

Chapter 2

Causes of Abnormal Behavior

Total Assessment Guide (T.A.G.)

Topic	Question Type	Factual	Conceptual	Applied
Overview p. 24	Multiple Choice	1, 2, 3, 4	5, 6, 7	
	Short Answer	132		
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Brief Historical Perspective pp. 25-29	Multiple Choice	8, 9, 11, 13, 14, 16, 18, 19, 21, 24, 25, 27, 29, 30, 33, 36, 37	12, 15, 17, 20, 22, 23, 31, 38, 39, 40, 41	10, 26, 28, 32, 34, 35
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Systems Theory pp. 29-32	Multiple Choice	42, 43, 51, 52, 53, 55, 56, 57	45, 46, 48, 49, 54	44, 47, 50
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Biological Factors pp. 32-43	Multiple Choice	58, 59, 60, 61, 63, 64, 66, 67, 68, 71, 72, 73, 74, 78, 79, 82, 83, 84, 85, 86, 89, 90, 91, 94, 97, 105	62, 65, 77, 87, 88, 93, 95, 96, 98, 99, 100, 101, 102, 103, 104	69, 70, 75, 76, 80, 81, 92
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Social Factors pp. 47-49	Multiple Choice	126, 127, 130	124, 128, 129, 131	125
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Chapter 2: Causes of Abnormal Behavior

Multiple Choice

2.1.1. The etiology of a problem behavior is its

- a. cause.
- b. paradigm.
- c. treatment.
- d. classification.

Difficulty: 1

Question ID: 2.1.1

Page Reference: 24

Topic: Overview

Skill: Factual

Answer: a. cause.

2.1.2. Which term is used for a set of shared assumptions that includes both the substance of a theory and beliefs about how scientists should collect data and test a theory?

- a. etiology
- b. paradigm
- c. diagnosis
- d. prognosis

Difficulty: 2

Question ID: 2.1.2

Page Reference: 24

Topic: Overview

Skill: Factual

Answer: b. paradigm

2.1.3. Most forms of abnormal behavior are thought to be caused by

- a. genetics.
- b. learning.
- c. a single cause.
- d. multiple factors.

Difficulty: 1
Question ID: 2.1.3
Page Reference: 24
Topic: Overview
Skill: Factual

Answer: d. multiple factors.

2.1.4. What approach do the authors use when considering the etiology of various mental disorders?

- a. systems
- b. confluence
- c. reductionism
- d. biopsychosocial

Difficulty: 1
Question ID: 2.1.4
Page Reference: 24
Topic: Overview
Skill: Factual

Answer: d. biopsychosocial

2.1.5. A researcher described her approach to understanding mental disorders as biopsychosocial. When you ask her to explain what she means, what is she likely to say?

- a. Biological abnormalities give rise to psychological disturbances that have social consequences.
- b. Biological, psychological, and social factors are just as likely to be the cause of these disorders.
- c. The integration of biological, psychological, and social factors provides the most fruitful avenue for discovering the cause of most mental disorders.
- d. The search for etiologies is best accomplished by viewing the evidence through the lens provided by one of the major paradigms.

Difficulty: 1
Question ID: 2.1.5
Page Reference: 24
Topic: Overview
Skill: Conceptual

Answer: c. The integration of biological, psychological, and social factors provides the most fruitful avenue for discovering the cause of most mental disorders.

2.1.6. A distinguished researcher reviewed the current findings on the etiology of mental disorders. Which of the following is the best summary of the consensus of opinion?

- a. Most mental disorders are the result of genetic abnormalities.
- b. We do not currently know all of the specific causes of most mental disorders.
- c. Unconscious factors have been overlooked as the root cause of mental disorders.
- d. Environmental factors have been overlooked in the wake of recent findings on biological etiologies.

Difficulty: 2

Question ID: 2.1.6

Page Reference: 24

Topic: Overview

Skill: Conceptual

Answer: b. We do not currently know all of the specific causes of most mental disorders.

2.1.7. The case of Meghan B. in your text illustrates

- a. many plausible alternative causes.
- b. that disorders can often have a single cause.
- c. the importance of genetic factors.
- d. how objective tools can be used to pinpoint causation.

