

Chapter 02 Theories and Treatment of Abnormality

Multiple Choice Questions

1. (p. 24) Which of the following best defines a theory?
- A. A theory is a set of ideas that relate only to observed behaviors.
 - B. A theory is a set of ideas that explains the causality of abnormality.
 - C. A theory is a set of ideas that bridges the gap between normal and abnormal behaviors.
 - D.** A theory is a set of ideas that provides a framework for asking questions about a phenomenon and for gathering and interpreting information about that phenomenon.

Bloom's: Remember
Difficulty: Easy

2. (p. 24) A _____ is a treatment, usually based on a theory of a disorder, that addresses the factors that theory says cause the disorder.
- A. practice
 - B. modus operandi
 - C.** therapy
 - D. hypothesis

Bloom's: Remember
Difficulty: Easy

3. (p. 24) A psychologist who applies a sociocultural approach to anxiety disorders would:
- A. consider genetics as a possible explanation for anxiety.
 - B.** consider the way cultural values or the social environment affect anxiety.
 - C. look for the causes of anxiety in people's beliefs, thought processes, life experiences, and relationships.
 - D. explain anxiety by taking into account a person's unconscious desires.

Bloom's: Remember
Difficulty: Moderate

4. (p. 24) Maria and her parents recently moved to a new state because her mother received a job transfer. Maria has had difficulty adjusting to her new school, and has been suffering from loss of appetite, irritability, and lack of interest in her usual activities. Assuming that Maria's behavior meets the criteria for abnormal behavior, which of the following would most likely be the best approach to explaining Maria's behavior?

- A. Psychological approach
- B. Nature-nurture approach
- C. Personal approach
- D. Biological approach

Bloom's: Apply
Difficulty: Difficult

5. (p. 24) Which of the following best describes the nature-nurture question of abnormality?

- A. The nature-nurture question relies heavily on biological perspectives to address abnormal behaviors.
- B. The nature-nurture question views abnormal behaviors exclusively from a sociological perspective.
- C. The nature-nurture question integrates biological, psychological, and social approaches to abnormal behaviors.
- D. The nature-nurture question rejects the idea that abnormality has multiple causes.

Bloom's: Understand
Difficulty: Moderate

6. (p. 25) Which of the following statements is true about the diathesis-stress model of the development of disorders?

- A. The vulnerability can be biological, psychological, or social, and a stressor causes the disorder to manifest.
- B. An individual experiences a minimal amount of psychological and social stress that creates an atmosphere for the emergence of a disorder.
- C. Biological factors and psychological factors interact and create social stressors that influence the disorder.
- D. Psychological and social vulnerability are loosely associated with the disorder and biological factors are the main contributors to the disorder.

Bloom's: Understand
Difficulty: Moderate

7. (p. 24) Which of the following statements is true regarding the different approaches to abnormality and the continuum model?

- A. People who favor a sociocultural approach generally embrace the continuum model because they view psychological disorders as vastly different from normal functioning.
- B. People who take a biological approach have traditionally accepted a continuum model of abnormality.
- C. People who adopt a psychological approach have moved away from a continuum model of psychopathology in recent years.
- D. Proponents of the sociocultural approach tend to view abnormal behaviors as understandable consequences of social stresses in people's lives.**

Bloom's: Remember
Difficulty: Moderate

8. (p. 26) The biological approach to abnormality focuses on all of the following causes of abnormality EXCEPT:

- A. brain dysfunction.
- B. genetic abnormalities.
- C. biochemical imbalance.
- D. poor physiological responses.**

Bloom's: Remember
Difficulty: Easy

9. (p. 27) Which of the following statements is true about the various structures of the brain?

- A. The pons control arousal and attention to stimuli.
- B. The medulla is important for attentiveness and the timing of sleep.
- C. The cerebellum helps control breathing and reflexes.
- D. The superior colliculus and inferior colliculus relay sensory information and control movement.**

Bloom's: Remember
Difficulty: Difficult

10. (p. 27) The outer layer of the cerebrum is called the _____.
A. hippocampus
B. cerebral cortex
C. thalamus
D. limbic system

Bloom's: Remember
Difficulty: Easy

11. (p. 27) The cerebral cortex is responsible for:
A. regulating sexual drive.
B. advanced thinking processes.
C. relaying messages to the brain.
D. impulse control.

Bloom's: Remember
Difficulty: Easy

12. (p. 28) Abnormality that involves eating, drinking, and sexual behaviors are the result of the dysfunction of the:
A. right frontal lobe.
B. cerebrum.
C. hypothalamus.
D. midbrain.

Bloom's: Remember
Difficulty: Moderate

13. (p. 27) Which of the following statements is true of subcortical structures?

- A. The thalamus directs incoming information from sense receptors to the cerebrum.
- B. The hypothalamus is a large structure just above the thalamus that regulates instinctive behaviors.
- C. The hippocampus is a part of the limbic system that plays a central role in emotions such as fear.
- D. The amygdala is a structure of the limbic system that plays a role in memory.

Bloom's: Remember
Difficulty: Moderate

14. (p. 28) Cindy's mood has become increasingly unstable since her traffic accident. She often experiences bouts of aggression and fits of rage in reaction to the slightest provocation. At other times, she can be overly passive and fails to recognize direct threats. Most likely, damage has occurred in the _____ of Cindy's brain.

- A. temporal lobe
- B. limbic system
- C. cerebellum
- D. medulla

Bloom's: Apply
Difficulty: Difficult

15. (p. 29) Biochemicals that carry impulses from one neuron to another in the brain and in other parts of the nervous system are called _____.

- A. hormones
- B. neurotransmitters
- C. electrical transmissions
- D. synaptic responses

Bloom's: Remember
Difficulty: Easy

16. (p. 29) Neurotransmitters are released into the _____, the gap between synaptic terminals and adjacent neurons, and then bind to special _____, molecules on the membrane of adjacent neurons.

