

1. In the opening scenario of Chapter 2 in your text, Mariella began experiencing a combination of physical and mental discontents. Her friends and college cohorts believed that she was suffering from
- homesickness.
  - depression.
  - anorexia.
  - narcolepsy.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* Case: Mariella

*OTHER:* TYPE: factual

2. Mental health professionals use perspectives, called models, to
- discredit other professional's ideas.
  - understand why someone has problems.
  - separate symptoms from syndromes.
  - apply their own feelings to a diagnosis.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* Introduction

*OTHER:* TYPE: conceptual

3. There are five main models used to explain mental disorders. These models influence
- the way we think about mental disorders.
  - the way we assess mental disorders.
  - the way we treat mental disorders.
  - all of these are influenced by the five models.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* Introduction

*OTHER:* TYPE: factual

4. There are five main models described in your text used to explain mental disorders. Which of the following is NOT one of the models included in your text?
- Cognitive-behavioral
  - Sociocultural
  - Psychosocial
  - Psychodynamic

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* Introduction

*OTHER:* TYPE: conceptual

5. Ari has had a great deal of difficulty functioning in the last year. He has gone to a therapist for an evaluation and assessment to help diagnose the nature of his problems. As part of the assessment, the therapist shows him images of different inkblots and asks Ari to describe what he sees in the inkblot. The therapist believes that Ari's responses reveal unconscious conflicts that may be the root cause of his problems. Ari's therapist probably supports the \_\_\_\_\_ model.
- a. cognitive-behavioral
  - b. humanistic
  - c. sociocultural
  - d. psychodynamic

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* Introduction

*OTHER:* TYPE: application

6. Which model of mental disorder focuses on external environmental events and includes the family systems perspective?
- a. Sociocultural
  - b. Psychodynamic
  - c. Cognitive
  - d. Humanistic

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* Introduction

*OTHER:* TYPE: factual

7. Regarding models of abnormal behavior,
- a. each practitioner develops their own labels and descriptions.
  - b. they are not accepted by the APA.
  - c. many professionals integrate the models.
  - d. strict, rigid boundaries dictate the exact interpretations.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* Introduction

*OTHER:* TYPE: conceptual

8. The basis of the biological model is
- a. a patient must have knowledge of biology.
  - b. nature and nurture work together.
  - c. based on brain function and physical causes.
  - d. a strong emphasis on the environment.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

9. The person considered to be the father of psychiatric classification and a major contributor to the biological model was
- Emile Durkheim.
  - Emil Kraepelin.
  - Philippe Pinel.
  - Clifford Beers.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

10. When assessing syndromes, many psychiatrists believe
- they are all nearly interchangeable.
  - the brain and the body are entirely separate.
  - they have no bearing on treatment.
  - each syndrome has its own biological cause.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: conceptual

11. The biological model rests on the assumption that mental states, emotions, and behaviors arise from
- brain function and other physical processes.
  - motives and conflicts within a person.
  - choice, free will, and personal growth.
  - measurable environmental stimuli.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: conceptual

12. Emil Kraepelin noticed clusters of symptoms that became referred to as
- syndromes.
  - psychosis.
  - diagnostics.
  - diagnosis.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

13. Kraepelin believed syndromes to be separate from one another, and that each syndrome
- a. can be traced to genetics.
  - b. has unique causes, symptoms, and outcomes.
  - c. is impacted by neurotransmitters.
  - d. has brain change associated with it.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

14. Dementia praecox, one of the two major mental disorders proposed by Emil Kraepelin, is most similar to
- a. schizophrenia.
  - b. bipolar disorder.
  - c. obsessive-compulsive disorder.
  - d. dissociative identity disorder.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

15. Genetic material refers to genetic \_\_\_\_\_ contained in the nucleus of every human cell.
- a. axons
  - b. familial patterns
  - c. "codes"
  - d. neurotransmitters

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

16. The terms genotype and phenotype refer respectively to
- a. one's genetic composition and one's observable characteristics.
  - b. the allele combinations and the notion of personality.
  - c. genetic engineering and physical alterations.
  - d. one's observable traits and one's genetic code.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Biological Model

*OTHER:* TYPE: conceptual

17. When scientists study the impact of genetic and environmental influences, the research area is called
- a. genetic behavior.
  - b. gene splicing.
  - c. behavior genetics.
  - d. genome mapping.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

18. The research area dedicated to understanding what specific inherited genes contribute to mental disorders is called
- a. molecular genetics.
  - b. behavioral genetics.
  - c. chromosomal analysis.
  - d. dementia praecox.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

19. John has a number of observable characteristics that may have the ability to change over time. These observable characteristics are known as a person's
- a. genotype.
  - b. behavioral genetics.
  - c. phenotype.
  - d. neurotransmitter response.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: conceptual

20. The genetic composition of a person is known as a \_\_\_\_\_ and is fixed at birth, whereas an observable characteristic of a person is known as a \_\_\_\_\_ and can change over time.
- a. phenotype; genotype
  - b. genotype; phenotype
  - c. chromosome; genetic expression
  - d. genetic expression; chromosome

