

***Abnormal Psychology, 8e* (Nolen-Hoeksema)**

Chapter 1 Looking at Abnormality

- 1) The continuum model of abnormality demonstrates that:
- A) there is a clear distinction between dysfunctional and deviant behavior.
 - B) psychologists must make objective decisions about what warrants a diagnosis.
 - C) individuals are labeled as either having a disorder or not having one.
 - D) no sharp line exists between what is normal and abnormal.

Answer: D

Difficulty: 1 Easy

Topic: Abnormal Behavior

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

- 2) To qualify as abnormal, behaviors, thoughts, and feelings must be
- A) diagnosable.
 - B) unusual, distressing, impairing, or dangerous.
 - C) identifiable in the *DSM-5*.
 - D) violent.

Answer: B

Difficulty: 1 Easy

Topic: Abnormal Behavior

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

- 3) When determining abnormality, behaviors, thoughts, and _____ are assessed.
- A) family history
 - B) genetics
 - C) feelings
 - D) medication

Answer: C

Difficulty: 2 Medium

Topic: Abnormal Behavior

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Easy

Accessibility: Keyboard Navigation

APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

4) The study of abnormal psychology is the study of people who suffer mental, emotional, and often physical pain. This is also referred to as

- A) psychopathology.
- B) psychometry.
- C) parapsychology.
- D) behavioral psychology.

Answer: A

Difficulty: 1 Easy

Topic: Assessment of Abnormal Behavior

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

5) Margaret is a 27-year-old soccer mom who never misses her daughter's games. Her friends argue that her behavior is embarrassing, and she is making a fool of herself when she repeatedly yells and jumps to her feet. Margaret insists that no one is paying attention to her behavior and states, "It's a soccer game—people are expected to get excited!" Which of the following determines whether Margaret's behavior is normal?

- A) Her social status
- B) Gender differences
- C) The context in which it is performed
- D) Individual differences

Answer: C

Difficulty: 2 Medium

Topic: Diagnosis

Learning Objective: Distinguish between normal but unusual behavior and between unusual but abnormal behavior.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA Outcome: 1.3 Describe applications of psychology.

- 6) When an observer takes into account the context or circumstances surrounding someone's behavior to determine whether they are normal or abnormal, it means that:
- A) the observer assesses the behavior based on her/his own biases and prejudices.
 - B) the observer considers the behavior normal if it seems appropriate for that particular situation.
 - C) the observer judges the individual's personality based on the observer's cognitive abilities.
 - D) the observer's evaluation of the behavior lacks any theoretical grounding.

Answer: B

Difficulty: 2 Medium

Topic: Sociocultural Factors

Learning Objective: Distinguish between normal but unusual behavior and between unusual but abnormal behavior.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

- 7) An advantage of cultural relativism is that:
- A) it does not impose the standards of one culture on judgments of abnormality.
 - B) there is a tendency to view all behaviors that are unusual, or deviant, as abnormal.
 - C) it allows those in power to label and silence minorities by labeling them as abnormal.
 - D) it does not adopt a continuum perspective of abnormal behavior; rather, it is an either/or proposition.

Answer: A

Difficulty: 1 Easy

Topic: Approaches to Abnormal Psychology

Learning Objective: Distinguish between normal but unusual behavior and between unusual but abnormal behavior.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

- 8) Which criterion for abnormality implies that the presence of a disease is causing given behavior?
- A) Deviance
 - B) Unusualness
 - C) Distress
 - D) Mental Illness

Answer: D

Difficulty: 1 Easy

Topic: Assessment of Abnormal Behavior

Learning Objective: Distinguish between normal but unusual behavior and between unusual but abnormal behavior.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

9) Rachel teaches the second grade and suspects that two students in her class have behavioral problems. Although she works fervently to keep the class running smoothly, the students' behaviors continually disrupt the learning environment. When the two students blurt out the answers before being called upon, push others in line, or constantly get out of their seats, other students become distracted and irritated. According to which criterion will these students' behaviors most likely be considered abnormal?

- A) Cultural relativism
- B) Mental illness
- C) Distress
- D) Gender relativism

Answer: C

Difficulty: 2 Medium

Topic: Assessment of Abnormal Behavior

Learning Objective: Distinguish between normal but unusual behavior and between unusual but abnormal behavior.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA Outcome: 1.3 Describe applications of psychology.

10) What are "the four Ds" of abnormality?

- A) Distress, delusion, deviance, and derision
- B) Deviance, dysfunction, disorder, and danger
- C) Danger, disorder, delusion, and dysfunction
- D) Dysfunction, distress, deviance, and dangerousness

Answer: D

Difficulty: 1 Easy

Topic: Abnormal Behavior

Learning Objective: Distinguish between normal but unusual behavior and between unusual but abnormal behavior.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

11) Theorists who argue that behaviors can only be abnormal relative to cultural norms, are proponents of:

- A) cultural hegemony.
- B) cultural regeneration.
- C) cultural imperialism.
- D) cultural relativism.

