

Question 1 [-](#) **Multiple Choice** **0 points**

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

- Answer**
- stress
  - impaired functioning
  - culturally expected responses
  - psychotic symptoms

[Add Question Here](#)

Question 2 [-](#) **Multiple Choice** **0 points**

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**Question** In regard to the criteria that define abnormality, it would be correct to state that:

- Answer**  no one criterion has yet been developed that fully defines abnormality
- personal distress is the one criterion that defines abnormality
  - the criteria differ depending on the cause of the psychological disorder
  - the criteria differ depending on whether the individual has a psychological disorder or a psychological dysfunction

[Add Question Here](#)

Question 3 [-](#) **Multiple Choice** **0 points**

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

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

[Add Question Here](#)

Question 4 [-](#) **Multiple Choice** **0 points**

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

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

[Add Question Here](#)

Question 5 [-](#) **Multiple Choice** **0 points**

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**Question** Behaviors which deviate from the norm:

- Answer**
- are always seen as a disorder if they violate social norms
  - always constitute a disorder
  - are typically seen as a disorder when they impair function
  - are never judged on the basis of the person who does them

[Add Question Here](#)

Question 6 [-](#) **Multiple Choice** **0 points**

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

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

[Add Question Here](#)

Question 7 [-](#) **Multiple Choice** **0 points**

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**Question** The behavior of a male rock star who wears heavy make-up is likely to be seen:

- Answer**
- as more abnormal than that of a business man who suddenly starts to do so
  - as less abnormal than that of the business man because it contributes to his job success
  - as less abnormal than that of a female who wears make-up every day
  - as just as abnormal as that of the business man who starts wearing make-up

[Add Question Here](#)

Question 8 [-](#) **Multiple Choice** **0 points**

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**Question** The scientific study of psychological disorders is called:

- Answer**  psychopathology
- psychoanalysis
  - pseudoscience
  - parapsychology

[Add Question Here](#)

Question 9 [-](#) **Multiple Choice** **0 points**

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

- Answer**  Anna to apply to medical school and Carl to study psychology at the graduate level

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

[Add Question Here](#)

Question 10 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

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

**Answer**  analyzing their own motivations and reasons for helping people with psychological problems  
 evaluating their own assessments and treatments for effectiveness  
 conducting research leading to new information about mental disorders and their treatments  
 using the most current diagnostic and treatment procedures

[Add Question Here](#)

Question 11 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** As used by clinical psychologists, the term "presenting problem" is used to indicate the problem that:

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

[Add Question Here](#)

Question 12 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** Prevalence refers to:

**Answer**  how many people in the population as a whole have a disorder  
 how many new cases of a disorder occur during a given period of time  
 the percentage of males and females who have a disorder  
 how many people have recovered from a disorder in a given period of time

[Add Question Here](#)

Question 13 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** Incidence refers to:

**Answer**  how many people in the population as a whole have a disorder  
 how many new cases of a disorder occur during a given period of time  
 the percentage of males and females who have a disorder  
 how many people have recovered from a disorder in a given period of time

[Add Question Here](#)

Question 14 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

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

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

[Add Question Here](#)

Question 15 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

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

**Answer**  prevalence  
 incidence  
 recurrence  
 ratio

[Add Question Here](#)

Question 16 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** In terms of their typical course, schizophrenia follows a chronic course, while mood disorders, including depression, follow a (n) \_\_\_\_ course.

**Answer**  episodic  
 time-limited  
 guarded  
 insidious

[Add Question Here](#)

Question 17 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

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

**Answer**  suddenly  
 atypically  
 gradually  
 following a previous period of recovery

[Add Question Here](#)

Question 18 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** When Larry was diagnosed with schizophrenia, his family wanted to know how the disorder would affect him and how it

would progress. In medical terms, they wanted to know Larry's:

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

[Add Question Here](#)

Question 19

**Multiple Choice**

**0 points**

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**Question** Developmental psychopathology refers to the study of changes in:

- Answer**
- abnormal behavior
  - normal behavior
  - children's behavior, both normal and abnormal
  - normal adolescent behavior