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* The Biological Model

*OTHER:* TYPE: conceptual

21. Researchers in the field of \_\_\_\_\_ analyze DNA to identify associations between specific genes and mental disorders.
- a. behavior genetics
  - b. abnormal psychology
  - c. maladaptive behavior
  - d. molecular genetics

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

22. The amount of variation in a phenotype attributed to genetic factors is known as
- a. genotype.
  - b. phenotype.
  - c. heritability.
  - d. molecular genetics.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

23. Which disorder has the lowest genetic heritability?
- a. Depression
  - b. Bipolar disorder
  - c. Schizophrenia
  - d. Substance use disorder

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

24. Liesl is working on a research grant that aims to identify the specific genes involved in autism. She and her colleagues want to understand how these genes work to produce the symptoms associated with autism in all its varying degrees. Liesl is involved in the study of
- a. psychiatry.
  - b. child psychology.
  - c. behavior genetics.
  - d. molecular genetics.

*ANSWER:* d

*DIFFICULTY:* difficult

*REFERENCES:* The Biological Model

*OTHER:* TYPE: application

25. The central nervous system is made up of
- neurons in the center of the brain.
  - the endocrine and exoskeleton systems.
  - the brain and spinal cord.
  - internal cells that are mainly afferent in nature.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: conceptual

26. Nerve cells (neurons) have four basic structures:
- glia, neurotransmitters, membrane, and axon.
  - dendrites, cell body, axon, and terminal buttons.
  - axon, soma, cell body, and synapse.
  - electrolyte, ion, membrane, and dendrite.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

27. The small gap between neurons that facilitates neurotransmitter activity is called the
- terminal gap.
  - fluid cleft.
  - synapse.
  - reabsorption zone.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

28. When neurotransmitters are reabsorbed it is called
- polarization.
  - reformation.
  - permeable action.
  - reuptake.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

29. Decreased neurotransmitter activity happens when\_\_\_\_\_, and increased neurotransmitter activity happens when \_\_\_\_\_.
- a. depression occurs; anxiety or mania occurs
  - b. medications block neurotransmitters; medications block the reabsorption
  - c. membranes leak; membranes in large
  - d. enzymes activate; and send deactivate

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: application

30. Medications influence neurotransmitter systems to treat mental disorder. Medications may\_\_\_\_\_to increase neurotransmitter levels.
- a. block synapses
  - b. block reuptake
  - c. stimulate membranes
  - d. stimulate reuptake

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

31. According to Chapter 2 of your text, six major neurotransmitters will be discussed throughout your book. Which one of the following is NOT one of them?
- a. Dopamine
  - b. Serotonin
  - c. Adrenaline
  - d. Norepinephrine

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

32. Which of the following is NOT the correct pairing between the neurotransmitter and its major functions?
- a. Serotonin; processing of information, regulation of mood, behavior, and thought processes
  - b. Norepinephrine; regulation of arousal, mood, behavior, and sleep
  - c. Dopamine; learning and memory
  - d. Acetylcholine; motor behavior, reward, attention

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual



33. The two hemispheres of the brain
- a. each control movement for the opposite side of the body.
  - b. have generalized functions that either hemisphere can perform.
  - c. do not communicate with each other.
  - d. all of these are related to the two hemispheres of the brain.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Biological Model

*OTHER:* TYPE: conceptual

34. The cerebral cortex of the brain has
- a. a smooth surface.
  - b. four lobe areas in each hemisphere.
  - c. the ability to perform only emotional processing.
  - d. inner surfaces of the cerebrum.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

35. The text suggests that the main cortex area that mental health researchers focus on is the
- a. frontal lobe.
  - b. thalamus.
  - c. occipital lobe.
  - d. basal ganglia.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

36. The section of the brain that is largely responsible for consciousness, memory, attention, and higher-order functioning is the
- a. cerebral cortex.
  - b. frontal lobe.
  - c. limbic system.
  - d. thalamus.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

37. The section of the brain responsible for movement, planning, inhibiting behavior, and decision making is the
- a. limbic system.
  - b. occipital lobe.
  - c. parietal lobe.
  - d. frontal lobe.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

38. The section of the brain associated with touch is the
- a. limbic system.
  - b. occipital lobe.
  - c. parietal lobe.
  - d. frontal lobe.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

39. The midbrain contains the\_\_\_\_\_, which is involved in arousal and stress or tension.
- a. reticular activating system
  - b. medulla
  - c. pons
  - d. cerebellum

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

40. Which area of the brain regulates emotions and impulses and includes the hippocampus and the amygdala?
- a. Pons
  - b. Thalamus
  - c. Basal ganglia
  - d. Limbic system

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

41. Based on your text's description of the function associated with different brain structures, which brain structure below is MOST likely to be associated with an eating disorder?
- a. Hypothalamus
  - b. Thalamus
  - c. Pons
  - d. Medulla