Answer: D

Difficulty: 1 Easy

Topic: Approaches to Abnormal Psychology

Learning Objective: Distinguish between normal but unusual behavior and between unusual but abnormal behavior.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

12) Cultural relativists argue that:

- A) behaviors must be universally accepted to be considered normal.
- B) context, and not culture, influences the evaluation of behaviors as abnormal.
- C) the use of gender roles as a basis for assessing abnormal behaviors can be misleading.
- D) no universal standards or rules exist for labeling behaviors as abnormal.

Answer: D

Difficulty: 2 Medium

Topic: Approaches to Abnormal Psychology

Learning Objective: Distinguish between normal but unusual behavior and between unusual but abnormal behavior.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

13) _____ noted that, throughout history, societies have labeled individuals and groups abnormal in order to justify controlling or silencing them.

- A) Thomas Szasz
- B) Samuel Cartwright
- C) Clifford Beers
- D) Johann Weyer

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

14) In some parts of the world, corporal punishment is a traditional child rearing practice, whereas the practice is frowned upon in other places. In the context of abnormality, this is reflective of

- A) mental illness.
- B) dysfunction.
- C) distress.
- D) cultural relativism.

Answer: D

Difficulty: 2 Medium

Topic: Sociocultural Factors

Learning Objective: Distinguish between normal but unusual behavior and between unusual but abnormal behavior.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

15) In the context of cultural relativism, when the slave trade was active in the United States, slaves who tried to escape bondage could be diagnosed with a mental disease that was said to have caused them to:

- A) misunderstand their roles.
- B) desire freedom from their masters.
- C) refuse to work in the fields.
- D) experience delusions of grandeur.

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

16) Which of the following is true of the distress criterion for abnormality?

- A) The individual has no desire to be rid of the disruptive behavior.
- B) The behavior must violate societal norms.
- C) The individual must suffer as a result of the behavior.
- D) The behavior must also meet the unusualness criteria.

Answer: C

Difficulty: 1 Easy

Topic: Abnormal Behavior

Learning Objective: Distinguish between normal but unusual behavior and between unusual but abnormal behavior.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

17) Historically, which three types of theories have been used to define abnormal behavior?

- A) Sociological, religious, and psychological
- B) Biological, psychological, and sociological
- C) Biological, sociological, and supernatural
- D) Biological, supernatural, and psychological

Answer: D

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

18) Which of the following incorrectly pairs the historical perspective on abnormal behavior with an abnormality?

- A) Psychological theories/trauma
- B) Supernatural theories/chronic stress
- C) Biological theories/physical disease
- D) Supernatural theories/divine intervention

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

19) The supernatural perspective on abnormality most supported _____ as an approach to treatment.

- A) relaxation
- B) herbal medication
- C) exorcism
- D) restoration of bodily health

Answer: C

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

20) The practice of drilling circular holes in the skulls of people displaying abnormal behaviors in order to free evil spirits was known as

- A) trephination.
- B) exorcism.
- C) atonement.
- D) blood letting.

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

21) Yin and yang (positive and negative forces) are concepts from ancient

- A) China.
- B) Greece.
- C) Egypt.
- D) Rome.

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

22) According to ancient Chinese medicine, excited insanity was due to the presence of a(n):

- A) minimal negative force.
- B) excessive negative force.
- C) minimal positive force.
- D) excessive positive force.

Answer: D

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

23) Xia has been feeling sad and lonely over the last several days. According to ancient Chinese medical philosophy, Xia's mood is likely the result of:

- A) vital air flowing on the lungs.
- B) a lack of positive force.
- C) bewitchment.
- D) excessive chaos in her life.

Answer: A

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

24) Which ancient text on abnormal behavior is the oldest?

- A) Oxyrhynchus Papyri
- B) Magdalen Papyrus
- C) Kahun Papyrus
- D) Elephantine Papyri

Answer: C

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

- 25) Ancient Egyptians and Greeks held that a woman's uterus:
- A) caused psychological abnormalities by dislodging and wandering inside the body.
 - B) contained mystical powers that caused it to create physiological harmony.
 - C) made women inferior to men and made women suffer emotional pain more often than men.
 - D) made women superior as it possessed the power of creation.

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

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Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

- 26) Which Greek term is used today to refer to physiological symptoms that are probably the result of psychological processes?
- A) Apathea
 - B) Hysteria
 - C) Thanatos
 - D) Choleric

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

- 27) Most Greeks and Romans saw madness as:
- A) a cause for physical disease.
 - B) a result of chronic stress.
 - C) an affliction from the gods.
 - D) a result of trauma.

Answer: C

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

28) Which historical figures argued that some forms of madness were divine and could be the source of great literary and prophetic gifts?

- A) Socrates and Plato
- B) Plato and Hippocrates
- C) Homer and Plato
- D) Hippocrates and Socrates

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

29) Hippocrates attributed abnormality to:

- A) afflictions from the gods.
- B) divine intervention.
- C) chronic stress and trauma.
- D) imbalances in bodily humors.