Difficulty: 1

Question ID: 2.1.7

Page Reference: 25

Topic: Overview

Skill: Conceptual

Answer: a. many plausible alternative causes.

2.1.8. The search for explanations of the etiology of abnormal behavior dates to ancient times. It was not until the 19th and 20th centuries that three major advances occurred. Which of the following is NOT one of these advances?

- a. The discovery of the cause of general paresis.
- b. The work of Sigmund Freud.
- c. The development of the germ theory.
- d. The development of academic psychology.

Difficulty: 1

Question ID: 2.1.8

Page Reference: 25

Topic: Brief Historical Perspective

Skill: Factual

Answer: c. The development of the germ theory.

2.1.9. The discovery of the etiology of which disorder was an important scientific advance for the biological paradigm?

- a. general paresis
- b. Alzheimer's disease
- c. bipolar mood disorder
- d. dissociative identity disorder

Difficulty: 1

Question ID: 2.1.9

Page Reference: 25

Topic: Brief Historical Perspective

Skill: Factual

Answer: a. general paresis

2.1.10. A physician at a hospital in the late 1800s has read about the disease called general paresis. Which of the following patients is most likely to receive such a diagnosis?

- a. Alice, whose symptoms include restlessness and agitation
- b. Brenda, whose symptoms include insomnia and obsessiveness
- c. Bob, whose symptoms include lack of appetite and thoughts of suicide
- d. Al, whose symptoms include delusions of grandeur and progressive paralysis

Difficulty: 2

Question ID: 2.1.10

Page Reference: 25

Topic: Brief Historical Perspective

Skill: Applied

Answer: d. Al, whose symptoms include delusions of grandeur and progressive paralysis

2.1.11. The correct biological explanation for general paresis

- a. was discovered very quickly.
- b. is still a mystery to scientists.
- c. will never be discovered.
- d. was only discovered after more than 100 years of study.

Difficulty: 1

Question ID: 2.1.11

Page Reference: 25

Topic: Brief Historical Perspective

Skill: Factual

Answer: d. was only discovered after more than 100 years of study.

2.1.12. Confirming a specific biological cause of general paresis was greatly aided by eventually discovering that

- a. all such patients had a history of syphilis.
- b. most such patients developed syphilis later in life.
- c. very few such patients had ever been treated with penicillin.
- d. most such patients had lied about their sexual history.

Difficulty: 2

Question ID: 2.1.12

Page Reference: 25-26

Topic: Brief Historical Perspective

Skill: Conceptual

Answer: a. all such patients had a history of syphilis.

2.1.13. General paresis was virtually eliminated because

- a. the patients died before they could have children.
- b. antibiotics were developed to treat syphilis.
- c. most older patients now develop Alzheimer's disease.
- d. psychiatrists developed the tools to diagnose it.

Difficulty: 1

Question ID: 2.1.13

Page Reference: 26

Topic: Brief Historical Perspective

Skill: Factual

Answer: b. antibiotics were developed to treat syphilis.

2.1.14. You are reading a biography of Sigmund Freud and find that he was trained as a

- a. neurologist.
- b. psychiatrist.
- c. clinical psychologist.
- d. counseling psychologist.

Difficulty: 1

Question ID: 2.1.14

Page Reference: 26

Topic: Brief Historical Perspective

Skill: Factual

Answer: a. neurologist.

2.1.15. Both Jean Charcot and Sigmund Freud focused on a disorder called hysteria. Which of the following patients is most likely to have received this diagnosis from these two well-known clinicians?

- a. Hazel, who experiences delusions
- b. Amy, who screams during bouts of "night terrors"
- c. Laura, whose "blindness" has no organic explanation
- d. Zelda, who cannot sit still for more than 5 seconds

Difficulty: 1

Question ID: 2.1.15

Page Reference: 26

Topic: Brief Historical Perspective

Skill: Conceptual

Answer: c. Laura whose "blindness" has no organic explanation

2.1.16. According to Sigmund Freud, what are the three parts of the mind?

- a. id, ego, superego
- b. oral, anal, phallic
- c. reality, pleasure, spiritual
- d. conscious, preconscious, unconscious

Difficulty: 1

Question ID: 2.1.16

Page Reference: 26

Topic: Brief Historical Perspective

Skill: Factual

Answer: a. id, ego, superego

2.1.17. In psychoanalytic theory, sexual and aggressive drives are part of the

- a. id.
- b. ego.
- c. superego.
- d. conscience.