*ANSWER:* a

*DIFFICULTY:* difficult

*REFERENCES:* The Biological Model

*OTHER:* TYPE: application

42. Medications that decrease \_\_\_\_\_ generally have antipsychotic effects to ease symptoms of schizophrenia.
- a. norepinephrine
  - b. acetylcholine
  - c. dopamine
  - d. glutamate

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

43. Shayne has been diagnosed with depression. Her psychiatrist has just prescribed a medication, and it seems to be very effective. It probably is targeting which neurotransmitter to alleviate Shayne's symptoms?
- a. Glutamate
  - b. Dopamine
  - c. Serotonin
  - d. Acetylcholine

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* The Biological Model

*OTHER:* TYPE: application

44. Findings from the biological model have led to better knowledge about
- a. which genes are inherited.
  - b. how neurotransmitter effects can help treat mental disorder.
  - c. how brain changes over time lead to abnormal behavior.
  - d. all of these have been assisted by the biological model.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

45. The deep valley in the cerebral cortex that divides the frontal lobe from the rest of the brain is the
- longitudinal fissure.
  - central fissure.
  - lateral fissure.
  - subcortical fissure.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

46. The area of the brain that is located behind the parietal and temporal lobes, associated with vision, is the
- cerebellum.
  - prefrontal cortex.
  - occipital lobe.
  - frontal lobe.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

47. The structure located in the limbic system that is involved in emotion and aggression is the
- medulla.
  - hippocampus.
  - thalamus.
  - amygdala.

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* The Biological Model

*OTHER:* TYPE: factual

48. Which of the following is NOT one of the limitations of the biological model?
- It does not provide a full account of any mental disorder.
  - It does not explain how biological factors cause mental disorders.
  - It ignores the role of family, stress, and other environmental factors.
  - It has had very little impact on how we treat mental disorders.

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* The Biological Model

*OTHER:* TYPE: conceptual

49. Several basic principles comprise the psychodynamic perspective, including
- childhood experiences have little impact on adult personality.
  - causes and purposes of human behavior are not always obvious.
  - people use meditation to control anxiety or stress.
  - all of the above are principles within the psychodynamic perspective.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

50. A key aspect of the psychodynamic perspective is unconscious motivation, which refers to
- use of defense mechanisms to control anxiety or stress.
  - hidden realms of emotion, thought, and behavior may drive us to act in a certain way.
  - the idea that everything we do has meaning and purpose and is goal-directed.
  - the concept that the id propels us to meet basic demands such as hunger.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

51. Scientists in disciplines such as cognitive and social psychology and neuroscience have found that cognitive and behavioral processes
- always appear to be under cognitive control.
  - do not always appear to be under cognitive control.
  - are only measured at the conscious level.
  - are only measured at the unconscious level.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

52. Hidden realms of emotion, thought, and behavior may affect motives that drive us to act in certain ways. This is known as
- unconscious motivation.
  - defense mechanisms.
  - psychic determinism.
  - primary process.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

53. According to the psychodynamic model,\_\_\_\_\_are strategies used to cope with unconscious anxiety or stressors, such as conflict with others.
- a. unconscious motivations
  - b. defense mechanisms
  - c. psychic determinism
  - d. primary process

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

54. The id operates on the\_\_\_\_\_principle.
- a. reality
  - b. pleasure
  - c. morality
  - d. suggestive

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

55. The\_\_\_\_\_is an organized, rational system that uses higher-order thinking processes to obtain gratification.
- a. id
  - b. ego
  - c. superego
  - d. defense mechanism

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

56. The ego uses\_\_\_\_\_processes to mediate demands of the id and demands of the environment.
- a. primary
  - b. secondary
  - c. tertiary
  - d. moral

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: conceptual

57. Dawud was at a party where pretty much everyone was intoxicated. Although Dawud would very much like to fit in with his peers at the party, he has been raised to believe that intoxication is wrong, and he can't bring himself to participate in the revelries. Which part of Dawud's personality, according to the psychodynamic model, has influenced Dawud's choice to abstain from the drinking at the party?

- a. Id
- b. Ego
- c. Superego
- d. Superid

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: application

58. Freud proposed that each person progresses through\_\_\_\_\_stages of development.

- a. erogenous
- b. psychodynamic
- c. retrosexual
- d. psychosexual

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

59. Holly constantly talks too much. She smokes, overeats, and bites her fingernails. A therapist who supports the psychodynamic model might see Holly as fixated on the\_\_\_\_\_stage of psychosexual development.

- a. oral
- b. anal
- c. phallic
- d. genital

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: application

60. Lydia is excessively neat and compulsive. A therapist who supports the psychodynamic model might argue that Lydia is fixated at the\_\_\_\_\_stage of psychosexual development.