[Add Question Here](#)

Question 20

**Multiple Choice**

**0 points**

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**Question** A disorder which comes on slowly is said to have a(n) \_\_\_\_\_ onset:

- Answer**
- acute
  - chronic
  - insidious
  - overt

[Add Question Here](#)

Question 21

**Multiple Choice**

**0 points**

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

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

[Add Question Here](#)

Question 22

**Multiple Choice**

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

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

[Add Question Here](#)

Question 23

**Multiple Choice**

**0 points**

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

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

[Add Question Here](#)

Question 24

**Multiple Choice**

**0 points**

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

- Answer**
- brain
  - mind
  - body
  - blood

[Add Question Here](#)

Question 25

**Multiple Choice**

**0 points**

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**Question** Towards the end of the 14<sup>th</sup> century and continuing into the 15<sup>th</sup> century, the causes of "madness" were generally attributed to:

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

[Add Question Here](#)

Question 26

**Multiple Choice**

**0 points**

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**Question** Which of the following accurately describes common beliefs about people with psychological disorders during the 14<sup>th</sup> century?

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

[Add Question Here](#)

Question 27 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

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

**Answer**

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

[Add Question Here](#)

Question 28 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** The treatment given to the mentally ill King Charles VI of France showed that the causes of his disorder were attributed to \_\_\_\_ phenomena.

**Answer**

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

[Add Question Here](#)

Question 29 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** The belief of homophobic people that the "sin" of homosexuality has resulted in HIV/AIDS is related to the historical concept of \_\_\_\_ as a cause of madness.

**Answer**

- divine punishment
- faith healing
- hysteria
- sorcery

[Add Question Here](#)

Question 30 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

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

**Answer**

- lunatic
- idiot
- maniac
- psychopath

[Add Question Here](#)

Question 31 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

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

**Answer**

- graphology
- parapsychology
- astronomy
- astrology

[Add Question Here](#)

Question 32 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** The Greek physician Hippocrates (400 BC) suggested that psychological disorders could be negatively influenced by factors such as:

**Answer**

- family stress
- supernatural forces
- religion
- birth order

[Add Question Here](#)

Question 33 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** Which of the following is NOT one of the causes of psychopathology suggested by the Greek physician Hippocrates (400 BC)?

**Answer**

- head injury
- brain pathology
- genetics
- spirit possession

[Add Question Here](#)

Question 34 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

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

**Answer**

- blood
- phlegm
- yellow bile
- black bile

[Add Question Here](#)

Question 35 **Multiple Choice** **0 points** [Modify](#) [Remove](#)

**Question** According to Hippocrates' humoral theory, the "choleric" personality is:

**Answer**

- hot-tempered
- easy going

kind  
cheap

[Add Question Here](#)

Question 36

Multiple Choice

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[Modify](#)

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**Question** Based on Hippocrates' humoral theory, "sanguine" describes a person who is:

**Answer**

- pessimistic
- pale
- cheerful
- humorous

[Add Question Here](#)

Question 37

Multiple Choice

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

**Answer**

- needles
- leeches
- tourniquets
- bacteria

[Add Question Here](#)

Question 38

Multiple Choice

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**Question** In ancient Greece, a woman suffering from "hysteria" might be told that her condition could be cured by:

**Answer**

- marriage
- pregnancy
- childbirth
- divorce

[Add Question Here](#)

Question 39

Multiple Choice

0 points

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**Question** In ancient Greece, "humoral excesses" thought to be causing psychological disorders were treated by:

**Answer**

- increasing or decreasing the person's exposure to heat, dryness, moisture or cold
- herbal remedies
- decreasing both caloric and liquid intake
- lowering the person's body temperature for extended periods of time

[Add Question Here](#)

Question 40

Multiple Choice

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**Question** Induced vomiting was a 17<sup>th</sup> century treatment for depression. As described in "Anatomy of Melancholy," (1621) this could be accomplished by eating:

**Answer**

- raw meat
- ice
- coal
- tobacco

[Add Question Here](#)