Answer: D

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

30) According to Hippocrates, abnormal behavior could be attributed to imbalances in the four basic humors of the body. Which of the following courses of treatment was used to restore the balance?

- A) Fasting
- B) Ostracism
- C) Bleeding the patient
- D) Spiritual exorcism

Answer: C

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

31) Which of the following ancient Greeks argued that madness arose when the rational mind was overcome by impulse, passion, or appetite?

- A) Aristotle
- B) Plato
- C) Socrates
- D) Homer

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

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Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

32) Which of the following is true about a widespread response to individuals who were considered insane in ancient times?

- A) The state built asylums and institutions to house and care for individuals who were considered insane.
- B) The state could take rights away from people declared insane and could award the property of insane people to their relatives.
- C) People declared insane were allowed to marry and could acquire or dispose of their own property.
- D) Poor people who were considered insane were simply left to roam the streets, even if they were violent.

Answer: B

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

33) Hippocrates classified abnormal behavior into which set of categories?

- A) Hysteria, phobia, mania, and epilepsy
- B) Melancholia, epilepsy, phobia, and mania
- C) Brain fever, hysteria, phobia, and melancholia
- D) Epilepsy, mania, melancholia, and brain fever

Answer: D

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

34) Prior to the eleventh century, which of the following was most often seen as the cause of bizarre behavior?

- A) Severe emotional shock
- B) Demons
- C) Curses and superstition
- D) Religious persecution

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

35) Which two individuals argued that persons accused of being witches were mentally ill, and, consequently, had their writings banned by the Catholic Church in the sixteenth century?

- A) Reginald Scot and Teresa of Avila
- B) Johann Weyer and Reginald Scot
- C) Teresa of Avila and Johann Weyer
- D) Thomas Szasz and Teresa of Avila

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

36) Dance frenzies are examples of

- A) psychic epidemics.
- B) self-hypnotic suggestion.
- C) substance-induced psychosis.
- D) psychotic episodes.

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

37) Which of the following are defined as a phenomenon in which large numbers of people engage in unusual behaviors that appear to have a psychological origin?

- A) Psychic catastrophes
- B) Psychic epidemics
- C) Psychic projections
- D) Psychic illusions

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

38) What phenomenon, seen in Italy in the fourteenth century, was attributed to a tarantula bite, causing people to jump around, dance wildly, tear at their clothes, and beat each other with whips?

- A) Tarantism
- B) Tarantella
- C) Saint Vitus's dance
- D) Comas enfermas

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

39) A psychic epidemic broke out in the early 1990s in a Rhode Island high school. The students and their teachers experienced nausea, headaches, dizziness, and symptoms of mild carbon monoxide intoxication. The behaviors were attributed to:

- A) mass hysteria prompted by fears of chemical warfare.
- B) increased violence in schools across the country.
- C) hormonal imbalances associated with adolescence.
- D) rebellious attitudes toward school authorities.

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

40) Which of the following is true of psychic epidemics?

- A) They are generally seen in groups that experiment with psychoactive substances.
- B) They are generally seen across all levels of socioeconomic status.
- C) They are strictly confined to spiritual experiences.
- D) They are now under study from a social psychology perspective.

Answer: D

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

41) In the twelfth century, in the Belgian town of _____, townspeople regularly took into their homes the mentally ill visiting the shrine of Saint Dymphna for cures.

- A) Bruges
- B) Gheel
- C) Waterloo
- D) Ostend

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

42) The Hospital of Saint Mary of Bethlehem, in London, earned which nickname for its deplorable conditions?

- A) Dollhaus
- B) Tollkiste
- C) Bethel Prison
- D) Bedlam

Answer: D

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

43) During the sixteenth, seventeenth, and eighteenth centuries, European mental hospitals humiliated mentally ill patients by:

- A) exhibiting their conditions to the public for a fee.
- B) parading them down the streets in chains.
- C) having them sentenced to prison terms.
- D) creating deplorable conditions to keep them submissive.

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

44) The first Act for Regulating Madhouses, enacted in England, was created in part to:

- A) promote public sympathy for the mentally ill.
- B) improve the deplorable conditions of mental institutions.
- C) provide jobs for poor people confined to madhouses.
- D) reduce crime by removing unstable people from the streets.

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

45) Who among the following maintained that abnormal behavior was caused by excessive blood in the brain?

- A) Dorothea Dix
- B) William Tuke
- C) Benjamin Rush
- D) Philippe Pinel

Answer: C

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

46) The nineteenth-century reformation movement that included rest, relaxation, and prayer in the treatment of mental illnesses was called the:

- A) movement for moral treatment.
- B) mental hygiene movement.
- C) deinstitutionalization movement.
- D) community mental health movement.

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

47) Philippe Pinel was instrumental in the moral treatment of the mentally ill in

- A) England.
- B) America.
- C) Italy.
- D) France.