- a. oral
- b. anal
- c. phallic
- d. latency

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: application

61. Sexual organs become the prime source of gratification during the \_\_\_\_\_ stage.

- a. oral
- b. anal
- c. phallic
- d. genital

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

62. Fixation can be caused when

- a. excessive frustration or overindulgence at a psychosexual stage occurs.
- b. if the Oedipus complex overtakes the Electra complex.
- c. regression has occurred.
- d. a client represses feelings.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: conceptual

63. A child deprived or neglected during the oral stage of development may compensate in adulthood by engaging in behaviors such as

- a. smoking.
- b. talking.
- c. drinking alcohol.
- d. all of the above may be results.

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

64. The ego experiences \_\_\_\_\_ when the id urges to seek impulsive gratification or when the superego imposes shame and guilt.

- a. anxiety
- b. depression
- c. desire
- d. withdrawal

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual



65. A basic ego defense that occurs when a person banishes threatening feelings, thoughts, or impulses from consciousness is
- a. reaction formation.
  - b. repression.
  - c. regression.
  - d. projection.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

66. Which defense mechanism refers to attributing one's own unacceptable motives or impulses to another person?
- a. Intellectualization
  - b. Regression
  - c. Projection
  - d. Reaction formation

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

67. Jason has removed feelings and thoughts of his abusive childhood from his conscious memory through the process of
- a. reaction formation.
  - b. repression.
  - c. regression.
  - d. projection.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: application

68. Returning to a stage that previously gave a person much gratification is the defense mechanism called
- a. reaction formation.
  - b. repression.
  - c. regression.
  - d. projection.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

69. When unconscious feelings are attributed to another person,\_\_\_\_\_ has occurred.

- a. reaction formation
- b. repression
- c. regression
- d. projection

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

70. Projection occurs when

- a. one's own feelings are attributed to another person.
- b. a person acts younger than they are.
- c. thoughts are pushed out of consciousness.
- d. a person transfers feelings to their therapist.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

71. Mariella, from the scenario in Chapter 2 of the text, may have developed her depression due to

- a. unconscious conflict of emotions.
- b. conscious conflict of emotions.
- c. unconscious expression of emotions.
- d. conscious expression of emotions.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: application

72. Psychodynamic mental health professionals often assess unconscious motivations and conflicts using \_\_\_\_\_ techniques.

- a. behavioral
- b. cognitive
- c. projective
- d. biological

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

73. The projective hypothesis is an assumption based on the belief that people
- demonstrate unconscious needs in behavioral patterns of behavior.
  - think about their unconscious needs and wants.
  - reveal unconscious needs and conflicts when presented with ambiguous stimuli.
  - reveal internal conflicts in brain imaging techniques.

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

74. Calvin is completing a projective assessment. He is shown different cards with pictures on them and asked to generate a story about what the card depicts. His therapist then analyzes his responses for clues as to his unconscious motivations. Calvin is most likely taking which personality test?
- Rorschach Inkblot Test
  - Thematic Apperception Test
  - Myers-Briggs Test
  - The MMPI

*ANSWER:* b

*DIFFICULTY:* difficult

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: application

75. From the perspective of the psychodynamic model, ego defenses are thought to be \_\_\_\_\_ during sleep, making dream analysis a valuable tool.
- lower
  - higher
  - less creative
  - more creative

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: conceptual

76. The events depicted in a dream are known as the \_\_\_\_\_ content.
- insight
  - projective
  - manifest
  - latent

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

77. Ferris is telling his therapist about the crazy dream he had. "I went down to the dining hall, and when I got there, someone told me I had to jog around the building three times before I could get my breakfast. So I did, and as I ran, I bumped into my professor and she started chasing me." Ferris is describing the\_\_\_\_\_content of his dream to his therapist.

- a. manifest
- b. latent
- c. projective
- d. objective

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: application

78. The cornerstone of psychodynamic therapy and the method by which unconscious meanings of thoughts and behavior are revealed is

- a. insight therapy.
- b. projection.
- c. interpretation.
- d. dream analysis.

*ANSWER:* c

*DIFFICULTY:* difficult

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: conceptual

79. Sally begins to yell at her therapist in the same manner that she did to her father when she was a child. Psychodynamic therapy would explain this behavior as

- a. projection.
- b. transference.
- c. analysis.
- d. manifestation.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: application

80. In the course of one therapy session, Stanley suddenly understands that the reason he has been depressed is because he is unconsciously angry at his parents for pushing him to be a doctor. Stanley's sudden understanding into his unconscious emotion and its connection to his depression illustrates
- a. projection.
  - b. manifest content.
  - c. insight.
  - d. transference.