Question 41

Multiple Choice

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[Remove](#)

**Question** Somatoform disorders, a current DSM-IV classification that evolved from the concept of "hysteria," affect:

**Answer**

- adult males only
- adult females only
- both males and females of any age
- children only

[Add Question Here](#)

Question 42

Multiple Choice

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

**Answer**

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

[Add Question Here](#)

Question 43

Multiple Choice

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

**Answer**

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

[Add Question Here](#)

Question 44

Multiple Choice

0 points

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

**Answer**

- anxiety disorders
- neurosis
- PMS
- ✓ somatoform disorders

[Add Question Here](#)

Question 45 - Multiple Choice

0 points

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**Question** The traditional tendency to stigmatize women as "hysterical" derived from Hippocrates' concept of:

- Answer**
- ✓ the "wandering uterus"
  - an "incompetent cervix"
  - "penis envy"
  - "pelvic dysfunction"

[Add Question Here](#)

Question 46 - Multiple Choice

0 points

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

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

- Answer**
- ovary
  - ✓ uterus
  - pregnancy
  - vagina

[Add Question Here](#)

Question 47 - Multiple Choice

0 points

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

- Answer**
- malaria
  - Alzheimer's disease
  - ✓ syphilis
  - hysteria

[Add Question Here](#)

Question 48 - Multiple Choice

0 points

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

**Question** General paresis is now known as:

- Answer**
- ✓ syphilis
  - AIDS
  - cancer
  - paralysis

[Add Question Here](#)

Question 49 - Multiple Choice

0 points

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**Question** In the 19<sup>th</sup> century United States, John Gray, a well-known psychiatrist, believed that mental illness was due to:

- Answer**
- psychological factors
  - ✓ physical causes
  - social/environmental influences
  - unknown influences

[Add Question Here](#)

Question 50 - Multiple Choice

0 points

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**Question** In the 1930s when insulin shock therapy was deemed too risky as a treatment for mental disorder, \_\_\_\_\_ began to be used instead.

- Answer**
- bromides
  - ✓ electroconvulsive therapy
  - megavitamin therapy
  - moral therapy

[Add Question Here](#)

Question 51 - Multiple Choice

0 points

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

**Question** Louis Pasteur is known for stating that diseases are caused by

- Answer**
- mosquitoes
  - humors
  - diet
  - ✓ germs

[Add Question Here](#)

Question 52 - Multiple Choice

0 points

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

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

- Answer**
- late 19<sup>th</sup> century
  - early 20<sup>th</sup> century
  - ✓ 1950s
  - 1990s

[Add Question Here](#)

Question 53 - Multiple Choice

0 points

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

**Answer**

- Case Studies in Mental Illness*
- American Journal of Madness*
- ✓ *American Journal of Insanity*
- Lunatics in America*

[Add Question Here](#)

Question 54

**Multiple Choice**

**0 points**

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**Question** With the discovery of the major tranquilizers called \_\_\_\_\_, psychotic symptoms, including hallucinations, delusions, and aggressiveness, were able to be controlled.

**Answer**

- ✓ neuroleptics
- benzodiazepines
- bromides
- opiates

[Add Question Here](#)

Question 55

**Multiple Choice**

**0 points**

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**Question** Benzodiazepines, or "minor" tranquilizers such as Valium and Librium, are effective in reducing the symptoms of:

**Answer**

- depression
- ✓ anxiety
- schizophrenia
- hysteria

[Add Question Here](#)

Question 56

**Multiple Choice**

**0 points**

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

**Answer**

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

[Add Question Here](#)

Question 57

**Multiple Choice**

**0 points**

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[Remove](#)

**Question** In contrast to the asylums of the early 18<sup>th</sup> century, the psychosocial approach called moral therapy advocated all of the following EXCEPT:

**Answer**

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

[Add Question Here](#)

Question 58

**Multiple Choice**

**0 points**

[Modify](#)

[Remove](#)

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

**Answer**

- ✓ Benjamin Rush
- William Tuke
- Joseph von Medina
- Manfred Sakel

[Add Question Here](#)