- A. receptor; dendrites
- B. synapse; receptors**
- C. synapse; axons
- D. receptor; cell bodies

Bloom's: Remember
Difficulty: Easy

17. (p. 29) When the initial neuron releasing a neurotransmitter into the synapse reabsorbs some of the neurotransmitter and thereby decreases the amount of neurotransmitter left in the synapse, the process is called _____.

- A. reuptake**
- B. degradation
- C. blocking
- D. carrying

Bloom's: Remember
Difficulty: Easy

18. (p. 29) Degradation refers to the:

- A. release of neurons into the synaptic gap.
- B. reabsorption of the neurotransmitter into the initial neuron.
- C. attachment of the neurotransmitter to a receptor.
- D. release of an enzyme by the receiving neuron that breaks down the neurotransmitter into other biochemicals.**

Bloom's: Remember
Difficulty: Easy

19. (p. 30) Which of the following neurotransmitters plays an important role in regulating emotional well-being and aggressive impulses?

- A. Dopamine
- B. Norepinephrine
- C. Acetylcholine
- D. Serotonin**

Bloom's: Remember
Difficulty: Easy

20. (p. 30) Dopamine plays an important role in:

- A. regulating sexual drive and emotional responses.
- B. the functioning of muscle systems.**
- C. regulating pain and moods.
- D. inhibiting aggression.

Bloom's: Remember
Difficulty: Easy

21. (p. 30) When ingested, which of the following substances slows the reuptake process of norepinephrine?

- A. Cocaine and heroin
- B. Heroin and marijuana
- C. Marijuana and amphetamines
- D. Amphetamines and cocaine**

Bloom's: Remember
Difficulty: Moderate

22. (p. 30) In the context of emotional responses, gamma-aminobutyric acid (GABA) plays an important role in _____.

- A.** anxiety
- B. depression
- C. anger
- D. sadness

Bloom's: Remember
Difficulty: Easy

23. (p. 30) A _____ is a chemical that carries messages throughout the body, potentially affecting a person's moods, levels of energy, and reactions to stress.

- A.** hormone
- B. degradation inhibitor
- C. neuron
- D. synapse

Bloom's: Remember
Difficulty: Easy

24. (p. 30) The "master" gland is also known as the _____.

- A. islets of Langerhans
- B. Organ of Corti
- C. adrenal gland
- D.** pituitary gland

Bloom's: Remember
Difficulty: Easy

25. (p. 30) The pituitary gland is responsible for:

- A. stabilizing mood and emotions.
- B. controlling brain function and relaying messages.
- C. regulating energy levels and managing aggression.
- D.** producing a variety of hormones and controlling the secretion of other endocrine glands.

Bloom's: Remember
Difficulty: Moderate

26. (p. 31) When corticotrophin-release factor (CRF) travels from the hypothalamus to the pituitary, the pituitary releases the body's adrenocorticotrophic hormone (ACTH). The bloodstream carries ACTH to the adrenal gland and various other organs. This example illustrates the complex relationship between:

- A. the pituitary gland and hormones.
- B. hormones and the endocrine system.
- C. the endocrine system and the pituitary gland.
- D.** the central nervous system and the endocrine system.

Bloom's: Understand
Difficulty: Moderate

27. (p. 31) Mark has difficulty managing his stress. His physician suspects that he has a dysregulated hypothalamic-pituitary-adrenal (HPA) axis. It is likely that Mark may later be diagnosed with a(n):

- A. personality disorder.
- B.** depressive disorder.
- C. adjustment disorder.
- D. impulse control disorder.

Bloom's: Apply
Difficulty: Moderate

28. (p. 31) Which of the following is correct regarding chromosomes?

- A. At conception, the fertilized embryo has 48 chromosomes, 24 from the female egg and 24 from the male sperm.
- B. The mother of an embryo always contributes a Y chromosome and the father always contributes an X chromosome.
- C.** Down syndrome results when chromosome 21 is present in triplicate.
- D. Chromosomes have no relationship to deoxyribonucleic acid (DNA).

Bloom's: Understand
Difficulty: Moderate

29. (p. 31) Sandy was born with a small nose, protruding lips and tongue, and chromosome 21 was present in triplicate. Sandy was most likely born with _____.

- A. Klinefelter syndrome
- B. Down syndrome**
- C. Tay-Sachs disease
- D. Fragile X syndrome

Bloom's: Apply
Difficulty: Moderate

30. (p. 31-32) Which of the following is NOT true about behavior genetics?

- A. Behavior genetics is the study of the genetics of personality and abnormality.
- B. Research in behavior genetics focuses primarily on twin studies.**
- C. Most disorders result from polygenic processes according to behavior genetics.
- D. Behavior geneticists investigate the heritability of behaviors and behavioral tendencies.

Bloom's: Understand
Difficulty: Moderate

31. (p. 32) A polygenic process:

- A. refers to the multiple abnormal genes that interact to create a disorder.**
- B. results from the interaction between hormones and neurotransmitters.
- C. creates the coded instructions for cells to perform certain functions.
- D. controls the basic genetic transmission that occurs during conception.

Bloom's: Remember
Difficulty: Moderate

32. (p. 32) Identical twins have _____ of their genes in common.

- A. 25 percent
- B. 50 percent
- C. 75 percent
- D. 100 percent**

Bloom's: Remember
Difficulty: Easy

33. (p. 32-33) Which of the following is NOT true about the interactions between genes and the environment?

- A. Genetic factors can influence the kinds of environments we choose.
- B. The environment can act as a catalyst for a genetic tendency.
- C. Environmental conditions can affect the expression of genes.
- D.** Personalities and interests are not reinforced by the environments we choose.

Bloom's: Remember
Difficulty: Easy

34. (p. 33) _____ is the study of heritable changes in the expression of genes without change in the gene sequence.

- A. Molecular biology
- B. Genetic engineering
- C.** Epigenetics
- D. Molecular cloning

Bloom's: Remember
Difficulty: Easy

35. (p. 33) The research on epigenetic processes carried out by Michael Meaney found that:

- A.** the behavior of mother rats toward their offspring influences the development of the pups' reactions to stress in adulthood.
- B. the extent to which the mother rat grooms the pup in the first week of life is indirectly related to the release of certain hormones in the pup.
- C. pups that are licked and groomed more tend to grow into adult rats that are more fearful and show less developed responses to stress.
- D. the biological offspring of mothers who typically lick and groom less, when raised by mothers who lick and groom more, have less effective stress responses.