*ANSWER:* c

*DIFFICULTY:* difficult

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: application

81. Clienttherapist interactions provide clues about the nature of a client's problems as well as being an opportunity to interpret\_\_\_\_\_in an immediate situation.
- a. projection
  - b. transference
  - c. primary processes
  - d. dream analysis

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

82. Perhaps the biggest weakness of the psychodynamic perspective is it has
- a. little empirical support.
  - b. too much emphasis on biological processes.
  - c. little behavioral support.
  - d. labels behavior rather than explains it.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: conceptual

83. For years, psychodynamic theorists were accused of being
- a. antiscientific.
  - b. behaviorists.
  - c. easily swayed.
  - d. humanists.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Psychodynamic Model

*OTHER:* TYPE: factual

84. Involuntary hospitalization of people at serious risk of harming themselves or others is called
- a. competency to stand trial.
  - b. insanity.
  - c. criminal commitment.
  - d. civil commitment.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* Focus on Law and Ethics: Dangerousness and Commitment

*OTHER:* TYPE: factual

85. A group of theorists that emphasize human growth, choice, and responsibility adopt a(n)\_\_\_\_\_model of psychology.
- a. behavioral
  - b. cognitive
  - c. humanistic
  - d. eclectic

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

86. The assumption that one's behavior is determined by perceptions of self and others is known as the \_\_\_\_\_ approach.
- a. cognitive
  - b. behavioral
  - c. phenomenological
  - d. psychodynamic

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

87. Javier believes that people are innately good and will quite naturally strive to grow and seek fulfillment. Javier is probably a proponent of the\_\_\_\_\_model.
- a. humanistic
  - b. behavioristic
  - c. cognitivist
  - d. eclectic

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: application

88. The individual who originated the idea that humans have basic and higher-order needs they strive to satisfy during their lifetime was
- a. Freud.
  - b. Maslow.
  - c. Rogers.
  - d. Skinner.

*ANSWER:* b

*DIFFICULTY:* difficult

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

89. Maslow believes the most basic needs a person has are
- a. physiological.
  - b. safety.
  - c. security.
  - d. social.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: conceptual

90. The highest level of need that Maslow proposed is
- a. physiological.
  - b. self-actualization.
  - c. security.
  - d. social.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: conceptual

91. As a senior in college, Elenita is facing a tough job market after she graduates. She very much wants to find a job with significant work that is viewed as prestigious. She has a large circle of close friends who support her in her quest for a great job. She lives in a nice apartment off campus and has sufficient money to pay her bills. Which of Maslow's needs is Elenita concerned with meeting as she faces graduation?
- a. Self-actualization
  - b. Ego (esteem)
  - c. Acceptance
  - d. Safety

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: application

92. Maslow's hierarchy of needs includes all of the following EXCEPT

- a. self-actualization.
- b. safety/security.
- c. social/belonging.
- d. unconditional positive regard.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

93. Unhealthy people experience personal or other obstacles to\_\_\_\_\_and may develop mental problems as a result.

- a. physiological
- b. self-actualization
- c. security
- d. social

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

94. People thought to be moral beings who can understand reality and view things objectively are considered to have reached the\_\_\_\_\_level in Maslow's hierarchy of needs.

- a. physiological
- b. self-actualization
- c. security
- d. social

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

95. Client-centered therapy attempts to allow clients to become more person centered or autonomous and less worried about others' disapproval. This oversensitivity to the demands of others that client-centered therapy tries to overcome is called

- a. conditional wariness.
- b. other-centeredness.
- c. therapist guiding.
- d. self-discovery.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: conceptual



96. Rogers developed \_\_\_\_\_ therapy that relies heavily on unconditional positive regard and empathy.
- a. unconditional
  - b. conditional
  - c. behavioral
  - d. client-centered

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

97. A client-centered therapist establishes a therapeutic environment in which a client is
- a. completely accepted.
  - b. unjudged.
  - c. both completely accepted and unjudged.
  - d. neither acceptance nor judgment are parts of the therapeutic environment.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: conceptual

98. Rollo May is responsible for creating \_\_\_\_\_ psychology.
- a. positive
  - b. biological
  - c. psychodynamic
  - d. existential

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

99. How closely one adheres to one's personality is referred to as
- a. existential.
  - b. reality.
  - c. authenticity.
  - d. other-centeredness.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

100. Existential theorists believe that people are alone in the world and may therefore develop a sense of
- a. meaninglessness.
  - b. authenticity.
  - c. apprehension.
  - d. anxiety.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

101. Humanistic theorists support a \_\_\_\_\_ model of assessment.
- a. quantitative
  - b. qualitative
  - c. nondirective
  - d. directive

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

102. Treatment from a humanistic perspective is
- a. nondirective.
  - b. directive.
  - c. behavioral.
  - d. biological.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

103. The humanistic model is optimistic and tied to contemporary \_\_\_\_\_ psychology.
- a. positive
  - b. psychoanalysis
  - c. behavioral
  - d. biological

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: conceptual

104. The humanistic approach has several limitations, including lack of

- a. empathy.
- b. biological support.
- c. empirical support.
- d. ability to assist clients.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

105. Humanistic therapy has been criticized for all of the following EXCEPT

- a. being unscientific.
- b. lacking empirical support.
- c. its ineffectiveness with severe disorders and toward certain groups.
- d. being too harsh and confrontational.

