

MULTIPLE CHOICE

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

ANS: B DIF: Easy REF: Understanding Psychopathology
OBJ: 1 APALO: 1.1.a MSC: TYPE: Factual

2. A psychological dysfunction refers to
- a breakdown in cognitive functioning.
 - a breakdown in emotional functioning.
 - a breakdown in behavioral functioning.
 - all of these

ANS: D DIF: Moderate REF: Understanding Psychopathology
OBJ: 1 APALO: 1.1.a MSC: TYPE: Factual
NOT: NEW

3. Regarding the definition of abnormality, it is correct to state that
- it is difficult to define “normal” and “abnormal.”
 - personal distress is the only 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.

ANS: A DIF: Easy REF: Understanding Psychopathology
OBJ: 1 APALO: 1.1.a MSC: TYPE: Conceptual

4. The criterion that a particular behavior be atypical or not culturally expected is insufficient to define abnormality because
- 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 or appear to violate social norms, but this doesn't mean that they have a disorder.

ANS: D DIF: Difficult REF: Understanding Psychopathology
OBJ: 1 APALO: 1.1.a MSC: TYPE: Conceptual

5. It is 2002, and Hakim is an idealistic young Iraqi student. He joins a group protesting various government policies and criticizes Saddam Hussein. For his dissident political views, Ivan will probably be
- forced to work for the Communist Party.
 - incarcerated in a maximum security prison.
 - given psychological tests to determine if he is mentally ill.
 - committed to a mental institution.

ANS: D DIF: Difficult REF: Understanding Psychopathology
OBJ: 1 APALO: 1.1.a MSC: TYPE: Applied
NOT: NEW

6. A male college student begins 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 worries about what is happening to him. Which part of the definition of abnormality applies to his situation?
- Personal distress
 - Cultural factors
 - Impaired functioning
 - Violation of societal norms

ANS: A DIF: Moderate REF: Understanding Psychopathology
OBJ: 1 APALO: 1.1.a MSC: TYPE: Applied

7. Which of the following degrees is earned by a psychiatrist?
- Ph.D.
 - Ed.D.
 - M.D.
 - Psy.D.

ANS: C DIF: Easy REF: Understanding Psychopathology
OBJ: 2 APALO: 1.1.a MSC: TYPE: Factual

8. Rocky Starr is a rocker who wears outlandish female makeup and women's clothing when performing on stage. This behavior is considered
- more abnormal than that of a business man who suddenly starts to do so.
 - less abnormal than that of a business man who starts to do so because it contributes to his job success.
 - less abnormal than that of a female who wears makeup every day.
 - just as abnormal as that of a business man who starts wearing makeup.

ANS: B DIF: Moderate REF: Understanding Psychopathology
OBJ: 1 APALO: 1.1.a MSC: TYPE: Applied
NOT: NEW

9. The typical profile or prototype of a disorder reflects the _____ as described in DSM-IV.
- theoretical perspectives on abnormality
 - treatments for mental disorders
 - causes of mental illness
 - diagnostic criteria for psychological disorders

ANS: D DIF: Moderate REF: Understanding Psychopathology
OBJ: 1 APALO: 1.1.a MSC: TYPE: Conceptual

10. The scientific study of psychological disorders is called
- psychopathology.
 - psychoanalysis.
 - pseudoscience.
 - parapsychology.

ANS: A DIF: Easy REF: Understanding Psychopathology
OBJ: 1 APALO: 1.1.a MSC: TYPE: Factual

11. 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
- 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.

ANS: A DIF: Moderate REF: Understanding Psychopathology
OBJ: 2 APALO: 1.1.a MSC: TYPE: Applied

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

ANS: A DIF: Moderate REF: Understanding Psychopathology
OBJ: 2 APALO: 1.1.a MSC: TYPE: Factual

13. Tameka, having earned her master's degree, has begun treating disorders and concentrating on family problems. Tameka is probably a(n)
- psychiatric social worker.
 - family therapist.
 - psychiatric nurse.
 - mental health counselor.