Answer: D

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

48) In the late 1700s, James was isolated from the public by his family members on account of his mental illness. His family kept him locked in a room, and brought him his meals. However, his brother began to allow him to move more freely throughout the house. In addition, he was allowed to sit outside and work in the garden. The new approach to James's caregiving is representative of the

- A) moral treatment model.
- B) community mental health movement.
- C) managed care system.
- D) psychoanalytic perspective.

Answer: A

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

49) Philippe Pinel, a leader in the moral treatment movement, ordered that the chains be removed from patients because he believed that:

- A) their conditions were specifically the result of their separation from the rest of society.
- B) the patients' health could be improved by restoring their dignity and tranquility.
- C) abnormal behaviors were rooted in supernatural theories and patients needed the freedom to practice their faith.
- D) patients were virtually harmless as long as they were properly medicated.

Answer: B

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

50) Which of the following individuals opened an asylum in England called The Retreat?

- A) William Tuke
- B) Philippe Pinel
- C) Dorothea Dix
- D) Benjamin Rush

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

51) Tuke's idea of moral treatment meant:

- A) giving patients monetary compensation for their previous maltreatment.
- B) helping patients get social support from family members and neighbors who had previously rejected them.
- C) restoring patients' self-restraint by treating them with respect and dignity and by encouraging them to exercise self-control.
- D) helping patients reconnect spiritually with their families and community.

Answer: C

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

52) One of America's most militant crusaders for the moral treatment of the mentally ill was

- A) Helen of Troy.
- B) Dorothea Dix.
- C) Teresa of Avila.
- D) Florence Nightingale.

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

53) Many public hospitals at the turn of the twentieth century:

- A) were sufficiently staffed with professionals to provide individual attention to patients.
- B) were no better than warehouses because of reduced funding and decline in quality of care.
- C) had slightly lower quality of care as compared to private institutions.
- D) were generally built in the city limits, to regain public support for the mentally ill.

Answer: B

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

54) Which of the following statements about Dorothea Dix is true?

- A) She was a European who experienced maltreatment first hand, and immigrated to America to escape the public's insensitivity toward the mentally ill.
- B) America rejected her efforts to improve conditions for the mentally ill, and her life was threatened several times.
- C) She found the treatment of the mentally ill in America dehumanizing and set out on a quest to improve their condition by lobbying in different states to get laws passed.
- D) Although several new hospitals for the insane were established in America during the mid to late 1800s, she could not get them to adopt the humanitarian treatment she advocated.

Answer: C

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

55) Which of the following was an outcome of the rapid growth of the moral treatment movement?

- A) The capacity of asylums to recruit mental health professionals significantly improved.
- B) Physicians, nurses, and other caretakers did not have enough time to give each patient the attention he or she needed.
- C) The number of patients who benefited from the moral treatment increased, and its effectiveness became unquestionable.
- D) All patients, even those whose problems were not due to a loss of dignity or tranquility, benefited from moral treatment.

Answer: B

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

56) Brain pathology as an explanation for psychological disorders was systematically argued by
A) Wilhelm Wundt.
B) Richard von Krafft-Ebing.
C) Franz Anton Mesmer.
D) Wilhelm Griesinger.

Answer: D

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

57) _____ developed a scheme of classifying symptoms into discrete disorders that is the basis for our modern classification systems.

- A) Wilhelm Griesinger
- B) Emil Kraepelin
- C) Richard Krafft-Ebing
- D) Jean Charcot

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

58) The Viennese psychiatrist credited with discovering a connection between paresis and syphilis was

- A) Emil Kraepelin.
- B) Richard Krafft-Ebing.
- C) Alfred Adler.
- D) Wilhelm Wundt.

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

- 59) According to Franz Anton Mesmer,
- A) animal spirits were capable of penetrating and strangling the human spirit causing people to behave abnormally.
 - B) people evolved from animals, and the abnormal behaviors were simply a level above animal behaviors.
 - C) the distribution of a magnetic fluid in a person could be influenced by the magnetic forces of other people, as well as by the alignments of the planets.
 - D) people exhibited abnormal behaviors because of excess blood in their brains.

Answer: C

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

60) The disease, _____, has been characterized as one of the single most important discoveries underpinning modern biological theories of abnormality.

- A) general paresis
- B) hysteria
- C) gonorrhea
- D) delirium

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

61) Rapid advancement in anatomy, physiology, neurology, and chemistry in the late nineteenth century led to increasing focus on _____ causes of abnormality.

- A) biological
- B) psychological
- C) sociological
- D) ecological

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

62) Which psychoanalytic theorist's method was later renamed hypnosis?

- A) Franz Gall
- B) Sigmund Freud
- C) Franz Mesmer
- D) Carl Jung

Answer: C

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

63) Which individual argued that hysteria was caused by degeneration in the brain?