Bloom's: Remember
Difficulty: Moderate

36. (p. 33-34) Which of the following statements is true about different drug therapies?
- A. Phenothiazines, also known as atypical antipsychotics, are used to reduce hallucinations and delusions, and do not induce dangerous side effects.
 - B. Selective serotonin reuptake inhibitors (SSRIs) are the most frequently used antidepressants which target both serotonin and norepinephrine.
 - C. Tricyclic antidepressants and the monoamine oxidase inhibitors are the newer classes of antidepressants.
 - D. SSRIs and SNRIs produce common side effects such as nausea, diarrhea, headaches, daytime sedation, sexual dysfunction, and agitation.**

Bloom's: Remember
Difficulty: Moderate

37. (p. 34) Lithium is:
- A. a rare metallic element found only in natural springs.
 - B. a safer treatment than anticonvulsants because it has fewer and milder side effects.
 - C. commonly used in the treatment of bipolar disorder.**
 - D. very effective in reducing tardive dyskinesia.

Bloom's: Remember
Difficulty: Moderate

38. (p. 34) A major class of anxiety-reducing drugs, _____, appears to reduce the symptoms of anxiety without interfering substantially with an individual's ability to function in daily life. Their most frequent use is as sleeping pills.
- A. barbiturates
 - B. benzodiazepines**
 - C. azapirones
 - D. beta-blockers

Bloom's: Remember
Difficulty: Easy

39. (p. 35) Electroconvulsive therapy was originally designed to treat which mental disorder?

- A. Obsessive-compulsive disorder
- B. Panic disorder without agoraphobia
- C. Generalized anxiety disorder
- D.** Schizophrenia

Bloom's: Remember

Difficulty: Easy

40. (p. 35) Which of the following statements is true of electroconvulsive therapy (ECT)?

- A. A current of 70 to 150 volts is passed through the brain for five seconds.
- B. Patients are conscious when the brain seizure is induced.
- C. Patients typically have a convulsion, which usually lasts 3 minutes or more.
- D.** The side effects of ECT involve confusion and memory loss.

Bloom's: Remember

Difficulty: Easy

41. (p. 38) When treating a patient with electroconvulsive therapy (ECT), approximately how many sessions are necessary?

- A. 4 to 6 sessions
- B. 5 to 7 sessions
- C. 6 to 8 sessions
- D.** 6 to 12 sessions

Bloom's: Remember

Difficulty: Easy

42. (p. 35) A procedure known as _____ exposes patients to frequent, high-intensity magnetic pulses that are focused on particular brain structures, whereas in the _____ procedure, electrodes are surgically implanted in specific areas of the brain.

- A.** repetitive transcranial magnetic stimulation; deep brain stimulation
- B. deep brain stimulation; vagus nerve stimulation
- C. vagus nerve stimulation; repetitive transcranial magnetic stimulation
- D. deep brain stimulation; repetitive transcranial magnetic stimulation

Bloom's: Remember
Difficulty: Moderate

43. (p. 35) The procedure introduced by neurologist Antonio de Egas Moniz in 1935 in which the frontal lobes of the brain are severed from the lower centers of the brain is called:

- A. partial lobectomy.
- B.** prefrontal lobotomy.
- C. vagus nerve stimulation.
- D. craniectomy.

Bloom's: Remember
Difficulty: Easy

44. (p. 35) Today, psychosurgery:

- A. is outlawed in the United States.
- B.** is only used for severe disorders that do not respond to other treatments.
- C. is no longer controversial, as it formerly was.
- D. is found to generally lack precision.

Bloom's: Remember
Difficulty: Easy

45. (p. 36) Which of the following is a criticism leveled against the biological approach to abnormality?

- A. It often ignores the fact that environmental and psychological processes can affect biological functioning.
- B. It argues that people prefer to deal with the issues in their lives that are contributing to their psychological problems rather than turn to drugs.
- C. It seems to erase any blame or responsibility that might be put upon the sufferer of a disorder.
- D. It forces people who suffer disorders to simply accept that they have a disease and obtain the appropriate treatment.

Bloom's: Remember
Difficulty: Moderate

46. (p. 36) Behavioral theorists:

- A. accept the idea that unconscious conflicts drive human behavior.
- B. include biological factors as contributing to abnormal behaviors.
- C. view maladaptive thinking patterns as the primary motivators for abnormal behaviors.
- D. focus on the influence of reinforcement and punishment in producing behavior.

Bloom's: Remember
Difficulty: Easy

47. (p. 36) What are the core principles of the behavioral approach?

- A. Classical reinforcement and operant conditioning
- B. Operant punishment and vicarious reinforcement
- C. Classical conditioning and operant conditioning
- D. Operant conditioning and latent learning

Bloom's: Remember
Difficulty: Easy

48. (p. 36) The Russian physiologist whose discovery of conditioned responses made a tremendous impact on psychology was _____.

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

Bloom's: Remember
Difficulty: Easy

49. (p. 36) In Pavlov's experiment, the conditioned stimulus was:

- A. the event that elicited the unlearned response.
- B.** the previously neutral stimulus.
- C. a reinforcement that elicited the learned response.
- D. the same as the unconditioned stimulus.

Bloom's: Understand
Difficulty: Moderate

50. (p. 36) Alexis was a sick child who made frequent visits to the hospital to get her shots. One day she and her mother drove past the hospital, and Alexis began to cry. She repeatedly said, "Mommy, I don't want to see the doctor." In this example, the conditioned stimulus would be _____.

- A. the parking lot
- B. the shot
- C. the nurse
- D.** the hospital

Bloom's: Apply
Difficulty: Difficult

51. (p. 36) A bee stung Leah while she was playing in the yard a few weeks ago. She now becomes panicky each time she goes out to play. In this example, the conditioned stimulus is _____.