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: conceptual

106. Ned has become comfortable with his humanistic therapist and has likely responded to a therapeutic environment of

- a. acknowledgment, guidance, and conditional praise.
- b. respect, empathy, and complete acceptance.
- c. casual exchange, informal relationship, and support.
- d. minimal cost, maximum benefits, and no labels or stigma.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: conceptual

107. Rogers' client-centered approach has led to process variables that contribute to treatment success. One particularly helpful process variable is a therapeutic environment based on

- a. insight.
- b. empathy.
- c. instruction.
- d. all of these are included in a good environmental process variable.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

108. According to your text, which perspective below focuses on both internal and external factors, has good empirical support, and applies to many people with a mental disorder?
- a. Cognitive-behavioral
  - b. Psychoanalytic
  - c. Psychosomatic
  - d. Humanistic

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: factual

109. The\_\_\_\_\_perspective focuses on directly observable actions that people perform.
- a. cognitive
  - b. behavioral
  - c. humanistic
  - d. psychodynamic

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: conceptual

110. Jazmine is a freshman at college. She is consumed with thoughts of how she might fail, and these thoughts tend to impede her ability to perform well on tests and assignments at college. Her counselor at the student health center has been working with her to develop new ways of thinking and probably emphasizes the\_\_\_\_\_perspective.
- a. cognitive
  - b. behavioral
  - c. humanistic
  - d. psychodynamic

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: application

111. The\_\_\_\_\_perspective is based on the assumption that all behavior—normal or abnormal—is learned.
- a. cognitive
  - b. behavioral
  - c. humanistic
  - d. psychodynamic

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: conceptual

112. Learning to associate automatic responses with previously neutral stimuli is referred to as
- a. observational learning.
  - b. classical conditioning.
  - c. operant conditioning.
  - d. positive reinforcement.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: factual

113. Carl wasn't always afraid of stoplights, but when he was little he was kidnapped out of his mother's car while they were stopped at a stoplight. He was recovered within 48 hours. But now, even as an adult, he finds himself avoiding stoplights, and if he can't avoid them, he feels tension mounting. Carl's fear of stoplights is a(n)\_\_\_\_\_in the classical conditioning paradigm.
- a. unconditioned stimulus
  - b. unconditioned response
  - c. conditioned stimulus
  - d. conditioned response

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* The Humanistic Model

*OTHER:* TYPE: factual

114. Reinforcement that involves giving a pleasant event or consequence after a behavior has occurred is known as \_\_\_\_\_reinforcement.
- a. cognitive
  - b. behavioral
  - c. positive
  - d. negative

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: factual

115. Positive reinforcement occurs when a behavior results in\_\_\_\_\_, and negative reinforcement occurs when a behavior results in\_\_\_\_\_.
- a. a pleasant event; the removal of an unpleasant event
  - b. punishment; reward
  - c. a pleasant outcome; a reward for bad behavior
  - d. escape; punishment

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: conceptual

116. Removing an aversive event following a behavior, which will increase the future likelihood of the behavior, is known as
- a. cognitive reinforcement.
  - b. behavioral reinforcement.
  - c. positive reinforcement.
  - d. negative reinforcement.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: factual

117. Lorraine's therapist studied under Aaron Beck's guidance and subsequently became primarily focused on \_\_\_\_\_ in therapy.
- a. cognitive-behavioral merging
  - b. conditioning and behavior modification
  - c. cognitive distortions
  - d. psychodrama and role-playing

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: application

118. Erroneously blaming oneself for events leads to the cognitive distortion known as
- a. arbitrary inference.
  - b. catastrophizing.
  - c. personalization.
  - d. external locus of control.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: factual

119. When we enter a situation with some expectation of what may happen, we use a network of accumulated knowledge known as
- a. cognitive schemas.
  - b. expectancy effects.
  - c. perspective taking.
  - d. arbitrary inference.

*ANSWER:* a

*DIFFICULTY:* difficult

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: factual

120. Learning by observing and imitating others is evident during
- a. distortions.
  - b. personalization.
  - c. modeling.
  - d. cognition.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: factual

121. The cognitive-behavioral model emphasizes that
- a. learning principles and cognitions interact.
  - b. cognitions always come first then behavior follows.
  - c. each individual has a different cognitive behavioral balance.
  - d. identifying thoughts always informs behavior.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: conceptual

122. Mia has a great deal of anxiety around dogs. Her therapist notes that this anxiety disappears when Mia removes herself from the presence of the dog, thereby reinforcing her avoidance of dogs. This analysis of how anxiety precedes Mia's encounter with dogs and relief follows when Mia gets away from dogs is an example of which assessment technique?
- a. Projective testing
  - b. MRI
  - c. Functional analysis
  - d. Structured interview

*ANSWER:* c

*DIFFICULTY:* difficult

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: application

123. Functional analysis is a(n)\_\_\_\_\_approach in the\_\_\_\_\_model.
- a. assessment; cognitive-behavioral
  - b. assessment; humanistic
  - c. treatment; cognitive-behavioral
  - d. treatment; humanistic

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: conceptual

124. Exposure treatment, token economy, and rational restructuring are treatments that are part of which perspective?
- a. Humanistic
  - b. Cognitive-behavioral
  - c. Biological
  - d. Sociocultural