Difficulty: 2

Question ID: 2.1.17

Page Reference: 26

Topic: Brief Historical Perspective

Skill: Conceptual

Answer: a. id.

2.1.18. According to Freudian theory, what part of the mind is roughly equivalent to the conscience?

- a. id
- b. ego
- c. libido
- d. superego

Difficulty: 1

Question ID: 2.1.18

Page Reference: 27

Topic: Brief Historical Perspective

Skill: Factual

Answer: d. superego

2.1.19. According to Freudian theory, the reality principle is the framework of operation for the

- a. id.
- b. ego.
- c. superego.
- d. conscience.

Difficulty: 1

Question ID: 2.1.19

Page Reference: 26

Topic: Brief Historical Perspective

Skill: Factual

Answer: b. ego.

2.1.20. According to Sigmund Freud, what is the purpose of defense mechanisms?

- a. to reduce anxiety
- b. to establish reality contact
- c. to develop self-actualization
- d. to reduce reliance on social support

Difficulty: 1

Question ID: 2.1.20

Page Reference: 27

Topic: Brief Historical Perspective

Skill: Conceptual

Answer: a. to reduce anxiety

2.1.21. According to Sigmund Freud, how does a boy resolve forbidden sexual desire for his mother?

- a. by becoming attracted to girls
- b. by identifying with his father
- c. by developing an Electra complex
- d. by developing aggressive urges toward his mother

Difficulty: 1

Question ID: 2.1.21

Page Reference: 27

Topic: Brief Historical Perspective

Skill: Factual

Answer: b. by identifying with his father

2.1.22. When we are around someone we dislike intensely we often "bend over backward" to be nice to this individual. Which defense mechanism is illustrated here?

- a. denial
- b. projection
- c. sublimation
- d. reaction formation

Difficulty: 1

Question ID: 2.1.22

Page Reference: 27

Topic: Brief Historical Perspective

Skill: Conceptual

Answer: d. reaction formation

2.1.23. You get a paper back and briefly feel angry at the low grade you received, but this feeling is upsetting because you like the professor so much. You quickly turn your attention to other matters. Later that day you pick a fight with your roommate because of the unfair manner in which the week's chores were divided. This fight could be an example of a defense mechanism called

- a. projection.
- b. sublimation.
- c. displacement.
- d. rationalization.

Difficulty: 1

Question ID: 2.1.23

Page Reference: 27

Topic: Brief Historical Perspective

Skill: Conceptual

Answer: c. displacement.

2.1.24. Who is credited with beginning the modern science of psychology at the University of Leipzig?

- a. Ivan Pavlov
- b. Wilhelm Wundt
- c. B. F. Skinner
- d. Sigmund Freud

Difficulty: 1

Question ID: 2.1.24

Page Reference: 27-28

Topic: Brief Historical Perspective

Skill: Factual

Answer: b. Wilhelm Wundt

2.1.25. The textbook suggests that Freud's ideas were

- a. scientifically valid.
- b. metaphors.
- c. of little value.
- d. dangerous.

Difficulty: 1

Question ID: 2.1.25

Page Reference: 27

Topic: Brief Historical Perspective

Skill: Factual

Answer: b. metaphors.

2.1.26. The cognitive-behavioral paradigm views all of the following as the product of learning except

- a. abnormal behavior.
- b. normal behavior.
- c. unconscious processes.
- d. mental disorders.

Difficulty: 3

Question ID: 2.1.26

Page Reference: 27-28

Topic: Brief Historical Perspective

Skill: Applied

Answer: c. unconscious processes

2.1.27. Ivan Pavlov rang a bell every time he fed meat powder to dogs. After repeated trials, the dogs began to salivate when they heard the bell, even if there was no food in sight. According to Pavlov, the dogs' salivation in the absence of food, following the ringing of the bell, is called the

- a. conditioned stimulus.
- b. conditioned response.
- c. unconditioned stimulus.
- d. unconditioned response.