- A. the sting
- B. playing outside**
- C. seeing the bee
- D. feeling panicky

Bloom's: Apply
Difficulty: Difficult

52. (p. 36-37) The law of effect suggests that:

- A. the strength of the reward has no bearing on behaviors.
- B. punishment has no impact on undesired behaviors.
- C. behaviors followed by a reward are strengthened.**
- D. punishments are more effective than rewards.

Bloom's: Remember
Difficulty: Moderate

53. (p. 37) Shaping behaviors by providing rewards for desired responses and punishments for undesired responses is known as _____.

- A. classical conditioning
- B. operant conditioning**
- C. respondent conditioning
- D. avoidant conditioning

Bloom's: Remember
Difficulty: Easy

54. (p. 37) Which of the following is NOT an example of a behavior learned through operant conditioning?

- A. An adolescent washing the car hoping to get a curfew extension.
- B. A person jumping back at the sight of a snake.**
- C. A prison inmate receiving tokens for good behavior.
- D. An animal staying still to avoid an electric shock.

Bloom's: Apply
Difficulty: Moderate

55. (p. 37) Tracy always seemed to "forget" to do her weekly chores, despite many reminders by her mom and dad. Her parents decided to pay her \$2 for each chore she completed by Sunday night each week. Which type of schedule did Tracy's parents put her on?

- A. Continuous reinforcement schedule**
- B. Partial reinforcement schedule
- C. Continuous punishment schedule
- D. Partial punishment schedule

Bloom's: Apply
Difficulty: Moderate

56. (p. 37) When a learned behavior is eliminated, the process is called _____.

- A. removal
- B. extinction**
- C. disappearance
- D. vanishing

Bloom's: Remember
Difficulty: Easy

57. (p. 37) If a behavior is _____ reinforced, it is more difficult to extinguish.

- A. negatively
- B. partially**
- C. continuously
- D. positively

Bloom's: Remember
Difficulty: Moderate

58. (p. 37) Jessica had a car accident while crossing an icy bridge. She now maps out her routes to avoid traveling over bridges. This avoidance helps to reduce her anxiety. In this example, Jessica has developed a(n) _____.

- A. unconditioned response
- B. conditioned avoidance response**
- C. continuous reinforcement schedule
- D. unconditioned avoidance response

Bloom's: Apply
Difficulty: Moderate

59. (p. 38) Social learning theory posits that:

- A. people learn behaviors by watching other people.**
- B. people learn as a direct result of rewards and punishments.
- C. learning primarily occurs by observing random people.
- D. learning occurs when two stimuli are paired together.

Bloom's: Remember
Difficulty: Easy

60. (p. 38) Joe's favorite food is spaghetti. His mom always makes it for him on Friday night, but she does not like the way he slurps the spaghetti into his mouth. One Friday night, she attempted to change Joe's eating pattern. At dinner, she picked up her spoon and fork and began to roll the spaghetti. David, Joe's brother, used his fork and spoon as well. Susan, Joe's sister, also used her fork and spoon to roll her spaghetti. At first, Joe slurped the spaghetti into his mouth, but after a few minutes, he began to use his fork and spoon. In this example, Joe is _____.

- A. shaping behaviors
- B. modeling behaviors**
- C. reinforcing behaviors
- D. acquiring behaviors

Bloom's: Apply
Difficulty: Easy

61. (p. 38) Jerry, who can't sit still for a minute, sees his classmate, Mike, getting a sticker for sitting quietly in his seat. Jerry decides to stop fidgeting and begins to sit still in the hope of getting a sticker for his sticker collection. Which behavioral theory is in effect here?

- A. Classical conditioning
- B. Observational learning**
- C. Systematic desensitization therapy
- D. Causal attribution

Bloom's: Apply
Difficulty: Easy

62. (p. 38) When Kathryn was visiting her grandmother one summer, a snake crawled on the front porch. Since then, Kathryn has been dreadfully afraid of snakes. Which technique would a behavioral therapist most likely use in this situation?

- A. Modeling
- B. Systematic desensitization**
- C. Operant conditioning
- D. Reinforcement

Bloom's: Apply
Difficulty: Moderate

63. (p. 38-39) Which of the following statements is true about systematic desensitization therapy?

- A. It requires the client to first develop a hierarchy of feared stimuli and then learn appropriate responses to each of these stimuli, starting with the most feared stimulus.
- B. It is an immediate and direct method for extinguishing anxiety responses to stimuli and maladaptive behavior.
- C.** It generally produces better results when the client is asked to experience the stimuli directly, that is, using the in vivo exposure method.
- D. It is often combined with operant conditioning to develop a conditioned avoidance response.

Bloom's: Remember
Difficulty: Moderate

64. (p. 39) All of the following are limitations of behavioral theories EXCEPT that:

- A. it is unclear how behavioral principles could account for some disorders, such as schizophrenia.
- B.** the development of normal and abnormal behaviors has been scientifically tested by behavioral theory hypotheses.
- C. the complexity of human behaviors and the environmental experiences cannot be captured in laboratory studies.
- D. behavioral theories do not recognize free will in people's behavior.

Bloom's: Remember
Difficulty: Moderate

65. (p. 39) Cognitive theories focus on _____.

- A. measurable behaviors
- B.** thoughts and beliefs
- C. unconscious conflicts
- D. relationships

Bloom's: Remember
Difficulty: Easy

66. (p. 39) Martha was distraught when she discovered her husband had been involved with another woman and the relationship produced a child. She constantly tries to understand why her husband cheated on her, thinking thoughts such as "I'm so stupid for not realizing what was going on," and, "I should have been more attentive to his needs." Which type of cognition is Martha most likely exhibiting?

- A. Degradation
- B. Causal attributions**
- C. Global assumptions
- D. Catharsis

Bloom's: Apply
Difficulty: Moderate

67. (p. 40) The broad beliefs we have about ourselves, our relationships, and the world, can be either positive and helpful to us, or negative and destructive. These broad beliefs are called _____.