Question 59

**Multiple Choice**

**0 points**

[Modify](#)

[Remove](#)

**Question** The idea that psychological disorders could be classified based on their symptoms, onset, time course and cause is attributed to:

**Answer**

- Anton Mesner
- ✓ Emil Kraepelin
- John Grey
- Dorothea Dix

[Add Question Here](#)

Question 60

**Multiple Choice**

**0 points**

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

**Answer**

- the number of patients in mental institutions also declined
- ✓ immigrants caused an increase in the mental hospital population
- the number of people available to staff mental hospitals increased
- new biologically based treatments became available

[Add Question Here](#)

Question 61

**Multiple Choice**

**0 points**

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[Remove](#)

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

**Answer**

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

[Add Question Here](#)

Question 62 - Multiple Choice

0 points

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**Question** Anton Mesmer, an early 18<sup>th</sup> century physician, purported to be effecting cures in patients by unblocking their flow of a bodily fluid he called "animal magnetism." In fact, any effectiveness of his methods was actually due to:

- Answer**
- undetectable magnetic fields
  - chemically induced humoral balance
  - mental telepathy
  - the power of suggestion

[Add Question Here](#)

Question 63 - Multiple Choice

0 points

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

**Question** A "double blind" experiment to ascertain the effectiveness of animal magnetism therapy was conducted by:

- Answer**
- Philippe Pinel
  - Anton Mesmer
  - Sigmund Freud
  - Benjamin Franklin

[Add Question Here](#)

Question 64 - Multiple Choice

0 points

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

**Question** Moral treatment for mental patients involved:

- Answer**  treating institutionalized patients as humanely as possible
- judging abnormal behavior on the basis of moral values
  - the use of negative consequences to shape behavior
  - isolating institutionalized patients until they behaved morally

[Add Question Here](#)

Question 65 - Multiple Choice

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

- Answer**  feelings of relief and improvement
- decreased emotionality while in the hypnotic state
  - accurate post-hypnotic recall
  - increased understanding of the causes of their psychological disorder

[Add Question Here](#)

Question 66 - Multiple Choice

0 points

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

- Answer**
- neurosis
  - the unconscious mind
  - the Electra complex
  - catharsis

[Add Question Here](#)

Question 67 - Multiple Choice

0 points

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

- Answer**  that it is therapeutic to recall and relive emotionally traumatic events
- that patients are unable to process emotionally charged information
  - that hypnosis was less effective than mesmerism
  - the existence of conscious memories

[Add Question Here](#)

Question 68 - Multiple Choice

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**Question** In the classic case of Anna O. in 1895, the neurologist Breuer treated her "hysterical" symptoms by using:

- Answer**
- hydrotherapy
  - hypnosis
  - faith healing
  - the placebo effect

[Add Question Here](#)

Question 69 - Multiple Choice

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

- Answer**
- id
  - psyche
  - superego
  - ego

[Add Question Here](#)

Question 70 - Multiple Choice

0 points

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**Question** In Freudian theory "libido" and "thanatos" represent the two basic but opposing drives of:

- Answer**  life and death
- sex and celibacy
  - good and evil
  - pleasure and pain



[Add Question Here](#)

Question 71 - Multiple Choice

0 points

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

**Answer**

- egoistic
- phallic
- id
- mesmeric

[Add Question Here](#)

Question 72 - Multiple Choice

0 points

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

**Answer**

- death instinct
- sex drive
- conscience
- Oedipal conflict

[Add Question Here](#)

Question 73 - Multiple Choice

0 points

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**Question** According to psychoanalytic theory, the \_\_\_\_\_ 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.