- A) Franz Anton Mesmer
- B) Jean Charcot
- C) Ambroise-Auguste Liebault
- D) Hippolyte-Marie Bernheim

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

64) Which of the following physicians showed that they could induce symptoms of hysteria through hypnosis?

- A) Mesmer and Charcot
- B) Charcot and Bernheim
- C) Bernheim and Liebault
- D) Liebault and Mesmer

Answer: C

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

65) Which psychoanalytic theorist is noted for his study of the unconscious?

- A) Sigmund Freud
- B) Pierre Janet
- C) Jean Charcot
- D) Stanley Hall

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

66) When a patient experiences catharsis, it means that the person has:

- A) lost physical sensation in the body.
- B) become anxious and wishes to withdraw.
- C) experienced a release of emotions.
- D) found a new meaning in life.

Answer: C

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

- 67) Which of the following statements is true about catharsis?
- A) It focused on the realignment of people's magnetic fluids.
 - B) It resulted in more censored discussions of the patient's problems under hypnosis.
 - C) It allowed the therapist to elicit important psychological material more easily.
 - D) It was of little, if any, therapeutic value in terms of treating abnormality.

Answer: C

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

- 68) Who were the authors of *On the Psychical Mechanisms of Hysterical Phenomena* published in 1893?
- A) Freud and Breuer
 - B) Freud and Charcot
 - C) Freud and Adler
 - D) Freud and Hall

Answer: A

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

- 69) Which of the following individuals is regarded as the best-known figure in psychiatry and psychology?
- A) Ivan Pavlov
 - B) Sigmund Freud
 - C) John Watson
 - D) Erik Erikson

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

70) The experiment that demonstrated that dogs could be conditioned to salivate to stimuli other than food was conceptualized by

- A) Ivan Pavlov.
- B) John Watson.
- C) B.F. Skinner.
- D) Edward Thorndike.

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

71) Pavlov's theory of learning focused on

- A) operant conditioning.
- B) social conditioning.
- C) classical conditioning.
- D) cognitive conditioning.

Answer: C

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

72) Which of the following individuals rejected the psychoanalytic and biological theories of abnormality and was inspired by Pavlov's work?

- A) Carl Jung
- B) John Watson
- C) Sigmund Freud
- D) Abraham Maslow

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

73) Which of the following is an incorrect pairing?

- A) Pavlov/classical conditioning
- B) Skinner/classical conditioning
- C) Watson/classical conditioning
- D) Thorndike/operant conditioning

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

74) Operant or instrumental conditioning was theorized by

- A) Thorndike and Skinner.
- B) Pavlov and Watson.
- C) Watson and Skinner.
- D) Pavlov and Thorndike.

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

75) Operant conditioning theory states that learning:

- A) requires the proper modeling of behavior.
- B) is based on a teacher who gives instructions.
- C) behavior requires two active participants.
- D) is affected by the consequences of behavior.

Answer: D

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

76) _____ emphasizes the consequences of reinforcement and punishment on behavior.

- A) Behaviorism
- B) Cognition
- C) Psychoanalysis
- D) Mesmerism

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

77) The thought processes that influence behavior and emotion are called

- A) insights.
- B) cognitions.
- C) feelings.
- D) behaviorisms.

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

78) Which of the following people conceptualized the theory of self-efficacy beliefs?

- A) Albert Bandura
- B) Albert Ellis
- C) Johann Weyer
- D) Aaron Beck

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

79) Albert Bandura argued that people's beliefs about their ability to execute the behaviors necessary to control important events, which he called _____ beliefs, are crucial in determining people's well-being.

- A) self-efficacy
- B) self-regulation
- C) self-esteem
- D) self-motivation

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

80) _____ argued that people prone to psychological disorders are plagued by irrational negative assumptions about themselves and the world.

- A) Albert Bandura
- B) Albert Ellis
- C) Josef Breuer
- D) Ivan Pavlov

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

81) _____ was a class of drugs discovered in the twentieth century that reduced hallucinations and delusions and made it possible for many people who had been institutionalized for years to be released from asylums and hospitals.

- A) Gentamycin
- B) Diethylstilbestrol
- C) Roxatidine
- D) Phenothiazines

Answer: D

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

82) By 1960, as part of the patients' rights movement, patients' rights advocates argued that mental patients can recover more fully or live more satisfying lives if they are integrated into the community, with the support of community-based treatment facilities—a process known as

- A) deinstitutionalization.
- B) restoration.
- C) the community mental health movement.
- D) recuperation.

Answer: A

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

83) Identify the movement that was launched in 1963 by President John Kennedy to provide coordinated mental health services to people in local facilities.

- A) The patients' rights movement
- B) The mental hygiene movement
- C) The community mental health movement
- D) The deinstitutionalization movement

Answer: C

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

84) Which of the following is not an example of a cognition?

- A) Attention
- B) Interpretation of events
- C) Unconscious drive
- D) Belief

Answer: C

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

85) The cognitive revolution shifted psychological perspectives away from behavior toward

- A) unconscious processes of the mind.
- B) internal processers such as the ego, superego, and id.
- C) internal processes such as attention, interpretation of events, and beliefs.
- D) classical and operant conditioning.