- A. global assumptions**
- B. universal assumptions
- C. absolute assumptions
- D. collective assumptions

Bloom's: Remember
Difficulty: Easy

68. (p. 40) Jamie is constantly saying, "I have no control over my emotions, and cannot help feeling certain feelings." This is an example of _____.

- A. causal attributions
- B. dysfunctional global assumptions**
- C. systematic desensitization
- D. cognitive-behavioral therapy

Bloom's: Apply
Difficulty: Moderate

69. (p. 40) People who tend to hold dysfunctional assumptions often react to situations with all of the following EXCEPT:

- A. irrational thoughts.
- B. rational behaviors.**
- C. negative emotions.
- D. irrational behaviors.

Bloom's: Remember
Difficulty: Easy

70. (p. 40) Which of the following is NOT a goal of cognitive therapy?

- A. Assist clients in identifying their irrational and maladaptive thoughts.
- B. Teach clients to consider alternative ways of thinking.
- C. Discourage clients from challenging their irrational or maladaptive thoughts.**
- D. Encourage clients to face their worst fears and recognize ways of coping.

Bloom's: Remember
Difficulty: Easy

71. (p. 40) Cognitive techniques are often combined with behavioral techniques, in what is known as _____.

- A. cognitive-behavioral therapy.**
- B. systematic desensitization therapy.
- C. psychotherapy.
- D. client-centered therapy.

Bloom's: Remember
Difficulty: Easy

72. (p. 41) Which of the following is the greatest limitation of the cognitive theories?
- A. Cognitive theories may seem comfortable or familiar to laypersons.
 - B. Cognitive theories seem attractive because they focus on an individual's thinking processes.
 - C. Cognitive theories are least likely to explain unwanted emotions, thoughts, and behaviors.
 - D.** Cognitive theories have had difficulty proving that maladaptive cognitions precede and cause disorders rather than being the symptoms or consequences of the disorders.

Bloom's: Remember
Difficulty: Moderate

73. (p. 41) The psychodynamic perspective views abnormality as being influenced by:
- A.** unconscious processes.
 - B. an external locus of control.
 - C. learning and reinforcement.
 - D. collective experience.

Bloom's: Remember
Difficulty: Easy

74. (p. 41) The psychoanalytic approach to personality and treatment of psychopathology was developed by ____.
- A. Horney
 - B. Breuer
 - C. Charcot
 - D.** Freud

Bloom's: Remember
Difficulty: Easy

75. (p. 41) Repression is defined as:

- A. inconsistent memories.
- B. false memories.
- C. motivated forgetting.**
- D. personal forgetfulness.

Bloom's: Remember
Difficulty: Moderate

76. (p. 41) Freud believed that _____ is a basic drive that motivates human behavior.

- A. libido**
- B. the subconscious
- C. catharsis
- D. repression

Bloom's: Remember
Difficulty: Easy

77. (p. 42) The three systems of the human psyche that regulate the libido are the:

- A. personal unconscious, collective unconscious, and archetypes.
- B. id, ego, and superego.**
- C. ego, unconscious, and subconscious.
- D. aggressive drive, id, and the superego.

Bloom's: Remember
Difficulty: Easy

78. (p. 42) The id operates by the:

- A. reality principle.
- B. morality principle.
- C. conscience principle.
- D. pleasure principle.**

Bloom's: Remember
Difficulty: Easy

79. (p. 42) Which structure seeks to gratify our wishes and needs in ways that are within the rules of society for their appropriate expression?

- A. Id
- B. Ego**
- C. Superego
- D. Libido

Bloom's: Remember
Difficulty: Easy

80. (p. 42) Frank attends an evening class at the local community college. His stomach begins to growl when he gets hungry. He wants to leave class early and get dinner, but realizes that leaving would disrupt the class. Frank's realization is an example of his _____ at work.

- A. id
- B. ego
- C. superego**
- D. unconscious

Bloom's: Apply
Difficulty: Difficult

81. (p. 42) The superego is responsible for:

- A. regulating aggressive responses.
- B. monitoring poor impulse controls.
- C. storing rules and regulations of moral behaviors.**
- D. observing objects in the environment.

Bloom's: Remember
Difficulty: Easy

82. (p. 42) Most of the interactions among the id, ego, and superego occur in the _____.
A. collective unconscious
B. preconscious
C. unconscious
D. conscious

Bloom's: Remember
Difficulty: Easy

83. (p. 42) According to Freudian theory, defense mechanisms:
A. are used by the superego as a reward for moral conduct.
B. are used by the ego to disguise or transform unconscious wishes.
C. generally lead to the creation of psychological disorders.
D. protect the preconscious.

Bloom's: Remember
Difficulty: Moderate

84. (p. 42) Terrence's father abandoned him and his mother when he was 6 years old. When asked about his father, he says that his father died. Although his father has tried to contact him, Terrence insists that his father is dead. Which of the following Freudian processes would best explain Terrence's behavior?
A. Id dominated behaviors
B. Oedipus complex
C. Defense mechanisms
D. Penis envy

Bloom's: Apply
Difficulty: Moderate

85. (p. 42) Sarah's mother, Stephanie, was not at home much when Sarah was very young, so Sarah's 12-year-old brother took care of her most of the time. Now that Sarah is approaching adulthood, she chain-smokes and drinks alcohol excessively. She has a difficult time forming close relationships since she is very jealous and never believes anyone really loves her. Sarah most likely had difficulty in which psychosexual stage of development according to Freudian theory?

- A. Oral
- B. Anal
- C. Latent
- D. Phallic

Bloom's: Apply
Difficulty: Difficult

86. (p. 42-43) Lena is extremely opinionated and overcontrolling. She is often stingy with her money and is obsessed with neatness and order. According to Freudian theory, Lena is most likely fixated at which psychosexual stage of development?

- A. Oral
- B. Anal
- C. Phallic
- D. Genital

Bloom's: Apply
Difficulty: Moderate

87. (p. 42-43) The correct sequential order for Freud's psychosexual stages is:

- A. oral, anal, latency, genital, and phallic.
- B. anal, oral, latency, phallic, and genital.
- C. oral, anal, phallic, latency, and genital.
- D. anal, oral, phallic, genital, and latency.