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: application

125. Modeling, also known as vicarious conditioning, implies that \_\_\_\_\_ mechanisms influence learning.
- a. reinforcement
  - b. cognitive
  - c. unconscious
  - d. behavioral

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: conceptual

126. A large collection of treatment techniques used to change patterns of thinking and behaving that contribute to a person's problems is
- a. psychoanalysis.
  - b. cognitive-affective therapy.
  - c. cognitive-behavioral therapy.
  - d. humanism.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: factual

127. Which of the following is the BEST example of a cognitive-behavioral technique that Aaron Beck might use to treat depression?
- a. Reinforce patient with discounts on therapy for showing up on time
  - b. Ask patient to speak freely without editing him/herself
  - c. Schedule activities to counter inactivity and focus on depressive feelings
  - d. Provide empathy, understanding, and acceptance of the patient's depressive feelings

*ANSWER:* c

*DIFFICULTY:* difficult

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: application



128. Albert Ellis proposed a major cognitive-behavioral therapy approach that is commonly referred to as
- a. rational restructuring.
  - b. rationalization.
  - c. cognitive restructuring.
  - d. behavioral restructuring.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: factual

129. Susan is terrified of snakes. She becomes very anxious even thinking they exist. Her therapist is teaching her how to relax, after which they will construct a hierarchy of levels of exposure to snakes. Her therapist is using
- a. cognitive restructuring.
  - b. behavioral management.
  - c. humanism.
  - d. systematic desensitization.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: application

130. Gerald has been given plastic poker chips for desirable behavior in his institutional setting. He understands the chips have a certain point value and can be used later on for privileges. Gerald is responding to a(n)
- a. intermittent schedule.
  - b. token economy.
  - c. negative reinforcement with no punishment.
  - d. projective value system.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: application

131. John is terrified of spiders. His therapist has decided to place him in a room and have him confront the feared stimulus—in his case, spiders. His therapist is using a form of
- a. behavioral management.
  - b. exposure treatment.
  - c. cognitive restructuring.
  - d. positive reinforcement.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: application

132. Every time that Brandon raises his hand in class his teacher gives him a bean. At the end of the day, he can "trade" his beans for something he would like. His teacher is using a
- cognitive restructuring program.
  - flooding exercise.
  - token economy.
  - systematic desensitization exercise.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: application

133. The sociocultural perspective puts far greater emphasis on \_\_\_\_\_ than the other major perspectives.
- family history
  - environmental factors
  - cognition
  - unconscious conflict

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: factual

134. The unique behavior and lifestyle shared by a group of people is referred to as
- ethnicity.
  - race.
  - culture.
  - family.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: factual

135. The concept of culture differs from the concept of ethnicity in that
- ethnicity involves the unique behavior and lifestyle shared by a group of people.
  - culture involves a category typically based on physical characteristics.
  - ethnicity involves clusters of people who share cultural traits.
  - culture involves genetic material that differentiates people within racial groups.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: factual

136. Culturally shared beliefs and ideas can lead to particular forms of stress that, in turn, lead to specific forms of disorders called
- a. cultural disorders.
  - b. ethnic syndromes.
  - c. cultural syndromes.
  - d. racial disorders.

*ANSWER:* c

*DIFFICULTY:* moderate

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: conceptual

137. Koro, dhat, frigophobia, and voodoo death are examples of
- a. culture-bound syndromes.
  - b. universal syndromes.
  - c. stereotypical syndromes.
  - d. psychosexual abnormal syndromes.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: factual

138. Which cultural syndrome involves anxiety about losing semen through nocturnal emissions, masturbation, and urination?
- a. Brain fag
  - b. Anthrophobia
  - c. Amok
  - d. Dhat syndrome

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: factual

139. When comparing frequencies of anxiety and depression by gender, we find
- a. men have more of both.
  - b. women have more of both.
  - c. men have more anxiety and less depression.
  - d. women have more anxiety and less depression.

*ANSWER:* b

*DIFFICULTY:* easy

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: factual

140. Gender differences are most evident for
- a. anxiety disorders.
  - b. depression.
  - c. gender identity disorders.
  - d. personality disorders.

*ANSWER:* b

*DIFFICULTY:* moderate

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: factual

141. Several neighborhood characteristics are associated with poorer mental health including
- a. high rates of poverty, turnover among residents, and families headed by females and single parents.
  - b. physical and social decline.
  - c. noise, crowding, and pollution.
  - d. all of these are associated with poorer mental health.

*ANSWER:* d

*DIFFICULTY:* easy

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: factual

142. Sally is being seen by a therapist because she is having difficulty adapting to her adoptive family. Her therapist is working to develop the notion that each family has their own dynamics, such as rules and organizational structure. Her therapist is using the
- a. family systems perspective.
  - b. engaged family perspective.
  - c. expressive perspective.
  - d. cognitive-behavioral perspective.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: application

143. Families that are overly rigid and do not adapt well to changes within or outside the family are referred to as
- a. disengaged.
  - b. enmeshed.
  - c. inflexible.
  - d. triangular.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: factual

144. Some family interactions are marked by emotional over-involvement, hostility, and criticism known as
- a. family systems.
  - b. family environment.
  - c. expressed emotion.
  - d. repressed emotion.

