | c. | The recurrence of the disorder | |  | d. | The ratio of the disorder |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 25. Psychological disorders can be described as following a typical course or individual pattern. Mood disorders, such as depression, appear to follow which type of course?   |  |  |  | | --- | --- | --- | |  | a. | Episodic | |  | b. | Acute | |  | c. | Cyclic | |  | d. | Insidious |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 26. If a psychological disorder is said to have an acute onset, it means that the symptoms developed in what way?   |  |  |  | | --- | --- | --- | |  | a. | Suddenly | |  | b. | Atypically | |  | c. | Gradually | |  | d. | Following a period of recovery |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 27. When 20-year-old Larry was first diagnosed with schizophrenia, his family members wanted to know if and how the disorder would progress, and how it would affect Larry in the future. In medical terms, the family wanted to know what about Larry's disorder?   |  |  |  | | --- | --- | --- | |  | a. | Diagnosis | |  | b. | Prognosis | |  | c. | Pathophysiology | |  | d. | Etiology |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 28. Maria lives in Rome in the 14th century and has recently been hearing voices telling her that she is to become the next pope of the Catholic Church despite being a woman and not being a clergy member. Her personal care is poor, and she often sits motionless for many days. Her local priest is most likely to consider the voices she hears and her long periods of motionless to be the result of which of the following?   |  |  |  | | --- | --- | --- | |  | a. | A brain abnormality | |  | b. | Demons and evil spirits | |  | c. | An imbalance in humors | |  | d. | Life circumstances like poverty |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 29. Paracelsus, a Swiss physician who lived from 1493 to 1541, attributed psychological abnormalities to which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Demons and evil spirits | |  | b. | The moon and stars | |  | c. | An imbalance in humors | |  | d. | Injuries to the brain |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 30. Toward the end of the 14th century and continuing into the 15th, the causes of “madness” were attributed to which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Toxins in the blood | |  | b. | Religious delusions | |  | c. | Brain disease | |  | d. | Demons and witches |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 31. Which of the following accurately describes the attitudes of the Catholic Church toward mentally ill people during the 14th and 15th centuries?   |  |  |  | | --- | --- | --- | |  | a. | They were considered to be suffering from religious delusions and were cared for by members of the church communities. | |  | b. | They were seen as possessed by evil spirits and blamed for all their misfortunes. | |  | c. | They were regarded as individuals who were not responsible for their behavior. | |  | d. | They were provided with medical treatments and sometimes hospitalized because mental illness was regarded as equivalent to physical illness. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 32. Mentally ill people have sometimes been forced to undergo the religious ritual called exorcism. What is the purpose of exorcism?   |  |  |  | | --- | --- | --- | |  | a. | To cure the mental illness by making the individual more religious | |  | b. | To build up muscle strength and make the person healthier | |  | c. | To rid the body of evil spirits | |  | d. | To prove that the person was not a witch |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 33. Sigmund Freud proposed that psychological disorders are a result of which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Divine punishment | |  | b. | Societal stresses | |  | c. | Unconscious conflicts | |  | d. | Genetic mutations |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 34. John P. Grey's beliefs about the causes of mental illness led to which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Discovery of a cure for schizophrenia | |  | b. | Decreased interest in psychological treatments | |  | c. | The development of antianxiety medications | |  | d. | The creation of community-based treatment |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 35. When was DSM-5, an updated version of the *Diagnostic and Statistical Manual of Mental Disorders*, published?   |  |  |  | | --- | --- | --- | |  | a. | 1994 | |  | b. | 2000 | |  | c. | 2002 | |  | d. | 2013 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 36. Dr. Sturm knows that widespread outbreaks of influenza are associated with increased risk of schizophrenia when a fetus is exposed in utero during the second trimester. Dr. Sturm wonders whether there will be an increased incidence of schizophrenia around 2038 through 2045, when infants exposed to COVID in utero will reach the peak ages of schizophrenia diagnosis. Dr. Sturm's question might be answered by which type of research into psychopathology?   |  |  |  | | --- | --- | --- | |  | a. | Analysis | |  | b. | Description | |  | c. | Etiology | |  | d. | Treatment and outcomes |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 37. Niki is being treated for cancer and receives a particularly harsh chemotherapy that leaves her physically ill with nausea, vomiting, numbness in her fingers, and feeling mentally exhausted. Niki happens to see one of the nurses who administered her treatment in a local grocery store and, much to her horror, feels a wave of nausea and vomits. This occurred due to which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Generalized conditioning | |  | b. | Stimulus generalization | |  | c. | Variety stimulus | |  | d. | Stimulus discrimination |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 38. Chandra works as a paramedic and firmly believes that the number of psychiatric calls goes up whenever the moon is full. The idea that the moon somehow causes mental illness led to which of the following terms?   |  |  |  | | --- | --- | --- | |  | a. | Lunatic | |  | b. | Idiot | |  | c. | Maniac | |  | d. | Psychopath |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 39. *Anatomy of Melancholy* (1621), suggests treating mental disorders by which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Rest and quiet | |  | b. | Harsh physical labor | |  | c. | Trephination | |  | d. | Inducing vomiting |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 40. The lyrics of the Bing Crosby song “Come to Me My Melancholy Baby” include the stanza    *Every cloud must have a silver lining. Wait until the sun shines through. Smile, my honey dear While I kiss away each tear Or else I shall be melancholy too.*    The use of the term melancholy to refer to depression reflects the belief that depression is caused by an excess of which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Blood | |  | b. | Phlegm | |  | c. | Yellow bile | |  | d. | Black bile |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 41. According to Hippocrates' humoral theory, the “choleric” personality is which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Hot-tempered | |  | b. | Easygoing | |  | c. | Kind | |  | d. | Cheap |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 42. Based on Hippocrates' humoral theory, “sanguine” describes a person who is which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Pessimistic | |  | b. | Pale | |  | c. | Cheerful | |  | d. | Humorous |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 43. How was bloodletting, a treatment devised centuries ago to restore the balance of humors, administered?   |  |  |  | | --- | --- | --- | |  | a. | Swords | |  | b. | Leeches | |  | c. | Tourniquets | |  | d. | Bacteria |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 44. In ancient Greece, a 14-year-old girl is experiencing episodes of physical ailments, such as sudden blindness, from which she recovers after several days. Her doctor might recommend which of the following treatments?   |  |  |  | | --- | --- | --- | |  | a. | Marriage | |  | b. | Pregnancy | |  | c. | Bloodletting | |  | d. | Exorcism |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 45. In ancient Greece, some “humoral excesses” thought to be causing psychological disorders were treated by which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Changing the person's exposure to heat, dryness, moisture, or cold | |  | b. | Herbal remedies | |  | c. | Decreasing both caloric and liquid intake | |  | d. | Lowering the person’s body temperature for extended periods of time |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 46. In keeping with an accepted treatment for mental illness in the 14th century, a physician treating King Charles VI of France had him moved to the countryside to do which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Have him closer to a hospital that treated mental illness | |  | b. | Provide him with cleaner air and the time and space to relax | |  | c. | Hide him from those who were threatening him | |  | d. | Cure him of hysteria |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 47. To rid the body of the excessive humors thought to be causing psychological disorders, physicians throughout history have used which of the following treatments?   |  |  |  | | --- | --- | --- | |  | a. | Bloodletting | |  | b. | Induced seizures | |  | c. | Exorcism | |  | d. | Drilling through the skull |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 48. The concept of hysteria, which traditionally meant physical symptoms for which no organic pathology could be found, is now associated with which DSM-5 classification?   |  |  |  | | --- | --- | --- | |  | a. | Anxiety disorders | |  | b. | Borderline personality disorder | |  | c. | Premenstrual symptom disorder | |  | d. | Somatic symptom disorder |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 49. The harmful historical tendency to stigmatize women as “hysterical” derived from Hippocrates’ concept of which of the following?   |  |  |  | | --- | --- | --- | |  | a. | The wandering womb | |  | b. | An incompetent cervix | |  | c. | Penis envy | |  | d. | Pelvic dysfunction |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 50. The term “hysteria” derives from the Greek hysteron, which means which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Vagina | |  | b. | Uterus | |  | c. | Penis | |  | d. | Libido |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 51. The first significant supporting evidence for a biological cause of a mental disorder was the 19th century discovery that the psychotic disorder *general paresis* was caused by the same bacterial microorganism that causes which disorder?   |  |  |  | | --- | --- | --- | |  | a. | Malaria | |  | b. | Alzheimer’s disease | |  | c. | Syphilis | |  | d. | The common cold |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 52. What did John Grey, a well-known American psychiatrist, believe caused mental illness?   |  |  |  | | --- | --- | --- | |  | a. | Psychological factors | |  | b. | Physical factors | |  | c. | Social/environmental influences | |  | d. | Unknown influences |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 53. Moral Therapy includes a focus on which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Social contact | |  | b. | Penance | |  | c. | Teaching from holy books | |  | d. | Punishment and repentance |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 54. James is a patient in a state psychiatric hospital in the 1950s and is about to be treated with a new class of drugs that his doctor thinks may reduce the chronic and frightening hallucinations and delusions James experiences. What class of drugs is James being treated with?   |  |  |  | | --- | --- | --- | |  | a. | Opiates | |  | b. | Neuroleptics | |  | c. | Herbal medicine | |  | d. | Anxiolytics |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 55. In the late 1800s, a young doctor at a mental institution wants to learn the latest about the causes and treatments of mental illness. What journals is the doctor likely to read?   |  |  |  | | --- | --- | --- | |  | a. | *Case Studies in Mental Illness* | |  | b. | *American Journal of Madness* | |  | c. | *American Journal of Insanity* | |  | d. | *Lunatics in America* |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 56. Joseph von Meduna's inaccurate observation that people with epilepsy rarely had schizophrenia ultimately led to which treatment?   |  |  |  | | --- | --- | --- | |  | a. | The use of electrically induced convulsions | |  | b. | The use of brain surgery | |  | c. | The use of major tranquilizers | |  | d. | The use of anticonvulsants |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 57. Benzodiazepines such as Valium and Librium are effective in reducing the symptoms of which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Depression | |  | b. | Anxiety | |  | c. | Schizophrenia | |  | d. | Mania |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 58. In the late 1800s, the emphasis on a biological cause of mental disorder ironically resulted in reduced interest in treatments for mental patients because of which of the following?   |  |  |  | | --- | --- | --- | |  | a. | The belief that physicians should devote more time to the physically ill | |  | b. | The belief that patients would improve more rapidly if they were not hospitalized | |  | c. | The belief that hospital staff were not adequately trained to administer new treatments | |  | d. | The belief that mental illness due to brain pathology was incurable |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 59. The psychosocial approach called “moral therapy” advocated which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Restraint of agitated patients | |  | b. | The use of medication | |  | c. | Individual attention | |  | d. | Routine seclusion |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 60. After Philippe Pinel systematically introduced moral therapy as a treatment in mental hospitals in France, a similar type of treatment was first established in a U.S. hospital by which individual?   |  |  |  | | --- | --- | --- | |  | a. | Benjamin Rush | |  | b. | William Tuke | |  | c. | Joseph von Medina | |  | d. | Manfred Sakel |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 61. After the mid-1800s, moral therapy declined as a treatment for the mentally ill in the United States due to which of the following factors?   |  |  |  | | --- | --- | --- | |  | a. | The number of patients in mental institutions also declined. | |  | b. | Hospitals would not use moral therapy with immigrant patients. | |  | c. | The number of people available to staff mental hospitals increased. | |  | d. | New biologically based treatments became available. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 62. Dorothea Dix campaigned for more humane treatment of those with mental illness and managed to improve the treatment of patients in mental hospitals. However, her work had unforeseen consequences including which of the following?   |  |  |  | | --- | --- | --- | |  | a. | A decrease in the number of mental patients in institutions, forcing many to close | |  | b. | An increase in the number of mental patients, resulting in insufficient staff to care for them | |  | c. | A change from custodial care to moral therapy for institutionalized patients | |  | d. | More patients receiving psychotherapy and fewer receiving medication |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 63. Anton Mesmer, an early 18th century physician, claimed to cure patients by unblocking their flow of a bodily fluid he called “animal magnetism.” In fact, any effectiveness of his methods was due to which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Undetectable magnetic fields | |  | b. | Chemically induced humoral balance | |  | c. | Mental telepathy | |  | d. | The power of suggestion |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 64. Who demonstrated that some techniques of mesmerism were effective in treating certain psychological disorders?   |  |  |  | | --- | --- | --- | |  | a. | Philippe Pinel | |  | b. | Anton Mesmer | |  | c. | Sigmund Freud | |  | d. | Jean-Martin Charcot |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 65. Which of the following accurately describes the patients of Freud and Breuer after they received hypnotherapy for their psychological disorders?   |  |  |  | | --- | --- | --- | |  | a. | Feelings of relief and improvement | |  | b. | Decreased emotionality while in the hypnotic state | |  | c. | Accurate posthypnotic recall | |  | d. | Understanding of the causes of their psychological disorder |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 66. Psychologists Breuer and Freud hypothesized the existence of which of the following after recognizing that patients were often unaware of material previously recalled under hypnosis?   |  |  |  | | --- | --- | --- | |  | a. | Neurosis | |  | b. | The unconscious mind | |  | c. | The Electra complex | |  | d. | Catharsis |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 67. A patient is visiting Dr. Freud for treatment of what has been diagnosed as “hysteria.” Dr. Freud hypnotizes the patient and encourages them to talk about past events that were deeply upsetting. This reflects which belief?   |  |  |  | | --- | --- | --- | |  | a. | That it is therapeutic to recall and relive emotionally traumatic events | |  | b. | That patients are unable to process emotionally charged information | |  | c. | That hypnosis is less effective than mesmerism | |  | d. | That conscious memories are more important than unconscious ones |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 68. In the 1985 classic case of Anna O., neurologist Josef Breuer treated her “hysterical” symptoms by using which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Psychoanalysis | |  | b. | Hypnosis | |  | c. | Faith healing | |  | d. | The placebo effect |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 69. Dr. Freud is treating a patient who is experiencing difficulties in her marriage and notes that her strongly conservative upbringing has led her to view sex as dirty and degrading, leading her to refuse to have sex with her husband. According to Freud, this suggests that which element of the patient's personality is exerting too strong an influence?   |  |  |  | | --- | --- | --- | |  | a. | Id | |  | b. | Psyche | |  | c. | Superego | |  | d. | Ego |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 70. The superego is to morality as the id is to which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Pleasure principle | |  | b. | Rational thought | |  | c. | Mediating conflict | |  | d. | The ego |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 71. In Freudian theory, *libido* and *thanatos* represent two basic but opposing drives of which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Life and death | |  | b. | Sex and celibacy | |  | c. | Good and evil | |  | d. | Pleasure and pain |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 72. An analyst is testifying at the trial of someone accused of a gruesome murder. The analyst would attribute those actions to the uncontrolled impulses of which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Ego | |  | b. | Superego | |  | c. | Id | |  | d. | Psyche |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 73. Although Freud conceptualized the libido as the life energy within the id, many people think of it as which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Death instinct | |  | b. | Sex drive | |  | c. | Conscience | |  | d. | Oedipal conflict |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 74. According to psychoanalytic theory, which of the following develops early in life to ensure that we can adapt to the demands of the real world while still finding ways to meet our basic needs?   |  |  |  | | --- | --- | --- | |  | a. | Ego | |  | b. | Superego | |  | c. | Libido | |  | d. | Ideal self |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 75. According to psychoanalytic theory, the id operates on the "pleasure principle," which means that it does which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Pays particular attention to social rules and regulations | |  | b. | Thinks in an unemotional, logical, and rational manner | |  | c. | Is sexual, aggressive, selfish, and envious | |  | d. | Utilizes secondary process thinking |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 76. A child wanted a cookie before dinner and thought about taking one from the box without permission. However, after thinking about it, the child decided to get permission from their parent. The child was operating according to which principle?   |  |  |  | | --- | --- | --- | |  | a. | Pleasure | |  | b. | Reality | |  | c. | Moral | |  | d. | Oedipal |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 77. A friend is worried about the selfish, and sometimes dangerous, drives of their id. They are worried it will make them commit crimes. What do you tell your friend?   |  |  |  | | --- | --- | --- | |  | a. | Each of us also develops superego to guide us and help us behave more acceptable ways. | |  | b. | Id fantasies reflect the opposite of what you really want and believe. | |  | c. | Scientists disproved Freud's theories a long time ago. | |  | d. | Since id impulses are usually part of the unconsciousness, they do not manifest in real behaviors. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 78. According to psychoanalytic theory, the role of the ego involves which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Counteracting the aggressive and sexual drives of the id | |  | b. | Maximizing pleasure and reducing tension | |  | c. | Mediating conflict between the id and the superego | |  | d. | Utilizing fantasy and primary process thinking |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 79. According to psychoanalytic theory, the conflicts between the id and the superego often lead to which type of feelings?   |  |  |  | | --- | --- | --- | |  | a. | Anxiety | |  | b. | Desire | |  | c. | Depression | |  | d. | Anger |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 80. According to Freudian theory, anxiety is a signal for the ego to marshal its defense mechanisms, which function as which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Reality-based actions | |  | b. | Unconscious protective processes | |  | c. | Conscious efforts to maintain control | |  | d. | Primitive emotional responses |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 81. An employee often uses the office printer and copier for personal documents. They justify doing so because others are also doing it and because they feel underpaid. The employee is using which defense mechanism?   |  |  |  | | --- | --- | --- | |  | a. | Rationalization | |  | b. | Displacement | |  | c. | Repression | |  | d. | Projection |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 82. Which of the following defense mechanisms involves an individual unconsciously blocking disturbing desires, thoughts, or experiences from awareness?   |  |  |  | | --- | --- | --- | |  | a. | Rationalization | |  | b. | Reaction formation | |  | c. | Repression | |  | d. | Displacement |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 83. Which of the following defense mechanisms would involve an individual falsely attributing unacceptable feelings, impulses, or thoughts to another person?   |  |  |  | | --- | --- | --- | |  | a. | Denial | |  | b. | Projection | |  | c. | Displacement | |  | d. | Sublimation |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 84. Riley received a negative yearly evaluation at work. When Riley got home, their children rushed to say hello and started talking over each other until Riley yelled at them. According to psychoanalytic theory, Riley used which defense mechanism?   |  |  |  | | --- | --- | --- | |  | a. | Displacement | |  | b. | Projection | |  | c. | Repression | |  | d. | Rationalization |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 85. A 4-year-old sucks their thumb, a teenager binges on food, and an adult bites their fingernails. According to the Freudian theory of psychosexual development, all three are fixated at which stage?   |  |  |  | | --- | --- | --- | |  | a. | Oral | |  | b. | Anal | |  | c. | Phallic | |  | d. | Genital |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 86. The Oedipus complex, the psychosexual conflict that occurs at the phallic stage of development in 3-to 5-year-old boys, is characterized by which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Repressed needs for genital self-stimulation | |  | b. | Love for the mother but anger and envy toward the father | |  | c. | Love for the father but anger and envy toward the mother | |  | d. | Fantasies about being a superhero like ancient Greek deities |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 87. According to Sigmund Freud, the Electra complex is the psychosexual conflict that occurs at the phallic stage of development in girls and is characterized by which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Castration anxiety | |  | b. | Oedipal conflicts | |  | c. | Penis envy | |  | d. | Latency lust |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 88. A psychotherapist who deals with conscious and unconscious influences and defense mechanisms, but who is not a psychoanalyst, is most aligned with which of the following orientations?   |  |  |  | | --- | --- | --- | |  | a. | Psychodynamic | |  | b. | Behavioral | |  | c. | Cognitive | |  | d. | Rational-emotive |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 89. In Erik Erikson's theory of lifespan development, at what age does an individual reach the mature stage?   |  |  |  | | --- | --- | --- | |  | a. | 55 years old | |  | b. | 65 years old | |  | c. | 75 years old | |  | d. | 85 years old |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 90. Which of the following is an accurate statement about “stage” theories of development?   |  |  |  | | --- | --- | --- | |  | a. | In Freudian theory, sexual arousal and interest occur during the latency stage. | |  | b. | In Erikson's theory, development occurs across the lifespan. | |  | c. | In Freudian theory, intrapsychic conflicts are resolved in early childhood. | |  | d. | In Fromm's theory, culture and society influence personality. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 91. In psychoanalytic psychotherapy, it is important for patients to do which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Keep their thoughts and feelings to themselves. | |  | b. | Make eye contact with the psychoanalyst. | |  | c. | Describe the content of their dreams to the analyst. | |  | d. | Remain in a horizontal posture to induce emotional processing. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 92. Psychodynamic psychotherapy differs from classical (Freudian) psychoanalysis in which way?   |  |  |  | | --- | --- | --- | |  | a. | Psychodynamic psychotherapy emphasizes the goal of personality reconstruction. | |  | b. | Psychodynamic psychotherapy requires a long-term commitment on the part of the person being analyzed. | |  | c. | Psychodynamic psychotherapy focuses on social and interpersonal issues. | |  | d. | Psychodynamic psychotherapy considers past experiences important. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 93. The concepts of *self-actualizing* and *the hierarchy of needs* are most closely associated with whose work?   |  |  |  | | --- | --- | --- | |  | a. | Abraham Maslow | |  | b. | Carl Rogers | |  | c. | Carl Jung | |  | d. | Melanie Klein |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 94. Which individual is associated with the development of person-centered therapy?   |  |  |  | | --- | --- | --- | |  | a. | Abraham Maslow | |  | b. | Carl Rogers | |  | c. | Carl Jung | |  | d. | Melanie Klein |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 95. According to humanistic therapists, what is the single most positive influence in facilitating human growth?   |  |  |  | | --- | --- | --- | |  | a. | Therapist interpretation of patient verbalizations | |  | b. | Relationships, including the therapeutic relationship | |  | c. | The client's self-esteem | |  | d. | Intellectual and moral development |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 96. Which of the following demonstrates the systematic development of a scientific approach to psychopathology?   |  |  |  | | --- | --- | --- | |  | a. | Humanistic psychology | |  | b. | Psychoanalysis | |  | c. | Jungian psychology | |  | d. | The behavioral model |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 97. Which scientist felt that that psychology should not use introspection or other unquantifiable methods and is considered the founder of behaviorism?   |  |  |  | | --- | --- | --- | |  | a. | Edward Titchener | |  | b. | B.F. Skinner | |  | c. | John Watson | |  | d. | Ivan Pavlov |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 98. You are terribly frightened of heights—so frightened that you cannot drive over a bridge to get to work or go out on the third story balcony of your apartment. Because of these fears, you visit a therapist who uses a technique pioneered by Wolpe. What is this technique?   |  |  |  | | --- | --- | --- | |  | a. | Systematic desensitization | |  | b. | Person centered therapy | |  | c. | Exorcism | |  | d. | Aversive conditioning |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 99. Which well-known behavioral scientist was the author of *The Behavior of Organisms* (1938) and *Walden Two* (1948)?   |  |  |  | | --- | --- | --- | |  | a. | John Watson | |  | b. | Ivan Pavlov | |  | c. | B.F. Skinner | |  | d. | Edward L. Thorndike |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 100. Ivan Pavlov, a Russian physiologist, based his theories of conditioning on the results of experiments he conducted on which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Humans | |  | b. | Pigeons | |  | c. | Rats | |  | d. | Dogs |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 101. Your friend loved dogs until they were bitten by one as a child. They are now frightened of any dog they see. In classical conditioning terms, this fear of dogs is considered which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Unconditioned stimulus | |  | b. | Unconditioned response | |  | c. | Conditioned stimulus | |  | d. | Conditioned response |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 102. In the process of self-actualizing, people do which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Adopt a conditioned response to a variety of stimuli | |  | b. | Direct their own course of therapy under the guidance of a counselor | |  | c. | Strive to achieve their highest potential against life’s obstacles | |  | d. | Achieve a complete and almost unqualified acceptance of their own dysfunctions |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 103. The continual interaction of biological, psychological, and social influences, and their effect on behavior, is which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Sociocultural | |  | b. | Psychobiological/biopsychological | |  | c. | Systematic | |  | d. | Multidimensional and integrative |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 104. A patient arrives in your office with a severe fear of snakes. You treat this patient by gradually introducing her to snake images, snake toys, and eventually live snakes to show her that nothing bad happened in the presence of these objects. Which technique does this illustrate?   |  |  |  | | --- | --- | --- | |  | a. | Cognitive therapy | |  | b. | Systematic desensitization | |  | c. | Operant conditioning | |  | d. | Multidimensional therapy |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 105. You are teaching your new puppy commands like “come” and “sit” when you call their name. According to B. F. Skinner, what is the best approach you should take?   |  |  |  | | --- | --- | --- | |  | a. | Punish the puppy each time it does not immediately come and sit | |  | b. | Give the puppy a treat each time it gets a little closer to the goal of coming and sitting | |  | c. | Give the puppy a treat each time it comes and sits perfectly, but not otherwise. | |  | d. | Be patient and understand that behavior shaping occurs naturally over developmental stages. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 106. The Scientific Method is best understood as which of the following?   |  |  |  | | --- | --- | --- | |  | a. | No longer considered important | |  | b. | Useful only in the hard sciences like physics and chemistry | |  | c. | Sometimes useful but more often inhibitory | |  | d. | A subjective method for evaluating observations |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 107. Classical conditioning is most closely associated with which individual?   |  |  |  | | --- | --- | --- | |  | a. | Ivan Pavlov | |  | b. | B.F. Skinner | |  | c. | Carl Rogers | |  | d. | Abraham Malslow |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 108. Wolpe's use of systematic desensitization represents the therapeutic use of which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Operant conditioning | |  | b. | Cognitive mapping | |  | c. | Affective restructuring | |  | d. | Classical conditioning |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 109. Operant conditioning is most closely associated with which individual?   |  |  |  | | --- | --- | --- | |  | a. | Ivan Pavlov | |  | b. | B. F. Skinner | |  | c. | Carl Rogers | |  | d. | Abraham Maslow |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 110. A parent gives their child a gold star sticker for completing their daily chores and then, at the end of the week, they give the child a major reward if the child earned all the possible daily stars. This parent is making use of which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Operant conditioning | |  | b. | Cognitive mapping | |  | c. | Affective restructuring | |  | d. | Cognitive restructuring |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 111. A therapist who places greater emphasis on unconscious forces rather than present behaviors is from which theoretical orientation?   |  |  |  | | --- | --- | --- | |  | a. | Psychoanalytic | |  | b. | Humanistic | |  | c. | Cognitive | |  | d. | Behavioral |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 112. A therapist who focuses on establishing an atmosphere of unconditional positive regard is from which theoretical tradition?   |  |  |  | | --- | --- | --- | |  | a. | Psychoanalytic | |  | b. | Humanistic | |  | c. | Cognitive | |  | d. | Behavioral |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 113. A therapist who focuses on factors like the reinforcements that maintain maladaptive behavior is from which theoretical tradition?   |  |  |  | | --- | --- | --- | |  | a. | Psychoanalytic | |  | b. | Humanistic | |  | c. | Cognitive | |  | d. | Behavioral |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 114. Although Jung's theory has its roots in Freudian theory, Jung expanded on Freud's work by adding to the forces that drive behavior. What did Jung add?   |  |  |  | | --- | --- | --- | |  | a. | The drive to achieve | |  | b. | The idea of a collective unconscious | |  | c. | Social and interpersonal drives | |  | d. | The drive to dominate |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 115. Both Jung and Adler regarded the basic nature of people as which of the following?   |  |  |  | | --- | --- | --- | |  | a. | Aggressive with a tendency towards violence | |  | b. | Sexual with a tendency towards self-indulgence | |  | c. | Positive with a tendency towards self-actualization | |  | d. | Self-aggrandizing with a tendency towards selfishness |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 116. Explain why the following criteria are not completely satisfactory in defining abnormality: psychological dysfunction; distress; and “culturally expected” behavior.   |  |  | | --- | --- | | *ANSWER:* | Sample Answer: Psychological dysfunction is not totally satisfactory because behavior is on a continuum, and a milder version of impairment would not meet the criteria for a disorder. As for personal distress, by itself, this criterion does not define abnormal behavior because distress can be a normal reaction to a traumatic situation. Also, for some of the psychological disorders, by definition, suffering and distress are absent. Atypical or not culturally accepted are insufficient when they refer to someone such as a person with an exceptionally high IQ who is atypical but not disordered. Culturally unacceptable is not sufficient because what may be atypical in one culture is perfectly acceptable in another. | |