ANS: A DIF: Moderate REF: Understanding Psychopathology
OBJ: 2 APALO: 1.1.a MSC: TYPE: Applied
NOT: NEW

14. As used by clinical psychologists, the term "presenting problem" is used to indicate the problem that
- 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.

ANS: D DIF: Moderate REF: Understanding Psychopathology
OBJ: 2 APALO: 1.1.a MSC: TYPE: Factual

15. 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.
- prevalence
 - incidence
 - recurrence
 - ratio

ANS: B DIF: Moderate REF: Understanding Psychopathology
OBJ: 2 APALO: 1.1.a MSC: TYPE: Factual

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

ANS: A DIF: Difficult REF: Understanding Psychopathology
OBJ: 2 APALO: 1.1.a MSC: TYPE: Conceptual

17. If a psychological disorder is said to have an acute onset, it means that the symptoms developed
- suddenly.
 - atypically.
 - gradually.
 - following a period of recovery.

ANS: A DIF: Moderate REF: Understanding Psychopathology
OBJ: 2 APALO: 1.1.a MSC: TYPE: Factual

18. When 20-year-old Larry was first diagnosed with schizophrenia, his family wanted to know if and how the disorder would progress and how it would affect him in the future. In medical terms, the family wanted to know Larry's
- diagnosis.
 - prognosis.
 - psychosocial profile.
 - pathology.

ANS: B DIF: Moderate REF: Understanding Psychopathology
OBJ: 2 APALO: 1.1.a MSC: TYPE: Applied

19. 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
- witchcraft.
 - demons and evil spirits.
 - bodily humors.
 - the moon and stars.
- ANS: C DIF: Moderate REF: Understanding Psychopathology
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
20. The biological and psychological models or theories of abnormality derived originally from the ancient Greek concept, in which the
- 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.
- ANS: A DIF: Difficult REF: Understanding Psychopathology
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
21. Since ancient Greece, the concept of a psyche or soul was similar to that of the
- brain.
 - mind.
 - body.
 - blood.
- ANS: B DIF: Moderate REF: Understanding Psychopathology
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
22. Toward the end of the 14th century and continuing into the 15th, the causes of “madness” were generally attributed to
- toxins in the blood.
 - religious delusions.
 - brain disease.
 - demons and witches.
- ANS: D DIF: Moderate REF: Understanding Psychopathology
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
23. Which of the following accurately describes the attitudes of the Catholic Church toward mentally ill people during the turbulent political and religious events of the 14th and 15th centuries?
- 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.
- ANS: B DIF: Moderate REF: Understanding Psychopathology
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
24. During the Middle Ages, as well as at other times, mentally ill people were sometimes forced to undergo the religious ritual called exorcism. This was in order to
- 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.
- ANS: C DIF: Moderate REF: Understanding Psychopathology
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
25. As noted in the textbook, the young girl in the movie *The Exorcist* was
- diagnosed with a brain tumor.
 - diagnosed with a seizure disorder.
 - forced to submit to an exorcism before receiving any medical or psychological treatments.
 - forced to submit to an exorcism after mental and physical conditions were ruled out.
- ANS: D DIF: Difficult REF: Understanding Psychopathology
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
26. 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.
- divine punishment
 - faith healing
 - hysteria
 - sorcery
- ANS: A DIF: Easy REF: Understanding Psychopathology
OBJ: 1 APALO: 1.1.a MSC: TYPE: Conceptual
27. DSM-IV-TR, an updated version of the *Diagnostic and Statistical Manual of Mental Disorders*, was published in
- 1996.
 - 1999.
 - 2000.
 - 2002.
- ANS: C DIF: Easy REF: Understanding Psychopathology
OBJ: 1 APALO: 1.1.a MSC: TYPE: Factual
28. Research about psychological disorders falls into three basic categories. Which is NOT one of these categories?
- Analysis
 - Description
 - Causation (etiology)
 - Treatment and outcomes
- ANS: A DIF: Moderate REF: Understanding Psychopathology
OBJ: 1 APALO: 1.1.a MSC: TYPE: Factual