**Answer**

- ego
- superego
- libido
- ideal self

[Add Question Here](#)

Question 74 - Multiple Choice

0 points

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

**Question** According to psychoanalytic theory, the id operates on the "pleasure principle," so it:

**Answer**

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

[Add Question Here](#)

Question 75 - Multiple Choice

0 points

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

**Answer**

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

[Add Question Here](#)

Question 76 - Multiple Choice

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

**Answer**

- a newly hired employee
- a recently fired employee
- a manager
- a salesperson

[Add Question Here](#)

Question 77 - Multiple Choice

0 points

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**Question** Primary thought processes are typically associated with:

**Answer**

- id
- ego
- superego
- defense mechanisms

[Add Question Here](#)

Question 78 - Multiple Choice

0 points

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

**Question** The ego is thought to operate according to the

**Answer**

- reality principle
- internal principle
- moral principle
- pleasure principle

[Add Question Here](#)

Question 79 - Multiple Choice

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

**Answer**

- anxiety
- desire

depression  
anger

[Add Question Here](#)

Question 80

Multiple Choice

0 points

[Modify](#)

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

**Answer**

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

[Add Question Here](#)

Question 81

Multiple Choice

0 points

[Modify](#)

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**Question** As used in modern terminology to reflect coping styles, defense mechanisms:

**Answer**

- can be either adaptive or maladaptive
- are always maladaptive
- are never adaptive
- are always self-defeating

[Add Question Here](#)

Question 82

Multiple Choice

0 points

[Modify](#)

[Remove](#)

**Question** Which of the following is an example of the maladaptive, self-defeating type of defensive mechanism?

**Answer**

- a phobia
- sublimation
- a hallucinatory experience
- amnesia

[Add Question Here](#)

Question 83

Multiple Choice

0 points

[Modify](#)

[Remove](#)

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

**Answer**

- rationalization
- reaction formation
- repression
- displacement

[Add Question Here](#)

Question 84

Multiple Choice

0 points

[Modify](#)

[Remove](#)

**Question** Accusing your partner of being mad at you after they have aggravated you is an example of:

**Answer**

- displacement
- sublimation
- repression
- projection

[Add Question Here](#)

Question 85

Multiple Choice

0 points

[Modify](#)

[Remove](#)

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

**Answer**

- denial
- projection
- displacement
- sublimation

[Add Question Here](#)

Question 86

Multiple Choice

0 points

[Modify](#)

[Remove](#)

**Question** Playing a rough game of football after a bad day at school is an example of:

**Answer**

- denial
- displacement
- sublimation
- repression

[Add Question Here](#)

Question 87

Multiple Choice

0 points

[Modify](#)

[Remove](#)

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

**Answer**

- anxiety
- desire
- depression
- anger

[Add Question Here](#)

Question 88

Multiple Choice

0 points

[Modify](#)

[Remove](#)

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

**Answer**

- displacement

projection  
repression  
rationalization

[Add Question Here](#)

Question 89 - **Multiple Choice** 0 points [Modify](#) [Remove](#)

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

**Answer**

- oral
- anal
- phallic
- genital

[Add Question Here](#)

Question 90 - **Multiple Choice** 0 points [Modify](#) [Remove](#)

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

**Answer**

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

[Add Question Here](#)

Question 91 - **Multiple Choice** 0 points [Modify](#) [Remove](#)

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

**Answer**

- castration anxiety
- Oedipal conflicts
- penis envy
- latency lust

[Add Question Here](#)

Question 92 - **Multiple Choice** 0 points [Modify](#) [Remove](#)

**Question** Which of the following is NOT related to the "collective unconscious" in Carl Jung's psychoanalytic theory?

**Answer**

- accumulated wisdom of society
- genetic inheritance of personality traits
- individual storage of cultural memories
- passing of memories from one generation to another

[Add Question Here](#)

Question 93 - **Multiple Choice** 0 points [Modify](#) [Remove](#)

**Question** Borderline Personality Disorder, in which some behavior "borders" on being out of touch with reality, was first associated with the ideas of:

**Answer**

- Otto Kernberg
- Sigmund Freud
- Alfred Adler
- Carl Jung

[Add Question Here](#)

Question 94 - **Multiple Choice** 0 points [Modify](#) [Remove](#)

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

**Answer**

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

[Add Question Here](#)

Question 95 - **Multiple Choice** 0 points [Modify](#) [Remove](#)

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

**Answer**

- wife
- sister
- cousin
- daughter

[Add Question Here](#)