Bloom's: Remember
Difficulty: Easy

88. (p. 43) According to Freud, girls suffer anxiety when they recognize that they do not have a penis. This frustration causes them to form a connection with their father, in the hope that the relationship will provide a replacement for the missing penis. According to Freudian theory, this is known as _____.

- A. the Oedipus complex
- B. castration anxiety
- C. the Electra complex**
- D. a defense mechanism

Bloom's: Understand
Difficulty: Easy

89. (p. 43) According to Freudian theory, boys who experience extreme castration anxiety resolve the conflict by identifying with their fathers, and putting aside their desires for their mothers. This conflict develops during the _____ stage, and the process is called the _____.

- A. anal; Oedipus complex
- B. phallic; Electra complex
- C. anal; Electra complex
- D. phallic; Oedipus complex**

Bloom's: Understand
Difficulty: Moderate

90. (p. 44) Jeremy and Stacy are siblings who attend the same elementary school. They rarely speak to each other during free time. Jeremy usually hangs out with his male friends, while Stacy and her female friends stick together. At home, they interact only minimally. Each believes that his/her gender "rules." Jeremy and Stacy are most likely in which stage of psychosexual development?

- A. Anal
- B. Phallic
- C. Latency**
- D. Genital

Bloom's: Apply
Difficulty: Moderate

91. (p. 44) Lance is a shy 13-year-old boy who often goes to his older sister for dating advice. Lance is most likely in which stage of psychosexual development?

- A. Anal
- B. Phallic
- C. Latency
- D. Genital**

Bloom's: Apply
Difficulty: Moderate

92. (p. 44) The object relations perspective suggests that:

- A.** early interpersonal relationships influence an individual's self-concept and personality development.
- B. self-awareness is impacted by the psychosexual urges present during each stage of development.
- C. thoughts, behavior, and emotions are connected to one's unconscious state of mind.
- D. environmental stressors coupled with poor parental relationships create mental disorders for less stable individuals.

Bloom's: Understand
Difficulty: Moderate

93. (p. 44) Carl Jung referred to the wisdom accumulated by a society over hundreds of years of human existence that is stored in the memories of individuals as the _____.

- A.** collective unconscious
- B. preconscious
- C. subconscious
- D. ego conscious

Bloom's: Remember
Difficulty: Easy

94. (p. 44) During Dora's visit to the psychologist, the therapist allows her to talk about any subject without interruptions. This technique is called _____.

- A. resistance
- B. free association**
- C. denial
- D. transference

Bloom's: Apply
Difficulty: Moderate

95. (p. 44) When a client is unwilling to or cannot reveal certain material to the clinician, this problem is often referred to as _____.

- A. transference
- B. countertransference
- C. resistance**
- D. defense mechanism

Bloom's: Remember
Difficulty: Easy

96. (p. 44) Lucy rejects her therapist's interpretation of her conflict. Her reasoning is that the therapist really has no idea what she is actually going through. According to Lucy, her therapist has only book knowledge and has no idea what goes on in the real world. Lucy is most likely exhibiting _____ to the therapeutic process.

- A. resistance**
- B. transference
- C. repression
- D. suppression

Bloom's: Apply
Difficulty: Moderate

97. (p. 44-45) Patricia begins to talk to her therapist as if he is her father. She also reacts with extreme fear as she did when she was a child. This is an example of _____.

- A. countertransference
- B. transference**
- C. an anxiety attack
- D. projection

Bloom's: Apply
Difficulty: Moderate

98. (p. 45) In classical psychodynamic therapy, clients _____ painful memories and difficult issues to gain a new understanding and provide self-definitions that are acceptable to them.

- A. work through**
- B. project
- C. reject
- D. repress

Bloom's: Remember
Difficulty: Easy

99. (p. 45) Which of the following statements is true about the difference between classical psychoanalysis and more modern psychodynamic therapy?

- A. Both psychoanalysis and modern psychodynamic therapy may go on for a period of many years, but psychoanalysis can be as short-term as 12 weeks.
- B. Psychoanalysis typically involves three or four sessions per week over a period of many years, but modern psychodynamic therapy can be as short-term as 12 weeks.**
- C. The psychoanalyst, compared with the modern psychodynamic therapist, may focus more on current situations in the client's life.
- D. The focus of psychoanalysis is on resistances while modern psychodynamic therapy focuses on the interpretation of transferences.

Bloom's: Understand
Difficulty: Moderate

100. (p. 45) _____ emerged out of modern psychodynamic theories of psychopathology and shifted focus from the unconscious conflicts of the individual to the client's pattern of relationships with important people in his or her life.

- A.** Interpersonal therapy
- B. Ego psychology
- C. Psychoanalysis
- D. Object relations perspective

Bloom's: Remember
Difficulty: Easy

101. (p. 45) Which of the following statements is true about psychodynamic theories?

- A. It is possible to scientifically test their fundamental assumptions.
- B.** Psychodynamic theories are unaffordable for many people owing to its long-term, intensive nature.
- C. Most people prefer the unstructured nature of traditional psychodynamic therapy.
- D. Psychodynamic theories explain normal and abnormal behavior with separate, distinct processes.

Bloom's: Understand
Difficulty: Moderate

102. (p. 45) Which of the following theories is based on the assumptions that humans have an innate capacity for goodness and for living a full life?

- A.** Humanistic
- B. Psychodynamic
- C. Cognitive
- D. Behavioral

Bloom's: Remember
Difficulty: Easy

103. (p. 46) Carl Rogers believed that without undue pressure from others, individuals naturally move toward personal growth, self-acceptance, and _____, the fulfillment of their potential for love, creativity, and meaning.

- A. self-transcendence
- B. self-other realization
- C. self-efficacy
- D.** self-actualization

Bloom's: Remember
Difficulty: Easy

104. (p. 46) The stated goal of humanistic therapy is to:

- A. provide healing to the client.
- B. help clients uncover repressed painful memories or unconscious conflicts.
- C.** help clients discover their greatest potential through self-exploration.
- D. challenge maladaptive ways of thinking and interpreting events.