Difficulty: 2

Question ID: 2.1.27

Page Reference: 28

Topic: Brief Historical Perspective

Skill: Factual

Answer: b. conditioned response.

2.1.28. Beth received a painful shock while turning on her television. Now she reacts with fear whenever she sees a television. What is the television in this example?

- a. neutral stimulus
- b. reinforced stimulus
- c. conditioned stimulus
- d. unconditioned stimulus

Difficulty: 2

Question ID: 2.1.28

Page Reference: 28

Topic: Brief Historical Perspective

Skill: Applied

Answer: c. conditioned stimulus

2.1.29. According to Ivan Pavlov's ideas on classical conditioning, extinction occurs when a conditioned stimulus is no longer presented along with

- a. a negative reinforcer.
- b. a conditioned response.
- c. an unconditioned response.
- d. an unconditioned stimulus.

Difficulty: 1

Question ID: 2.1.29

Page Reference: 28

Topic: Brief Historical Perspective

Skill: Factual

Answer: d. an unconditioned stimulus.

2.1.30. What is the primary concept in operant conditioning?

- a. a conditioned stimulus is neutral
- b. conditioned response leads to extinction
- c. behavior is determined by its consequences
- d. negative reinforcement is the same as punishment

Difficulty: 2

Question ID: 2.1.30

Page Reference: 28

Topic: Brief Historical Perspective

Skill: Factual

Answer: c. behavior is determined by its consequences

2.1.31. According to the principles of operant conditioning, what happens when negative reinforcement is applied?

- a. behavior increases
- b. behavior decreases
- c. behavior is punished
- d. behavior remains at the same level

Difficulty: 3

Question ID: 2.1.31

Page Reference: 28

Topic: Brief Historical Perspective

Skill: Conceptual

Answer: a. behavior increases

2.1.32. Your neighbors are playing loud music late at night and it annoys you. You ask them to turn down the music and they do. The next time they play loud music, you call them even sooner. B. F. Skinner would say this happens because

- a. your assertiveness is like a punishment.
- b. the noise was an unconditioned stimulus.
- c. the decreased noise negatively reinforced your assertiveness.
- d. the decreased noise positively reinforced your assertiveness.

Difficulty: 2

Question ID: 2.1.32

Page Reference: 28

Topic: Brief Historical Perspective

Skill: Applied

Answer: c. the decreased noise negatively reinforced your assertiveness.

2.1.33. John B. Watson was best known for

- a. founding humanism.
- b. promoting behaviorism.
- c. developing the theory of modeling.
- d. developing the theory of operant conditioning.

Difficulty: 1

Question ID: 2.1.33

Page Reference: 28

Topic: Brief Historical Perspective

Skill: Factual

Answer: b. promoting behaviorism.

2.1.34. Mary and Jim took their two-year-old to the supermarket this past week. For more than an hour all Little Jimmy did was yell and scream because in the past this would have obtained him an ice cream cone. Jim managed to ignore him. Finally, Little Jimmy stopped yelling and screaming. What operant conditioning concept is illustrated by this story?

- a. shaping
- b. extinction
- c. punishment
- d. token economy

Difficulty: 2

Question ID: 2.1.34

Page Reference: 28

Topic: Brief Historical Perspective

Skill: Applied

Answer: b. extinction

2.1.35. Though easily confused, negative reinforcement and punishment are quite different; with negative reinforcement, behavior _____ when the aversive stimulus is _____, and with punishment, behavior _____ when the aversive stimulus is _____.

- a. increases; removed; increases; introduced
- b. increases; removed; decreases; introduced
- c. decreases; removed; increases; introduced
- d. decreases; introduced; increases; removed

Difficulty: 2

Question ID: 2.1.35

Page Reference: 28

Topic: Brief Historical Perspective

Skill: Applied

Answer: b. increases; removed; decreases; introduced

2.1.36. Watson made the very important assumption that all behavior is

- a. under the control of free will.
- b. inborn rather than learned.
- c. the result of hidden desires and unconscious conflicts.
- d. a result of learning.