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| 117. Describe the process of becoming a mental health professional. Include a discussion of the differences among the following professions: psychiatrist; psychologist; psychiatric social worker; and psychiatric nurse. For each profession, list the credentials, the educational background, and the professional responsibilities.   |  |  | | --- | --- | | *ANSWER:* | Sample Answer: Within this field are clinical and counseling psychologists, psychiatrists, psychiatric social workers, and psychiatric nurses, as well as marriage and family therapists and mental health counselors.  ​  *Clinical and counseling psychologists* receive a Ph.D. (or sometimes an Ed.D., Doctor of Education, or Psy.D., Doctor of Psychology) and follow a course of graduate-level study, lasting approximately five years, that prepares them to conduct research into the causes and treatment of psychological disorders and to diagnose, assess, and treat these disorders. Counseling psychologists tend to study and treat adjustment and vocational issues encountered by healthy individuals, and clinical psychologists usually concentrate on more severe psychological disorders. Psychologists with other specialty training, such as experimental and social psychologists, investigate the basic determinants of behavior but do not assess or treat psychological disorders.  ​  *Psychiatrists* first earn an M.D. in medical school and then specialize in psychiatry during residency training that lasts three to four years. Psychiatrists also investigate the nature and causes of psychological disorders, make diagnoses, and offer treatments. Many psychiatrists emphasize drugs or other biological treatments, although most use psychosocial treatments as well.  ​  *Psychiatric social workers* typically earn a master's degree in social work as they develop expertise in collecting information about the social and family situation of the individual with a psychological disorder. Social workers also treat disorders, often concentrating on family problems.  ​  *Psychiatric nurses* have advanced degrees and specialize in the care and treatment of patients with psychological disorders, usually in hospitals as part of a treatment team.  ​  Finally, *marriage and family therapists* and *mental health counselors* typically spend one to two years earning a master’s degree and are employed to provide clinical services by hospitals or clinics. | |

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| 118. Compare and contrast the three traditional models of abnormal behavior: supernatural; psychological; and biological. Mention significant events and persons in the historical development of each model.   |  |  | | --- | --- | | *ANSWER:* | Sample Answer: For much of our recorded history, the *supernatural tradition* described deviant behavior as a reflection of the battle between good and evil. During the last quarter of the 14th century, religious and lay authorities supported these popular superstitions, and society began to believe more strongly in the existence and power of demons and witches. Treatments included exorcism, in which various religious rituals were performed to rid the victim of evil spirits. Other approaches included shaving the pattern of a cross in the hair of the victim's head and securing sufferers to a wall near the front of a church so that they might benefit from hearing Mass.    An equally strong opinion reflected the view that insanity was a natural phenomenon, caused by mental or emotional stress, and was curable. Common treatments were rest, sleep, and a healthy environment. Other treatments included baths, ointments, and various potions.  Paracelsus, a Swiss physician who lived from 1493 to 1541, rejected notions of possession by the devil, suggesting instead that the movements of the moon and stars had profound effects on people’s psychological functioning. This influential theory inspired the word *lunatic,* which is derived from the Latin word for moon, *luna*.    With the *biological tradition,* physical causes of mental disorders have been sought since antiquity. The Greek physician Hippocrates (460–377 B.C.) and others suggested that psychological disorders could be treated like any other disease. They believed psychological disorders might also be caused by brain pathology or head trauma and could be influenced by heredity (genetics). Hippocrates considered the brain to be the seat of wisdom, consciousness, intelligence, and emotion. Therefore, disorders involving these functions would logically be located in the brain. Hippocrates also recognized the importance of psychological and interpersonal contributions to psychopathology.    The Roman physician Galen (approximately 129–198 B.C.E.) adopted these ideas and developed them further, creating an influential school of thought that extended well into the 19th century. Physicians believed that disease resulted from too much or too little of one of the humors; for example, too much black bile was thought to cause melancholia (depression). The humoral theory was the first example of associating psychological disorders with a “chemical imbalance,” an approach that is widespread today.    The *psychological tradition* has a long tradition. Plato, for example, thought that the two causes of maladaptive behavior were the social and cultural influences in one's life and the learning that took place in that environment. If something was wrong in the environment, such as abusive parents, one's impulses and emotions would overcome reason. The best treatment was to reeducate the individual so that reason would predominate.    During the first half of the 19th century, a psychosocial approach called *moral therapy* became influential. Its tenets included treating patients as normally as possible in a setting that encouraged social interaction. Jean-Baptiste Pussin had already removed chains used to restrain patients and instituted humane psychological interventions. Pussin persuaded Philippe Pinel to go along with the changes.    After William Tuke (1732–1822) followed Pinel's lead in England, Benjamin Rush (1745–1813), often considered the founder of American psychiatry, introduced moral therapy at Pennsylvania Hospital. *Asylums* had appeared in the 16th century, but they were more like prisons than hospitals. Dorothea Dix (1802–1887) campaigned for reform in the treatment of insanity. Having worked in various institutions, she had firsthand knowledge of the deplorable conditions imposed on patients with insanity, and she made it her life's work to inform the American public of these abuses. Her work became known as the *mental hygiene movement*. An unforeseen consequence of Dix's heroic efforts was a substantial increase in the number of mental patients. This influx led to a rapid transition from moral therapy to custodial care. | |