Answer: C

Difficulty: 2 Medium

Topic: History of Abnormal Psychology; Cognitive Revolution

Learning Objective: Distinguish between normal but unusual behavior and between unusual but abnormal behavior.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

86) The treatment developed by Albert Ellis for emotional problems is called:

- A) psychoanalysis
- B) instrumental conditioning
- C) rational-emotive therapy
- D) cognitive therapy

Answer: C

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

87) Which of the following characterizes the biomedical approach to psychological treatment?

- A) It began in the early twenty-first century.
- B) It began in the mid-twentieth century.
- C) It has replaced psychodynamic and CBT approaches.
- D) It has become so expensive that only the very rich can afford it.

Answer: B

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

88) The biomedical approach has had _____ effect on the way disorders are treated.

- A) no
- B) little
- C) moderate
- D) significant

Answer: D

Difficulty: 1 Easy

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

89) Which of the following is a type of community-based treatment facility that offers people with long-term mental health problems the opportunity to live in structured, supportive environments while they are trying to reestablish a job and ties to family and friends?

- A) Community mental health centers
- B) Halfway houses
- C) Day treatment centers
- D) Nursing homes

Answer: B

Difficulty: 1 Easy

Topic: Effective Treatment

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.3 Describe applications of psychology.

90) Between 1955 and 2016 the number of patients in psychiatric hospitals

- A) decreased slightly.
- B) decreased significantly.
- C) increased slightly.
- D) increased significantly.

Answer: B

Difficulty: 1 Easy

Topic: Effective Treatment

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.3 Describe applications of psychology.

91) As a result of deinstitutionalization, which of the following has become a significant provider of mental health services in parts of the United States?

- A) Homeless shelters
- B) Community food banks
- C) Prisons
- D) Private homes

Answer: C

Difficulty: 1 Easy

Topic: Effective Treatment

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.3 Describe applications of psychology.

92) _____ allow people to obtain treatment during the day, as well as occupational and rehabilitative therapies, but to live at home at night.

- A) Halfway houses
- B) Community mental-health centers
- C) Assisted living facilities
- D) Day treatment centers

Answer: D

Difficulty: 1 Easy

Topic: Effective Treatment

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.3 Describe applications of psychology.

93) The goal of managed care is to:

- A) institutionalize mentally ill patients for organized treatment and monitoring.
- B) provide employment opportunities for inmates in order to make them self-sufficient.
- C) coordinate services for an existing medical problem and to prevent future medical problems.
- D) channel monetary funds toward the treatment of economically weak patients.

Answer: C

Difficulty: 2 Medium

Topic: Effective Treatment

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.3 Describe applications of psychology.

94) Under a managed care system, primary care physicians:

- A) can coordinate services offered by other providers such as drug treatment.
- B) have the right to refuse service to specific patients regardless of their insurance status.
- C) leave it to the families of people with psychological problems to find appropriate care.
- D) do not have the option of referring their patients to outside consultants.

Answer: A

Difficulty: 2 Medium

Topic: Effective Treatment

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.3 Describe applications of psychology.

95) Which program covers approximately one-quarter of all mental health spending in the United States?

- A) Medicare
- B) Medicaid
- C) Veterans Administration
- D) Social Security

Answer: B

Difficulty: 1 Easy

Topic: Effective Treatment

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 2.2 Demonstrate psychology information literacy.

96) Which of the following statements is true of the state of mental health care in the United States?

- A) Many states have increased benefits for mental health care.
- B) Many states have increased co-payments and controlled drug costs.
- C) Many states have offered up-front payments to providers.
- D) Many states have increased the eligibility for mental health care.

Answer: B

Difficulty: 1 Easy

Topic: Effective Treatment

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 2.2 Demonstrate psychology information literacy.

97) Which of the following is *not* true of the Affordable Care Act (ACA) of 2010?

- A) Insurance plans must cover mental health treatment.
- B) Insurance plans must cover substance abuse treatment.
- C) The U.S. government has allocated funds to treat *all* mentally ill people whether or not they have insurance.
- D) The ACA recognizes the increasing role of primary care providers in psychiatric treatment.

Answer: C

Difficulty: 1 Easy

Topic: Effective Treatment

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.3 Describe applications of psychology.

98) The Affordable Care Act _____ mental health care access in the United States.

- A) limits
- B) cancels
- C) expands modestly
- D) expands significantly

Answer: D

Difficulty: 1 Easy

Topic: Effective Treatment

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 2.2 Demonstrate psychology information literacy.

99) Dr. Mosley has a PhD in psychology and sees patients on a regular basis, but does not prescribe medication. He specializes in psychotherapy for adolescents and young children. Dr. Mosley is most likely a

- A) clinical psychologist.
- B) psychiatrist.
- C) clinical social worker.
- D) psychiatric nurse.