Question 96 - **Multiple Choice** 0 points [Modify](#) [Remove](#)

**Question** All of the following are included in the psychoanalytic theories of Carl Jung EXCEPT:

**Answer**

- collective unconscious
- sexual drives
- spiritual and religious drives
- introversion/extroversion

[Add Question Here](#)

Question 97 - **Multiple Choice** 0 points [Modify](#) [Remove](#)

**Question** Which of the following is an accurate statement about "stage" theories of development?

- Answer** In Freudian theory, sexual arousal and interest occur during the latency stage.  
✓ In Erikson's theory, development occurs across the life span.  
In Freudian theory, intrapsychic conflicts are resolved in early childhood.  
In Erikson's theory, the final stage of development begins at about age 50.

[Add Question Here](#)

Question 98 - **Multiple Choice** **0 points**

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

**Question** In psychoanalytic psychotherapy it is important for patients to:

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

[Add Question Here](#)

Question 99 - **Multiple Choice** **0 points**

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

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

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

[Add Question Here](#)

Question 100 - **Multiple Choice** **0 points**

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

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

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

[Add Question Here](#)

Question 101 - **Multiple Choice** **0 points**

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

**Question** The "object" in the object relations school of thought refers to:

- Answer** ✓ important people in your life  
material objects in your home  
unconscious processes  
Natural objects such as trees

[Add Question Here](#)

Question 102 - **Multiple Choice** **0 points**

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

**Question** According to object relations theory the objects in your world are either:

- Answer** ✓ introjected into your ego or assigned conflicting roles in your identity  
encompassed in or out of your identity  
incorporated in the ego or the super ego  
realistic or unrealistic

[Add Question Here](#)

Question 103 - **Multiple Choice** **0 points**

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

**Question** The concepts of "self-actualizing" and "hierarchy of needs" are associated with the theories of:

- Answer** ✓ Abraham Maslow  
Carl Rogers  
Carol Jung  
Melanie Klein

[Add Question Here](#)

Question 104 - **Multiple Choice** **0 points**

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

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

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

[Add Question Here](#)

Question 105 - **Multiple Choice** **0 points**

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

**Question** Humanistic therapists regard \_\_\_\_ as the single most positive influence in facilitating human growth.

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

[Add Question Here](#)

Question 106 - **Multiple Choice** **0 points**

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

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

- Answer** humanistic psychology  
psychoanalysis

- Jungian psychology
- the behavioral model

[Add Question Here](#)

Question 107 - **Multiple Choice** **0 points**

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

**Question** Which method reflects the first general application of the behavioral method to psychopathology?

- Answer**
- introspection (Titchener)
  - dream analysis (Freud)
  - systematic desensitization (Wolpe)
  - conditioning of a fear response (Pavlov)

[Add Question Here](#)

Question 108 - **Multiple Choice** **0 points**

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

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

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

[Add Question Here](#)

Question 109 - **Multiple Choice** **0 points**

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

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

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

[Add Question Here](#)

Question 110 - **Multiple Choice** **0 points**

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

**Question** The concepts of "self-actualizing" and "hierarchy of needs" are most closely associated with the theories of:

- Answer**
- Abraham Maslow
  - Carl Rogers
  - Carl Jung
  - Melanie Klein

[Add Question Here](#)

Question 111 - **Multiple Choice** **0 points**

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

**Question** Unconditional positive regard is critical to the:

- Answer**
- object relations approach
  - humanistic approach
  - psychoanalytic approach
  - behavioral approach

[Add Question Here](#)

Question 112 - **Multiple Choice** **0 points**

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

**Question** A therapist using person-centered therapy is likely to:

- Answer**
- be very directive with clients
  - analyze the client's dreams
  - emphasize the consequences of the client's actions
  - take a passive role in their interactions

[Add Question Here](#)

Question 113 - **Multiple Choice** **0 points**

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

**Question** According to Classical Conditioning, learning occurs when:

- Answer**
- a neutral stimulus is paired with a response until it elicits that response
  - a stimulus is followed by positive consequences
  - a response is accepted unconditionally
  - a stimulus and an object are paired together