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| 119. Discuss the concepts of anxiety, defense mechanisms, and psychosexual development as used by psychoanalytic theory. Use examples to illustrate these concepts.   |  |  | | --- | --- | | *ANSWER:* | Sample Answer: The psychoanalytic theory developed by Sigmund Freud is based on three major concepts.   1. *Structure of the mind*. According to Freud, the mind can be divided into three major parts: the id, the source of our strong sexual and aggressive feelings or energies, which operates on the pleasure principle; the ego, or the part of the mind that operates on the reality principle to ensure that we act realistically; and the superego, or conscience, which represents the moral principles of our culture. When these areas are in conflict, anxiety can result. 2. *Defense mechanisms*. To mediate continuing conflict between the id and the superego, the ego marshals defense mechanisms or unconscious protective processes that keep primitive emotions in check. Examples include denial, displacement, projection, rationalization, reaction formation, repression, and sublimation. 3. *Psychosexual stages of development*. Freud theorized that during infancy and early childhood, we pass through psychosexual stages of development in a specific order that affect our lifetime functioning. These stages include the oral, anal, phallic, latency, and genital stages, and are characterized by distinctive means of gratifying our basic needs and satisfying our drive for physical pleasure. | |

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| 120. Explain the inadequacies of one of the perspectives discussed in your text. Explain why the concept of a multidimensional integrative approach to psychopathology appears to be the more logical choice.   |  |  | | --- | --- | | *ANSWER:* | Sample Answer: All the various approaches had shortcomings when attempting to explain psychopathology.    The biological model, while effective in treating some disorders, could not treat others. Since biological causes could not be found for some disorders, biological treatments could not be developed. Also, active intervention and treatment were all but eliminated in some settings, despite availability of other effective approaches.    The psychoanalytic perspective was based on anecdotal evidence and could not be scientifically evaluated. Many of the basic tenets could not be observed.    Humanistic theory contributed very little new information to the field of psychopathology. Its principles were not scientifically tested, nor were they very useful in the intervention of severe psychological disorders.    The behavioral model suggested that all psychopathology was environmentally determined. It also failed to account for development of psychopathology across the lifespan. It cannot explain the more complex layers of both conscious and subconscious behaviors.    As the use of scientific research techniques have continued to expand our understanding of the biological, behavioral, cognitive, emotional, developmental, and social factors that contribute to behavior, it is increasingly clear that psychopathology is multiply determined. This conclusion now influences our understanding of both the causes and treatments of psychological disorders. | |

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| 121. Why is the requirement that the behavior be *atypical or not culturally expected* important in defining a psychological disorder?   |  |  | | --- | --- | | *ANSWER:* | Sample Answer: Behavior occurs amid social contexts. Some behavior is appropriate in different settings within a single culture. One example is clapping during a religious service. This may be completely appropriate at one house of worship and not another. Other behaviors, such as tipping at restaurants, are necessary in one culture and considered insulting in another. From a different perspective, much of our behavior is culturally ascribed and does not serve a biological purpose. None of these behaviors are right or wrong, but simply more or less appropriate in each context. Normality is defined as adherence to understood social norms. | |

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| 122. What is the difference between prevalence and incidence? Why is this distinction important in mental health?   |  |  | | --- | --- | | *ANSWER:* | Sample Answer: Prevalence is the total number of people in a specific population that have a disorder. Incidence is defined as how many people are newly diagnosed with a disorder within a given year. Prevalence can tell you how common a mental health disorder is within a culture, while incidence can tell you about the trends of diagnosing a specific disorder and whether a given event is associated with increases in diagnosis. | |

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| 123. Give an example of a modern mass hysteria.   |  |  | | --- | --- | | *ANSWER:* | Sample Answer: All answers will tell of one person (or a few people) seriously impacted followed by others (more people) with mirroring concerns. For example, one individual from an office may report feeling light-headed and ill, and soon thereafter other individuals may report similar concerns despite there not being an identifiable cause of the symptoms. | |

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| 124. You walk out of a store and your car is not where you parked it. Give a one-sentence response from the perspectives of your Id, Ego, and Superego.   |  |  | | --- | --- | | *ANSWER:* | Sample Answer: All answers will differentiate the id (pleasure principle), superego (moralistic), and ego (mediator).    The id would say, “I am going to find this thief kill them!”    The superego would say, “Could I have parked elsewhere?”   The ego would say, “I am so frustrated, but I have insurance.” | |

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| 125. Identify two of Sigmund Freud's lasting contributions to the field of psychology.   |  |  | | --- | --- | | *ANSWER:* | Sample Answer: Sigmund Freud was the founder of psychoanalytic therapy. His work focused on the unconscious mind and how its desires and urges determined personality and disorders. Freud further developed therapeutic techniques including catharsis, dream interpretations, and free association. | |