*ANSWER:* c

*DIFFICULTY:* easy

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: factual

145. According to the textbook, which of the following is NOT a feature of family environment?
- a. Family dysfunction
  - b. Family affect
  - c. Family activity
  - d. Family control

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: factual

146. A cultural assessment does not simply include race but also
- a. a person's self defined ethnicity.
  - b. genetic testing.
  - c. analysis of nearby populations.
  - d. evaluation of mental hygiene.

*ANSWER:* a

*DIFFICULTY:* easy

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: factual

147. What factors mentioned in your text might create stress that could be decreased or prevented through global, sociocultural interventions?
- a. Sexism
  - b. Racism
  - c. Religious discrimination
  - d. All of these are stress-promoting factors that could be addressed in sociocultural interventions

*ANSWER:* d

*DIFFICULTY:* moderate

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: conceptual

148. Applying identical treatment to all patients is now recognized as
- inappropriate and probably unethical.
  - appropriate but probably unethical.
  - inappropriate but probably ethical.
  - illegal and immoral.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: factual

149. It is most likely inappropriate and unethical to
- apply identical treatment to all patients.
  - use behavioral analysis.
  - perform personality testing.
  - statistically analyze psychological results.

*ANSWER:* a

*DIFFICULTY:* moderate

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: factual

150. The sociocultural perspective has much strength for understanding mental disorders including
- evidence linking social, cultural, or environmental factors causally to mental health.
  - understanding why people exposed to adverse influences have various outcomes.
  - details of how psychological problems develop.
  - understanding different sources of stress that impact a person and how that person copes with stress.

*ANSWER:* d

*DIFFICULTY:* difficult

*REFERENCES:* The Sociocultural Model

*OTHER:* TYPE: conceptual

151. Describe and evaluate the biological model of mental disorders.

*ANSWER:* Student responses should include

- the biological model assumes that mental states, emotions, and behaviors arise largely from physical processes
- a genetic approach to mental disorder focuses on heritability and molecular genetics
- the biological model is important for understanding many component of major mental disorders, but it cannot explain all aspects of the disorders

152. Describe and evaluate the psychodynamic model of mental disorders.

*ANSWER:* Student responses should include

- the psychodynamic model rests on the assumption that mental states, emotions, and behaviors arise from unconscious motives and intrapsychic conflicts
- two major assumptions of the perspective are psychic determinism and unconscious motivation
- according to psychodynamic theorists, the mind comprises the id, ego, and superego
- psychosexual stages are developmental stages that influence personality and abnormal behavior
- defense mechanisms are used to cope with life demands and intrapsychic conflict
- problems arise when we use defense mechanisms exclusively or excessively
- strengths of the psychodynamic perspective include defense mechanisms and an emphasis on how childhood experiences influence adult personality
- a major weakness of the psychodynamic perspective is the relative lack of research support for its major assumptions

153. Describe and evaluate the humanistic model of mental disorders.

*ANSWER:* Student responses should include

- the humanistic model focuses on how humans can make choices that influence their environment and how they can take responsibility for their actions
- the phenomenological approach is based on the assumption that one's behavior is determined by perceptions of themselves and others
- the humanistic perspective relies on qualitative assessment of an individual's perceptions of himself and the world as well as nondirective therapy
- strengths of the humanistic perspective include its emphasis on personal responsibility for recovery and process variables important for treatment
- weaknesses of the humanistic perspective include relative lack of research support and for utility for certain groups of people

154. Describe and evaluate the cognitive-behavioral model of mental disorders.

*ANSWER:* Student responses should include

- the behavioral perspective on mental disorders is based on the assumption that behavior is learned
- two major learning principles underlie the behavioral approach: classical conditioning and operant conditioning
- the cognitive perspective suggests that problematic symptoms and behavior develop from the way we perceive and think about our present and past experiences
- key principles of the cognitive perspective include schemas and cognitive distortions
- behavioral and cognitive perspectives have been combined to form the cognitive-behavioral model
- major cognitive-behavioral treatment approaches include cognitive-behavioral therapy, rational restructuring, systematic desensitization, exposure, and token economy
- strengths of the cognitive-behavioral model includes a broad array of effective treatments
- a major limitation of the cognitive-behavioral model is its poor account of how mental problems originally develop

155. Describe and evaluate the socio-cultural model of mental disorders.

*ANSWER:* Student responses should include

- a sociocultural perspective focuses on how other people, social institutions, and social forces influence a person's mental health
- a strength of the sociocultural perspective is its focus on social and environmental factors and family on mental health
- a limitation of the sociocultural perspective is the lack of evidence that adverse environments cause mental disorders

*DIFFICULTY:* difficult

*REFERENCES:* The Cognitive-Behavioral Model

*OTHER:* TYPE: application