Answer: A

Difficulty: 2 Medium

Topic: Approaches to Abnormal Psychology

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA Outcome: 5.1 Apply psychological content and skills to career goals.

100) _____ specialize in helping, couples, parents, and children overcome problems that are interfering with their well-being.

- A) Marriage and family therapists
- B) Psychiatrists
- C) Clinical psychologists
- D) Psychiatric nurses

Answer: A

Difficulty: 1 Easy

Topic: Approaches to Abnormal Psychology

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 5.1 Apply psychological content and skills to career goals.

101) Individuals dealing with psychological problems related to being unemployed would mostly likely seek assistance to find a job from a

- A) clinical psychologist.
- B) psychiatrist.
- C) clinical social worker.
- D) psychiatric nurse.

Answer: C

Difficulty: 2 Medium

Topic: Approaches to Abnormal Psychology

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Apply

Accessibility: Keyboard Navigation

APA Outcome: 5.1 Apply psychological content and skills to career goals.

102) Some states have _____, individuals who have graduate training in counseling beyond a bachelor's degree in counseling, but have not obtained a PhD.

- A) clinical social workers
- B) psychiatric nurses
- C) marriage and family therapists
- D) licensed mental health counselors

Answer: D

Difficulty: 1 Easy

Topic: Approaches to Abnormal Psychology

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 5.1 Apply psychological content and skills to career goals.

103) _____ have a degree in nursing and often work on inpatient psychiatric wards in hospitals, delivering medical care and certain forms of psychotherapy.

- A) Clinical psychologists
- B) Psychiatric nurses
- C) Psychiatrists
- D) Licensed mental health counselors

Answer: B

Difficulty: 1 Easy

Topic: Approaches to Abnormal Psychology

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 5.1 Apply psychological content and skills to career goals.

- 104) Which of the following is true of the various professions within abnormal psychology?
- A) Psychiatrists have limited prescription-writing privileges, whereas clinical psychologists have full privileges.
 - B) Clinical psychologists typically have an MD degree, while psychiatrists typically have a PhD in psychology.
 - C) Psychiatric nurses must have a master's degree in counseling to work with clients who have psychological problems.
 - D) Psychiatric nurses have privileges to write prescriptions for psychotherapeutic drugs in some states.

Answer: D

Difficulty: 2 Medium

Topic: Approaches to Abnormal Psychology

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 5.1 Apply psychological content and skills to career goals.

105) Discuss the continuum model of abnormality and the different criteria used for labeling behavior as normal or abnormal.

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

- Cultural relativism—no universal standards or rules exist for labeling behaviors as normal; instead, behaviors are classified as normal/abnormal relative to cultural norms and gender role expectations; dangers in defining abnormality based on cultural norms include prejudicial, discriminatory, oppressive, biased, and intolerant attitudes, beliefs, behaviors, policies, laws, etc.
- Continuum model of abnormality—no clear line exists between normal and abnormal; behaviors are classified as normal or abnormal based on the degree to which they are typical, distressful, interfering, and dangerous
- Unusualness—behaviors that are deviant or unusual; problems with the unusualness criterion: the unusualness of any behavior depends in part on cultural norms (similar to cultural relativism), there is no method of determining how unusual a behavior must be in order for it to be labeled abnormal, many rare behaviors are positive for the individual and for society—most people would object to labeling such behaviors abnormal
- Distress—the individual suffers distress and wishes to be rid of the behaviors; objections to the distress criterion: people are not always aware of how stressful their behaviors are for themselves or others, some behaviors cause great distress in others (but are not stressful to the person displaying the behaviors)
- Mental illness—abnormality results from a disease process; problems with this criterion include a lack of biological tests to diagnose mental illness disease processes, diagnostic labels do not refer to identifiable physical processes that are evident in all people who exhibit these symptoms (i.e., diagnostic labels only refer to a set of symptoms)
- The four Ds of abnormality—dysfunction, distress, deviance, and dangerousness

Difficulty: 2 Medium

Topic: Diagnosis

Learning Objective: Distinguish between normal but unusual behavior and between unusual but abnormal behavior.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.1 Describe key concepts, principles, and overarching themes in psychology.

106) Discuss the difficulty in determining abnormality.

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

- Examining behaviors, thoughts, and feelings
- Assessing in terms of being unusual, distressing, functionally impairing, or dangerous

Difficulty: 2 Medium

Topic: Approaches to Abnormal Psychology

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

107) Describe the ancient Chinese theories of abnormal behavior.

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

- Concepts of yin and yang (e.g., "excited insanity")
- Emotions believed to be controlled by internal organs—"vital air"
- Taoism and Buddhism—religious interpretations of abnormal behavior (evil winds and ghosts blamed for bewitching people and inciting erratic emotional displays and uncontrolled behavior)

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

108) Describe the ancient Egyptian, Greek, and Roman theories of abnormal behavior.