[Add Question Here](#)

Question 114 - **Multiple Choice** **0 points**

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

**Question** When a behavior becomes paired with a previously neutral stimulus it is called a(n):

- Answer**
- unconditioned stimulus
  - unconditioned response
  - conditioned stimulus
  - conditioned stimulus

[Add Question Here](#)

Question 115 - **Multiple Choice** **0 points**

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

**Question** In Classical Conditioning the presentation of the conditioned stimulus without the unconditioned stimulus over a long period of time would eventually lead to the:

- Answer**
- extinction of the conditioned response

elimination of the conditioned response  
shaping of the conditioned response  
forgetting of the response

[Add Question Here](#)

Question 116 - **Multiple Choice**

**0 points**

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

**Question** Which of the following psychologists is well known for conditioning a child named little Albert to fear white rats, beards, and fur?

**Answer**  Abraham Maslow  
 Carl Rogers  
 Carl Jung  
 John Watson

[Add Question Here](#)

Question 117 - **Multiple Choice**

**0 points**

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

**Question** Operant Conditioning was so named because B.F. Skinner believed that:

**Answer**  behavior operates on the environment  
 people operate independently of experiences in the real world  
 conditioning is an unconscious operation  
 the brain operates independently of behavioral consequences

[Add Question Here](#)

Question 118 - **Multiple Choice**

**0 points**

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

**Question** B.F. Skinner believed that behavior is best influenced by the use of:

**Answer**  punishment  
 positive reinforcements  
 random reinforcement  
 internal processes

[Add Question Here](#)

Question 119 - **Multiple Choice**

**0 points**

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

**Question** Shaping a behavior in Operant Conditioning refers to \_\_\_\_ successive approximations to the desired behavior:

**Answer**  ignoring  
 punishing  
 rewarding  
 chaining

[Add Question Here](#)

Question 120 - **Multiple Choice**

**0 points**

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

**Question** The causes of psychopathology are currently assumed to be:

**Answer**  the result of a single cause  
 multiply determined  
 impossible to determine  
 useless to study

[Add Question Here](#)

Question 121 - **Multiple Choice**

**0 points**

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

**Question** The continual interaction of biological, psychological and social influences and their effect on behavior is called the \_\_\_\_ approach.

**Answer**  sociocultural  
 psychobiological/biopsychological  
 systematic  
 multidimensional integrative

[Add Question Here](#)

Question 122 - **Multiple Choice**

**0 points**

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

**Question** A therapist who believes that a disorder is caused by biological, psychological and social factors is said to be taking a(n) \_\_\_\_ approach to understanding psychological disorders:

**Answer**  applied  
 practical  
 psychoanalytical  
 integrative

[Add Question Here](#)

Question 123 - **Multiple Choice**

**0 points**

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

**Question** As described on the "Abnormal Psychology Live" CD, Ivan Pavlov's ideas were brought to the United States in the early 20<sup>th</sup> century by:

**Answer**  John B. Watson  
 Carl Jung  
 B.F. Skinner  
 Mary Cover Jones

[Add Question Here](#)

Question 124 - **Multiple Choice**

**0 points**

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

**Question** Behaviorists John Watson and B.F. Skinner believed that both animal and human behaviors are the result of:

**Answer** ✓ conditioning  
sorcery  
unconscious motivation  
self-actualization

[Add Question Here](#)

Question 125 - **Multiple Choice** **0 points**

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

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

**Answer** ✓ dogs  
humans  
rats  
pigeons

[Add Question Here](#)

Question 126 - **Essay** **0 points**

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

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

**Answer** Behaviors are typically considered to be abnormal if they involve:  
-Psychological Dysfunction, or a breakdown in cognitive, emotional or behavioral functioning  
-Personal Distress such that the individual involved is upset or disturbed by the behavior  
-Atypical or socially deviant behaviors in relation to cultural or social expectations for the involved individual. However, this distinction can be difficult to make in some circumstances.