Bloom's: Remember
Difficulty: Easy

105. (p. 46) _____ was developed by Carl Rogers.

- A.** Client-centered therapy
- B. Family systems therapy
- C. Rational-emotive behavioral therapy
- D. Thought field therapy

Bloom's: Remember
Difficulty: Easy

106. (p. 46) Which of the following is NOT considered an essential component of client-centered therapy (CCT)?

- A. Genuineness of communication
- B. Conditional positive regard**
- C. Empathic understanding
- D. Unconditional positive regard

Bloom's: Remember
Difficulty: Easy

107. (p. 46) _____ is a method of responding in which the therapist attempts to understand what the client is experiencing by restating those experiences.

- A. Interpretation
- B. Reflection**
- C. Interjection
- D. Projection

Bloom's: Remember
Difficulty: Easy

108. (p. 46) Which of the following statements is true of humanistic theories?

- A. Some therapists believe that client-centered therapy may be appropriate for people who are moderately distressed but not for those who are seriously distressed.**
- B. Self-help groups and peer counseling programs have found humanistic theories to be not as effective as the cognitive approach.
- C. Several researchers have been able to replicate the findings of humanistic therapies through scientific testing.
- D. The emphasis given to pathology and external forces in humanistic therapies makes the approach very pessimistic.

Bloom's: Understand
Difficulty: Moderate

109. (p. 47) Lucy is concerned because her family pays little or no attention to each other. They seem to constantly go their own ways, and have little interest in even having a meal together. According to family systems theory, Lucy's family is a(n) _____.

- A. inflexible family
- B. enmeshed family
- C. disengaged family**
- D. dysfunctional family

Bloom's: Apply
Difficulty: Moderate

110. (p. 47) In a(n) _____, parents avoid dealing with conflicts with each other by always keeping their children involved in their conversations and activities.

- A. disengaged family
- B. enmeshed family
- C. pathological triangular relationship**
- D. inflexible family

Bloom's: Remember
Difficulty: Easy

111. (p. 47) Research suggests that many young girls who develop eating disorders are members of _____.

- A. disengaged families
- B. enmeshed families**
- C. inflexible families
- D. invested families

Bloom's: Remember
Difficulty: Difficult

112. (p. 47) Family systems therapy challenges the family's:
- A. belief system about the stigma of psychopathology.
 - B. cultural definition of family cohesiveness.
 - C.** belief that an individual family member is the source of the problem.
 - D. ideas that only workable families have an authority figure.

Bloom's: Understand
Difficulty: Moderate

113. (p. 47) _____ targets family communication and problem-solving, beliefs of parents and adolescents that impede communication, and systemic barriers to problem-solving.
- A. Systematic desensitization therapy
 - B.** Behavioral family systems therapy
 - C. Client-centered therapy
 - D. Interpersonal therapy

Bloom's: Remember
Difficulty: Easy

114. (p. 47-48) Family systems therapies may be particularly appropriate in the treatment of _____.
- A. grown ups
 - B.** children
 - C. adults
 - D. parents

Bloom's: Remember
Difficulty: Easy

115. (p. 48) Research on family systems theories and therapies is difficult to do because:
- A. it involves observing people in the context of their relationships, which is difficult to "capture in the laboratory."
 - B. it often does not receive adequate funding for research as it is not recognized as a formal therapeutic approach.
 - C. it is a relatively new therapeutic approach and very few professionals have expertise in this area.
 - D. families are always in a state of flux and findings may lack validity and reliability.

Bloom's: Understand
Difficulty: Moderate

116. (p. 48) Emotion-focused approaches:
- A. are often referred to as first-wave approaches.
 - B. are entirely based on practices derived from Western philosophy.
 - C. view unconscious conflicts as the core of many types of psychopathology.
 - D. combine behavioral and cognitive therapy with mindfulness practices of Zen Buddhism.

Bloom's: Remember
Difficulty: Easy

117. (p. 48) _____ focuses on difficulties in managing negative emotions and in controlling impulsive behaviors.
- A. Dialectical behavior therapy
 - B. Acceptance and commitment therapy
 - C. Client-centered therapy
 - D. Interpersonal therapy

Bloom's: Remember
Difficulty: Easy

118. (p. 48) A key assumption behind acceptance and commitment therapy is that _____, that is, avoidance of painful thoughts, memories, and feelings, is at the heart of many mental health problems.

- A. repressed emotions
- B. denial
- C. experiential avoidance**
- D. poor emotional regulation

Bloom's: Remember
Difficulty: Easy

119. (p. 49) According to the sociocultural approach, which of the following factors increases an individual's susceptibility to mental health problems?

- A. Inability to attend college to obtain a higher degree due to financial problems
- B. Living in a country that has been ravaged by war or struck by natural disaster**
- C. Social norms and policies that are liberal in their approach to minority groups
- D. Growing up in neighborhoods where there is strong cohesion among neighbors

Bloom's: Remember
Difficulty: Moderate

120. (p. 50) Which of the following statements is indicative of culturally sensitive approach therapists may use when treating clients?

- A. Persuading clients from cultures that value respect for authority to generate ideas about what is causing their symptoms
- B. Strengthening the socio-economic and class differences that exist in the client-therapist relationship
- C. Forcing clients from cultures that value emotional restraint to express themselves and disclose all their personal concerns
- D. Recognizing that certain cultures focus on the collective and that the identity of the individual is not seen apart from the group**

Bloom's: Understand
Difficulty: Moderate

121. (p. 52) Which of the following statements is true about cross-cultural treatment?

- A. Ethnic matching is an important predictor of how long clients remain in therapy.
- B. A therapist must be from the same culture as the client to fully understand the client.
- C.** Matching the race or ethnicity of the therapist and the client does not necessarily lead to a better outcome.
- D. It has been proven that therapists from the same ethnic or racial group as the client share the same value system.

Bloom's: Remember
Difficulty: Moderate

122. (p. 52) In the context of cross-cultural treatment, which of the following statements is true?