29. The authors describe an example of conditioning in which cancer patients develop a negative reaction to a variety of people and things associated with their chemotherapy treatments. The phenomenon is called
- generalized conditioning.
 - stimulus generalization.
 - variety stimulus.
 - stimulus discrimination.
- ANS: B DIF: Difficult REF: Understanding Psychopathology
OBJ: 1 APALO: 1.1.a MSC: TYPE: Factual
30. One hot and humid night, one of your friends suggests doing some really crazy things. You look up at the sky and say, "It must be the full moon." Your statement reflects the concept from which the word _____ is derived.
- lunatic
 - idiot
 - maniac
 - psychopath
- ANS: A DIF: Difficult REF: The Supernatural Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Applied
31. Induced vomiting was a 17th century treatment for depression. As described in *Anatomy of Melancholy* (1621), this could be accomplished in part by eating
- raw meat.
 - ice.
 - coal.
 - tobacco.
- ANS: D DIF: Moderate REF: The Supernatural Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
32. 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
- blood.
 - phlegm.
 - yellow bile.
 - black bile.
- ANS: D DIF: Difficult REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Applied
33. According to Hippocrates' humoral theory, the "choleric" personality is
- hot-tempered.
 - easygoing.
 - kind.
 - cheap.
- ANS: A DIF: Moderate REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
34. Based on Hippocrates' humoral theory, "sanguine" describes a person who is
- pessimistic.
 - pale.
 - cheerful.
 - humorous.
- ANS: C DIF: Moderate REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
35. Bloodletting, a treatment devised centuries ago to restore the balance of humors, was accomplished with the use of
- needles.
 - leeches.
 - tourniquets.
 - bacteria.
- ANS: B DIF: Moderate REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
36. In ancient Greece, a woman suffering from "hysteria" might be told that her condition could be cured by
- marriage.
 - pregnancy.
 - childbirth.
 - divorce.
- ANS: A DIF: Moderate REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
37. In ancient Greece, some "humoral excesses" thought to be causing psychological disorders were treated by
- 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.
- ANS: A DIF: Difficult REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
38. Somatoform disorders, a current DSM-IV classification that evolved from the concept of "hysteria," affect
- adult males only.
 - adult females only.
 - both males and females.
 - children only.
- ANS: C DIF: Difficult REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
39. In keeping with an accepted treatment for mental illness in the 14th century, a physician treating King Charles VI of France had him moved to the countryside in order to
- have him closer to a hospital that treated mental illness.
 - keep him away from his family.
 - restore the balance in his humors.
 - cure him of hysteria.
- ANS: C DIF: Difficult REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual

40. In an attempt to rid the body of the excessive humors thought to be causing psychological disorders, physicians throughout history have used treatments such as
- bloodletting.
 - induced seizures.
 - exorcism.
 - drilling through the skull.
- ANS: A DIF: Moderate REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
41. 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?
- Anxiety disorders
 - Neurosis
 - PMS
 - Somatoform disorders
- ANS: D DIF: Difficult REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
42. The traditional tendency to stigmatize women as “hysterical” derived from Hippocrates’ concept of
- the “wandering womb.”
 - an “incompetent cervix.”
 - “penis envy.”
 - “pelvic dysfunction.”
- ANS: A DIF: Difficult REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
43. Until the 1970s, hysterical disorders were diagnosed only in women. In fact the term “hysteria” derives from the Greek *hysteron*, which means
- ovary.
 - uterus.
 - pregnancy.
 - vagina.
- ANS: B DIF: Moderate REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
44. The first significant supporting evidence for a biological cause of a mental disorder was the 19th century discovery that the psychotic disorder called *general paresis* was caused by the same bacterial microorganism that causes
- malaria.
 - Alzheimer’s disease.
 - syphilis.
 - hysteria.
- ANS: C DIF: Difficult REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
45. In the 19th century, John Grey, a well-known American psychiatrist, believed that mental illness was due to
- psychological factors.
 - physical causes.
 - social/environmental influences.
 - unknown influences.
- ANS: B DIF: Moderate REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
46. In the 1930s, after insulin shock therapy had been abandoned because it was too risky as a treatment for mental disorder, medical professionals began to use _____ instead.
- bromides
 - electronconvulsive therapy
 - megavitamin therapy
 - moral therapy
- ANS: B DIF: Moderate REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
47. The first effective medications for severe psychotic disorders were developed in the
- 1930s.
 - 1950s
 - 1970s.
 - 1990s.
- ANS: B DIF: Moderate REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
48. In the 1800s, an important research and clinical publication read by psychiatrists in the United States was titled
- Case Studies in Mental Illness.*
 - American Journal of Madness.*
 - American Journal of Insanity.*
 - Lunatics in America.*
- ANS: C DIF: Difficult REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
49. With the discovery of the major tranquilizers called _____, it became possible to control psychotic symptoms, including hallucinations, delusions, and aggressiveness.
- neuroleptics
 - benzodiazepines
 - bromides
 - opiates
- ANS: A DIF: Moderate REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
50. Benzodiazepines, or “minor” tranquilizers such as Valium and Librium, are effective in reducing the symptoms of
- depression.
 - anxiety.
 - schizophrenia.
 - hysteria.
- ANS: B DIF: Easy REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual

51. In the late 1800s, the emphasis on a biological cause of mental disorder ironically resulted in reduced interest in treatments for mental patients because it was thought that
- 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.
- ANS: D DIF: Difficult REF: The Biological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
52. In contrast to the asylums of the early 18th century, the psychosocial approach called “moral therapy” advocated all of the following EXCEPT
- restraint and seclusion.
 - normal social interaction.
 - individual attention from the hospital staff.
 - lectures on interesting subjects for hospitalized patients.
- ANS: A DIF: Easy REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
53. 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
- Benjamin Rush.
 - William Tuke.
 - Joseph von Medina.
 - Manfred Sakel.
- ANS: A DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
54. After the mid 1800s, moral therapy declined as a treatment for the mentally ill in the United States because
- 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.
- ANS: B DIF: Difficult REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
55. You have been asked to give a report on the mental hygiene movement and its foremost crusader, Dorothea Dix, who campaigned for more humane treatment of the insane. After mentioning all of her accomplishments, you note the unforeseen consequence of her efforts, namely,
- a 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.
- ANS: B DIF: Difficult REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
56. Anton Mesmer, an early 18th century physician, purported to be affecting cures in patients by unblocking their flow of a bodily fluid he called “animal magnetism.” In fact, any effectiveness of his methods was actually due to
- undetectable magnetic fields.
 - chemically induced humoral balance.
 - mental telepathy.
 - the power of suggestion.
- ANS: D DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
57. _____ demonstrated that some techniques of mesmerism were effective with several psychological disorders.
- Philippe Pinel
 - Anton Mesmer
 - Sigmund Freud
 - Jean-Martin Charcot
- ANS: D DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
58. Which of the following accurately describes the patients of Freud and Breuer after they received hypnotherapy for their psychological disorders?
- Feelings of relief and improvement
 - Decreased emotionality while in the hypnotic state
 - Accurate posthypnotic recall
 - Increased understanding of the causes of their psychological disorder
- ANS: A DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
59. Realizing that patients were often unaware of material previously recalled under hypnosis, Breuer and Freud hypothesized the existence of _____, a concept considered one of the most important developments in the history of psychopathology.
- neurosis
 - the unconscious mind
 - the Electra complex
 - catharsis
- ANS: B DIF: Easy REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual

60. In using hypnosis to treat patients with psychological disorders, Freud discovered
- that it is therapeutic to recall and relive emotionally traumatic events.
 - that patients are unable to process emotionally charged information.
 - that hypnosis is less effective than mesmerism.
 - the existence of conscious memories.
- ANS: A DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
61. In the classic case of Anna O. in 1895, neurologist Josef Breuer treated her “hysterical” symptoms by using
- hydrotherapy.
 - hypnosis.
 - faith healing.
 - the placebo effect.
- ANS: B DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
62. Which of the following is NOT included as part of Freud’s structure of the mind?
- Id
 - Psyche
 - Superego
 - Ego
- ANS: B DIF: Easy REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
63. In Freudian theory, “libido” and “thanatos” represent the two basic but opposing drives of
- life and death.
 - sex and celibacy.
 - good and evil.
 - pleasure and pain.
- ANS: A DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Factual
64. You have just read a newspaper article about a savage rape and murder. You wonder how someone could commit such a horrible crime. Then you recall from your study of Freudian theory that according to Freud, anyone could be a killer or rapist if _____ impulses are not well controlled.
- egoistic
 - phallic
 - id
 - mesmeric
- ANS: C DIF: Difficult REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
65. Although Freud conceptualized the libido as the life energy within the id, many people think of it as the
- death instinct.
 - sex drive.
 - conscience.
 - Oedipal conflict.
- ANS: B DIF: Easy REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
66. According to psychoanalytic theory, the _____ develops early in life to insure that we can adapt to the demands of the real world while still finding ways to meet our basic needs.
- ego
 - superego
 - libido
 - ideal self
- ANS: A DIF: Difficult REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
67. According to psychoanalytic theory, the id operates on the “pleasure principle,” which means that it
- adheres to social rules and regulations.
 - thinks in an unemotional, logical, and rational manner.
 - is sexual, aggressive, selfish, and envious.
 - utilizes secondary process thinking.
- ANS: C DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.2.b MSC: TYPE: Conceptual
68. When Johnny wanted a cookie before dinner, he thought about just going and taking one without permission. However, after thinking about it, he decided to get permission from his mom. Johnny was operating according to the _____ principle.
- pleasure
 - reality
 - moral
 - Oedipal
- ANS: B DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Applied
NOT: NEW
69. A classmate in your psychology course is worried about the selfish and sometimes dangerous drives of the id. You respond by saying that
- 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.
- ANS: A DIF: Difficult REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Applied

70. According to psychoanalytic theory, the role of the ego involves
- counteracting the aggressive and sexual drives of the id.
 - maximizing pleasure and reducing tension.
 - mediating conflict between the id and the superego.
 - utilizing fantasy and primary process thinking.
- ANS: C DIF: Difficult REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
71. According to psychoanalytic theory, the conflicts between the id and the superego often lead to feelings of
- anxiety.
 - desire.
 - depression.
 - anger.
- ANS: A DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
72. According to Freudian theory, anxiety is a signal for the ego to marshal its defense mechanisms, which function as
- reality-based actions.
 - unconscious protective processes.
 - conscious efforts to maintain control.
 - primitive emotional responses.
- ANS: B DIF: Difficult REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
73. All of the following are examples of defense mechanisms EXCEPT
- adaptation.
 - displacement.
 - repression.
 - projection.
- ANS: A DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Factual
74. In which of the following defense mechanisms does an individual unconsciously block disturbing wishes, thoughts or experiences from awareness?
- Rationalization
 - Reaction formation
 - Repression
 - Displacement
- ANS: C DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
75. In which of the following defense mechanisms does an individual falsely attribute his or her own unacceptable feelings, impulses, or thoughts to another person?
- Denial
 - Projection
 - Displacement
 - Sublimation
- ANS: B DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
76. 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. Mrs. B 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
- displacement.
 - projection.
 - repression.
 - rationalization.
- ANS: A DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Applied
77. A four-year-old girl sucks her thumb, a teenager binges on food, and an adult woman bites her fingernails. According to the Freudian theory of psychosexual development, all three are fixated at the _____ stage.
- oral
 - anal
 - phallic
 - genital
- ANS: A DIF: Easy REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Applied
78. 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
- 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.
- ANS: B DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
79. According to Sigmund Freud, the Electra complex, the psychosexual conflict that occurs at the phallic stage of development in girls, is characterized by
- castration anxiety.
 - Oedipal conflicts.
 - penis envy.
 - latency lust.
- ANS: C DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual

80. Borderline personality disorder, in which some behavior “borders” on being out of touch with reality, was first associated with the ideas of
- Otto Kernberg.
 - Sigmund Freud.
 - Alfred Adler.
 - Carl Jung.
- ANS: A DIF: Difficult REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Factual
81. In their theories about human nature, psychoanalysts Carl Jung and Alfred Adler both
- 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.
- ANS: D DIF: Difficult REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
82. Severe internal conflicts that produce a lot of anxiety or other emotions can trigger self-defeating defensive processes or symptoms such as
- acute and posttraumatic stress symptoms.
 - depression or bipolar symptoms.
 - phobic or obsessive symptoms.
 - suicidal or aggressive symptoms.
- ANS: A DIF: Difficult REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
NOT: NEW
83. In Erik Erikson’s theory of lifespan development, an individual reaches the mature stage when he or she is about _____ years old.
- 55
 - 65
 - 75
 - 85
- ANS: B DIF: Easy REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Factual
84. Which of the following is an accurate statement about “stage” theories of development?
- In Freudian theory, sexual arousal and interest occur during the latency stage.
 - In Erikson’s theory, development occurs across the lifespan.
 - In Freudian theory, intrapsychic conflicts are resolved in early childhood.
 - In Fromm’s theory, culture and society influence personality.
- ANS: B DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
85. In psychoanalytic psychotherapy, it is important for patients to
- 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.
- ANS: C DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
86. Psychodynamic psychotherapy differs from classical (Freudian) psychoanalysis in that it
- 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.
- ANS: C DIF: Difficult REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
87. The concepts of “self-actualizing” and “the hierarchy of needs” are most closely associated with the theories of
- Abraham Maslow.
 - Carl Rogers.
 - Carl Jung.
 - Melanie Klein.
- ANS: A DIF: Easy REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
88. Which of the following is NOT associated with the humanistic theories of Carl Rogers?
- Unconditional positive regard
 - Hierarchy of needs
 - Empathy
 - Person-centered therapy
- ANS: B DIF: Easy REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
89. Humanistic therapists regard _____ as the single most positive influence in facilitating human growth.
- therapist interpretation of patient verbalizations
 - relationships (including the therapeutic relationship)
 - self-esteem
 - intellectual and moral development
- ANS: B DIF: Moderate REF: The Psychological Tradition
OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual

90. The systematic development of a scientific approach to psychopathology is represented by
 a. humanistic psychology. c. Jungian psychology.
 b. psychoanalysis. d. the behavioral model.
- ANS: D DIF: Moderate REF: The Psychological Tradition
 OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
91. Which scientist felt that psychology should not use introspection or other unquantifiable methods and is considered the founder of behaviorism?
 a. Edward Titchener c. John Watson
 b. B.F. Skinner d. Ivan Pavlov
- ANS: C DIF: Easy REF: The Psychological Tradition
 OBJ: 3 APALO: 1.3.d MSC: TYPE: Factual
92. Someone you know has been having a lot of difficulty because of irrational fears. Knowing that you are studying abnormal psychology, this person asks if you know of an effective and well-established treatment. You advise her that _____, based on the mid 20th century work of Joseph Wolpe, is a successful anxiety reduction procedure.
 a. systematic desensitization c. exorcism
 b. person centered therapy d. aversive conditioning
- ANS: A DIF: Moderate REF: The Psychological Tradition
 OBJ: 3 APALO: 1.3.d MSC: TYPE: Applied
93. Which well-known behavioral scientist was the author of *The Behavior of Organisms* (1938) and *Walden Two* (1948)?
 a. John Watson c. B.F. Skinner
 b. Ivan Pavlov d. Edward L. Thorndike
- ANS: C DIF: Moderate REF: The Psychological Tradition
 OBJ: 3 APALO: 1.3.d MSC: TYPE: Factual
94. Ivan Pavlov, a Russian physiologist, based his theories of conditioning on the results of experiments he conducted on
 a. humans. c. rats.
 b. pigeons. d. dogs.
- ANS: D DIF: Moderate REF: The Psychological Tradition
 OBJ: 3 APALO: 1.3.d MSC: TYPE: Conceptual
95. Mustafa was bitten by a dog when he was five years old. Now he is afraid of any dog he sees. His fear of dog is a(n)
 a. unconditioned stimulus.
 b. unconditioned response.
 c. conditioned stimulus.
 d. conditioned response.
- ANS: D DIF: Difficult REF: The Psychological Tradition
 OBJ: 3 APALO: 1.3.d MSC: TYPE: Applied
 NOT: NEW
96. In the process of self-actualizing, emphasized in humanistic psychology, individuals
 a. adopt a conditioned response to a variety of stimuli.
 b. direct their own course of therapy under the guidance of a counselor.
 c. strive to achieve their highest potential against life's obstacles.
 d. achieve a complete and almost unqualified acceptance of their own dysfunctions.
- ANS: C DIF: Easy REF: The Psychological Tradition
 OBJ: 4 APALO: 1.4.e MSC: TYPE: Conceptual
97. The continual interaction of biological, psychological, and social influences and their effect on behavior is considered
 a. sociocultural.
 b. psychobiological/biopsychological.
 c. systematic.
 d. multidimensional and integrative.
- ANS: D DIF: Moderate REF: An Integrative Approach
 OBJ: 4 APALO: 1.4.e MSC: TYPE: Conceptual

ESSAY

1. Discuss why the following criteria are not completely satisfactory in defining abnormality: psychological dysfunction, digress, and "culturally expected" behavior.

ANS:

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.

NOT: NEW

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

ANS:

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 relatively healthy individuals, and clinical psychologists usually concentrate on more severe psychological disorders. Psychologists with other specialty training, such as experimental and social psychologists, investigate the basic determinants of behavior but do not assess or treat psychological disorders.

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

Psychiatric social workers typically earn a master's degree in social work as they develop expertise in collecting information about the social and family situation of the individual with a psychological disorder. Social workers also treat disorders, often concentrating on family problems. *Psychiatric nurses* have advanced degrees and specialize in the care and treatment of patients with psychological disorders, usually in hospitals as part of a treatment team.

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.

3. 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.

ANS:

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 as a whole 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 A.D.) 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, perhaps, 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. Pussin had already removed chains used to restrain patients and instituted humane psychological interventions. Pussin persuaded 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.

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

ANS:

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

-*Structure of the mind*. According to Freud, the mind can be divided into three major parts: the id, the source of our strong sexual and aggressive feelings or energies, which operates on the pleasure principle; the ego, or the part of the mind that operates on the reality principle to ensure that we act realistically; and the superego, or conscience, which represents the moral principles of our culture. When these areas are in conflict, it can result in anxiety.

-*Defense mechanisms*. In order to mediate continuing conflict between the id and the superego, the ego marshals defense mechanisms or unconscious protective processes that keep primitive emotions in check. Examples include denial, displacement, projection, rationalization, reaction formation, repression, and sublimation.

-*Psychosexual stages of development*. Freud theorized that during infancy and early childhood, we pass through psychosexual stages of development in a specific order that affect our lifetime functioning. These stages include the oral, anal, phallic, latency, and genital stages, and are characterized by distinctive means of gratifying our basic needs and satisfying our drive for physical pleasure.

5. Explain the inadequacies of the various perspectives, and explain why the concept of a multidimensional integrative approach to psychopathology appears to be the more logical choice.

ANS:

Sample Answer: All of the various approaches had shortcoming 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 has continued to expand our understanding of the biological, behavioral, cognitive, emotional, developmental, and social factors that contribute to behavior, it is increasingly clear that psychopathology is multiply determined. This understanding now influences our understanding of both the causes and treatments of psychological disorders.

NOT: NEW