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

- Concept of "wandering uterus"—the uterus dislodged and wandered throughout a woman's body, interfering with her other organs, causing hysteria
- Greeks and Romans saw madness as an affliction from the gods, but Greek physicians rejected supernatural explanations
- Hippocrates—phobias, imbalance of four basic bodily humors—blood, phlegm, yellow bile, black bile, classification of abnormal behavior into epilepsy, mania, melancholia, and brain fever
- Plato—some forms of madness were divine, madness related to impulse, passion, or appetite
- Treatments—bleeding patients, rest, relaxation, change of climate, change of diet

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

109) Compare and contrast the treatment of people with mental health problems in ancient Greece with the moral treatment movement of the eighteenth century.

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

- Ancient Greece—state claimed no responsibility but could take rights away from people declared mad; no asylums or institutions; people considered mad were confined, could not marry or acquire property; poor people left to roam the streets; those who were considered mad and were violent were locked up
- Moral treatment—a humane, individual approach to treating patients, patients were treated with kindness and dignity, encouraged social activity; growth of mental institutions and public hospitals

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Analysis

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

110) What were the common psychological explanations offered for persons accused of witchcraft in the Middle Ages?

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

- The Church's position on witchcraft
- Johann Weyer
- Reginald Scott
- Teresa of Avila
- Cultural implications of the existence of witches

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Remember

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

111) State how and why the concept of moral treatment evolved and the problems associated with its failures, and discuss the individuals who were instrumental in its development.

Answer: Key terms and concepts that maybe included in student responses:

- Deplorable conditions in asylums in Europe and America
- The Act for Regulating Madhouses
- New psychological view—restoration of dignity, rest, relaxation
- Efforts of Pinel, Tuke, and Dix
- Training of mental health professionals
- Increase in mental institutions and public hospitals
- Problems associated with rapid growth—influx of immigrants, decline in humane conditions, lack of public support, and decrease in funding

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

112) Discuss the efforts Philippe Pinel and Dorothea Dix made to change the treatment of mentally ill patients.

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

- Pinel—moral treatment, removed chains from patients, provided atmosphere conducive for restoring health and regaining tranquility, encouraged social activity for patients
- Dix—lobbying led to passage of laws, training mental health professionals, established mental health facilities

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

113) Describe the growth of psychoanalytic theory. Who were some of the key contributors to this school of thought?

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

- Mesmer—magnetic fluids, mesmerism, hypnosis
- Bernheim and Liebault—hysteria and hypnosis
- Jean Charcot—hysteria, psychological causes of abnormality
- Freud and Josef Breuer—the unconscious, catharsis

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

114) Identify the forces that influence behavior and emotion from the perspective of the Cognitive Revolution.

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

- Attention
- Interpretation of events
- Beliefs

Difficulty: 2 Medium

Topic: History of Abnormal Psychology; Cognitive Revolution

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

115) Discuss the deinstitutionalization movement and its impact on mental health care in the United States.

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

- Drug therapy
- Patient's rights movements
- Community mental-health movement
- Community mental-health centers, halfway houses, day treatment centers
- Impact—decline in the number of patients in state psychiatric hospitals, better quality of life for patients, freedom
- Problems—lack of resources, closure of hospitals, transfer of patients to ill-equipped nursing homes, increase of homeless persons with mental illnesses

Difficulty: 2 Medium

Topic: History of Abnormal Psychology

Learning Objective: Understand how explanations of abnormal behavior have changed through time.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 1.2 Develop a working knowledge of psychology's content domains.

116) Explain why up to two-thirds of incarcerated inmates have a diagnosable mental illness.

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

- Deinstitutionalization saw a significant outflow of mentally ill people from psychiatric hospitals to community mental health centers (including half-ways houses and day treatment centers).
- Inadequate resources to fund community health centers and related support opportunities has often been inadequate to meet the needs of the many people who need services
- Many mentally ill people end up homeless.
- Homeless people often behave in ways that lead to their imprisonment.

Difficulty: 3 Hard

Topic: Effective Treatment

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 1.3 Describe applications of psychology.

117) Describe the different professions within abnormal psychology.

Answer:

- Psychiatrist—has an MD degree, specialized training in the treatment of psychological problems, prescribes medication
- Clinical psychologist—generally earns a PhD, in psychology, specializes in psychological problems, limited prescription privileges in some states
- Clinical social worker—has a master's degree in social work, helps people overcome social conditions contributing to their psychological problems
- Psychiatric nurse—graduate-level nursing degree, works on inpatient psychiatric wards in hospitals
- Marriage and family counselor—specializes in family problems, child adjustment
- Licensed mental health counselor—has graduate training in counseling, but has not obtained a PhD

Difficulty: 2 Medium

Topic: Approaches to Abnormal Psychology

Learning Objective: Describe the facets of modern mental health care.

Bloom's: Understand

Accessibility: Keyboard Navigation

APA Outcome: 5.1 Apply psychological content and skills to career goals.