- A. Evidence suggests that women, but not men, do better in therapy with a therapist of the same gender.
- B.** Both women and men tend to report that they prefer a therapist of the same gender.
- C. Certain treatments are more effective among certain cultural/ethnic groups than others.
- D. People from ethnic minority groups in the U.S. are less likely than European Americans to drop out of psychosocial therapy.

Bloom's: Remember
Difficulty: Moderate

123. (p. 52) Native American healing processes:

- A. encourage clients to experience the self as separate from the community.
- B.** focus on the physiology, psychology, and religious practices of the individual.
- C. emphasize the detachment of the individual from the cultural network.
- D. involve immersing the individual in quiet solitude and meditation.

Bloom's: Understand
Difficulty: Moderate

124. (p. 53) Hispanics in the southwestern United States and in Mexico suffering from psychological problems may consult folk healers, known as:

- A. curanderos.
- B. nganga.
- C. quimbanda.
- D. shamans.

Bloom's: Remember
Difficulty: Easy

125. (p. 53) Which of the following is a valid criticism leveled against the sociocultural approach?

- A. It argues that it is not enough to look only at what is going on within individuals or their immediate surroundings.
- B. It blames the victim and places responsibility for psychopathology within the individual.
- C. It relieves society of its responsibility to change the social conditions that put individuals at risk for psychopathology.
- D. It only provides a vague understanding about the exact ways in which social and cultural forces lead to psychological disturbance in individuals.

Bloom's: Understand
Difficulty: Moderate

126. (p. 53) Which of the following statements is true of prevention programs?

- A. Primary prevention strategies focus on detecting a disorder in its earliest stages.
- B. Secondary prevention focuses on people who already have a disorder and focus on prevention of relapse.
- C. Tertiary prevention strategies for preventing drug abuse might include changing neighborhood characteristics that contribute to drug use.
- D. Secondary prevention often involves screening for early signs of a disorder and then administering an intervention to prevent the development of a full-blown disorder.

Bloom's: Remember
Difficulty: Moderate

127. (p. 53-54) Which among the following is NOT a common component of successful therapies?

- A. Encouraging clients to confront painful emotions and become less sensitive to them
- B. Providing clients with explanations or interpretations of why they are suffering
- C. Establishing a positive client-therapist relationship
- D. Supplementing existing treatment with drug therapy**

Bloom's: Remember
Difficulty: Moderate

Essay Questions

128. (p. 29-31) What are neurotransmitters and how do they function? Using examples, describe the role neurotransmitters play in mental health.

Students' answers may vary. Key terms and concepts that may be included in student responses:

- Neurotransmitters—biochemicals that act as messengers carrying impulses
- Synaptic gap—gap between the synaptic terminals and the adjacent neurons
- Receptors—molecules on the membrane of adjacent neurons
- Processes of reuptake and degradation of neurotransmitters—malfunctioning of either process results in high or low levels of neurotransmitter in the synapse
- Serotonin—plays an important role in emotional well-being and in dysfunctional behaviors
- Dopamine—influences our experience of reinforcements or rewards and the functioning of muscle systems
- Norepinephrine—cocaine and amphetamine slows its reuptake
- Gamma-aminobutyric acid (GABA)—inhibits the action of other neurotransmitters

Bloom's: Remember
Difficulty: Moderate

129. (p. 36-37) Describe the learning process of classical conditioning and operant condition. Provide examples for these theories based on your experiences.

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

- Classical conditioning—unconditioned response, unconditioned stimulus, conditioned stimulus, conditioned response
- Operant conditioning—rewards, punishments, reinforcement schedules
- Examples should clearly demonstrate the processes

Bloom's: Apply
Difficulty: Moderate

130. (p. 39-41) Describe the cognitive approach to psychopathology. What are the three main goals in cognitive therapy? What are the limitations of cognitive theories?

Students' answers may vary. Key terms and concepts that may be included in student responses:

- Cognitions shape—thoughts or beliefs that shape our behaviors and the emotions we experience
- Causal attributions—the reasons we attribute to why events happen that can impact our behaviors
- Global assumptions—the positive or negative broad beliefs we have about ourselves, our relationships, and the world
- Dysfunctional global assumptions—the reason behind maladaptive behaviors as proposed by Beck and Ellis
- Cognitive-behavioral therapy (CBT)—combination of behavioral
- Goals—help clients identify irrational thoughts, consider alternative ways of thinking, face fears, learn to cope
- Limitation—difficulty proving that maladaptive cognitions precede and cause disorders, rather than being the symptoms or consequences of the disorders

Bloom's: Understand
Difficulty: Moderate

131. (p. 42-44) Describe Freud's psychosexual stages of development. What was the basis for Freud's argument that females do not develop super egos as strong as males?

Students' answers may vary. Key terms and concepts that may be included in student responses:

- Oral stage—first 18 months, stimulation of the mouth area; features of oral character
- Anal stage—18 months to 3 years, focus of gratification is the anus; features of anal personality
- Phallic stage—3 to 6 years, Oedipus/Electra complex, penis envy, absence of castration anxiety in girls leads to lack of motivation to develop a super ego; problems associated with unsuccessful resolution of phallic stage
- Latency stage—libidinal drives are quelled, more same-sex interaction
- Genital stage—12 and older years, sexual interests turn to heterosexual relationships

Bloom's: Understand
Difficulty: Moderate

132. (p. 49-53) What must therapists bear in mind to ensure that treatment does not clash with the values and norms of their client's culture? Must a therapist come from the same culture as the client to fully understand the client?

Students answers' may vary. Key terms and concepts that may be included in student responses:

- Most psychotherapies are focused on the individual, but many cultures focus on the collective or group rather than the individual.
- Most psychotherapies value the expression of emotions and the disclosure of personal concerns, but some cultures value emotional restraint.
- Many psychotherapies expect clients to take the initiative in communicating their concerns and desires, but some cultural norms dictate deference to people in authority.
- Socioeconomic class and cultural differences between the client and therapist can create tensions.
- Ethnic matching is not an important predictor of the effectiveness of therapy; cultural sensitivity can probably be acquired through training and experience.

Bloom's: Understand
Difficulty: Moderate