[Add Question Here](#)

Question 127 - **Essay** **0 points**

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

**Question** Describe psychoanalytic theory. Refer to concepts such as anxiety, defense mechanisms and psychosexual development.

**Answer** The Psychoanalytic theory developed by Sigmund Freud is based on three major concepts:  
-Structure of the Mind: According to Freud the mind can be divided into three major parts, the id, the source of our strong sexual and aggressive feelings or energies which operates on the pleasure principle; the ego, or the part of the mind which operates on the reality principle to ensure that we act realistically; and the superego, or conscience, which represents the moral principles of our culture. When these areas are in conflict it can result in anxiety.  
-Defense Mechanisms- In order to mediate continuing conflict between the id and the superego, the ego marshals defense mechanisms or unconscious protective processes that keep primitive emotions in check. Examples include denial, displacement, projection, rationalization, reaction formation, repression, and sublimation.  
-Psychosexual Stages of Development- Freud theorized that during infancy and early childhood we pass through psychosexual stages of development in a specific order which 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.

[Add Question Here](#)

Question 128 - **Essay** **0 points**

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

**Question** Discuss the theories of the psychoanalytic and humanistic researchers who followed Freud, how their concepts related to his theory, and how these theories are viewed today.

**Answer** Anna Freud, Sigmund Freud's daughter, explored and extended his work on defense mechanisms and developed the field of Ego Psychology, while Melanie Klein and Otto Kernberg developed the theory of object relations, which is based on studying how children incorporate images, memories, and the values of important people in their lives.

However, other theorists broke with Freud to develop their own psychological theories. Carl Jung rejected many of the sexual aspects of Freud's theory, and focused on the concept of the collective unconscious, or wisdom accumulated by society and culture over time. Alfred Adler focused on people's feelings of inferiority and the striving for superiority and coined the term the inferiority complex. Both of these theories assumed that the basic quality of human nature is positive rather than negative, and that people could be helped to improve if barriers to growth were removed.

Psychoanalytic theory and its outgrowths have shaped the study of psychopathology and the history of ideas in Western Civilization, but they have typically been hard to study scientifically, and are not always practical or cost effective in practice. Humanistic therapies were developed to help people pursue self-actualization or the attainment of their highest potential.

Proponents of these theories include Abraham Maslow, who focused on the hierarchy of needs people experience, and Carl Rogers, who advocated unconditional positive regard to foster growth. The humanistic approaches were very popular in the 1960's and 1970's and brought about an emphasis on the role of therapists in treatment. However, they did not contribute much to our understanding of psychopathology, and have fallen out of favor therapeutically.

[Add Question Here](#)

Question 129 - **Essay** **0 points**

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

**Question** Explain how the behavioral model developed and how it has influenced the understanding and treatment of psychopathology.

**Answer** The behavioral model is based on the idea that it should be possible to study behavior using scientific techniques. Ivan Pavlov, a researcher in Russia, studied the conditioning of responses based on pairing a stimulus that is initially neutral with a stimulus that typically elicits a natural response. Over time a conditioned response comes to be elicited by the stimulus which is now called a conditioned stimulus. Psychologists like John B. Watson applied scientific methods to condition behavioral responses in people. Joseph Wolpe used the principles of classical conditioning to treat phobias using systematic desensitization, extinguishing fear of objects by showing people that nothing bad really happens in the presence of the feared object or setting. B.F. Skinner argued that people not only respond to their environments, but act upon them, and developed the theory of operant conditioning which argues that behavior is influenced by the reinforcement or consequences of the action. Skinner contended that manipulating reinforcements can shape or create particular behaviors and that these principles can be used therapeutically.

[Add Question Here](#)

Question 130 - **Essay** **0 points**

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

**Question** Explain the concept of a multidimensional integrative approach to psychopathology.

**Answer** As the use of scientific research techniques has continued to expand our understanding of the biological, behavioral, cognitive, emotional, developmental, and social factors which contribute to behavior, it is increasingly clear that psychopathology is multiply determined. This understanding now influences our understanding of both the causes and treatments of psychological disorders.

[Add Question Here](#)