Difficulty: 1

Question ID: 2.1.36

Page Reference: 28

Topic: Brief Historical Perspective

Skill: Factual

Answer: d. a result of learning.

2.1.37. Humanistic psychologists objected to the biological, psychoanalytic, and behavioral theories of abnormal behavior because these other approaches assume that

- a. free will exists.
- b. behavior is a paradigm.
- c. human nature is inherently good.
- d. behavior is predictably determined.

Difficulty: 1

Question ID: 2.1.37

Page Reference: 28

Topic: Brief Historical Perspective

Skill: Factual

Answer: d. behavior is predictably determined.

2.1.38. Which paradigm views human nature as basically good, attributes abnormal behavior to frustrations of society, and uses nondirective therapy to treat abnormal behavior?

- a. biomedical
- b. humanistic
- c. psychoanalytic
- d. cognitive behavioral

Difficulty: 1

Question ID: 2.1.38

Page Reference: 28

Topic: Brief Historical Perspective

Skill: Conceptual

Answer: b. humanistic

2.1.39. Who is the historian and philosopher who has written about the nature of paradigms?

- a. Sigmund Freud
- b. Karl Byron
- c. Thomas Kuhn
- d. John Watson

Difficulty: 1

Question ID: 2.1.39

Page Reference: 28

Topic: Brief Historical Perspective

Skill: Conceptual

Answer: c. Thomas Kuhn.

2.1.40. What is the purpose of the enigma written by Lord Byron that was included in the text?

- a. to show how writing can reveal one's unconscious memories
- b. to provide an example of the integration of different etiologies
- c. to reveal how paradigms can either help or hinder our search for answers
- d. to demonstrate that a psychotic process can often be uncovered in the words of even greater writers

Difficulty: 2

Question ID: 2.1.40

Page Reference: 29

Topic: Brief Historical Perspective

Skill: Conceptual

Answer: c. to reveal how paradigms can either help or hinder our search for answers

2.1.41. All four of the paradigms presented in your text make assumptions about the causes of abnormal behavior that can be too

- a. broad.
- b. narrow.
- c. untestable.
- d. vague.

Difficulty: 1

Question ID: 2.1.41

Page Reference: 29

Topic: Brief Historical Perspective

Skill: Conceptual

Answer: b. narrow.

2.1.42. Holism is the idea that

- a. humans have free will.
- b. behavior is determined.
- c. human nature is basically good.
- d. the whole is more than the sum of its parts.

Difficulty: 1

Question ID: 2.1.42

Page Reference: 29

Topic: Systems Theory

Skill: Factual

Answer: d. the whole is more than the sum of its parts.

2.1.43. The idea that ultimate explanations for abnormal behavior are found when problems are analyzed in terms of their smallest components is known as

- a. deduction.
- b. paradigms.
- c. determinism.
- d. reductionism.

Difficulty: 3

Question ID: 2.1.43

Page Reference: 29

Topic: Systems Theory

Skill: Factual

Answer: d. reductionism.

2.1.44. Thinking of the different academic disciplines as representing different levels of analysis in trying to understand the causes of abnormal behavior, systems theory asserts that

- a. no single academic discipline has a corner on the truth.
- b. the molar level is more helpful than the molecular level.
- c. the molecular level is more helpful than the molar level.
- d. only the molar level lends itself to rigorous research.

Difficulty: 1

Question ID: 2.1.44

Page Reference: 29

Topic: Systems Theory

Skill: Applied

Answer: a. no single academic discipline has a corner on the truth.

2.1.45. A newspaper headline heralds a finding that an excess of a particular brain chemical is the cause of a certain mental disorder. The article is not convincing to you. What potential flaw do you note in the report?

- a. The chemical change could be due to other variables.
- b. Chemical changes cannot bring about changes in behavior.
- c. The genetic code associated with the chemical has not been identified.
- d. Such findings are very difficult to generalize to the entire population.

Difficulty: 1

Question ID: 2.1.45

Page Reference: 30

Topic: Systems Theory

Skill: Conceptual

Answer: a. The chemical change could be due to other variables.

2.1.46. Which of the following correlation coefficients indicates the strongest association between two variables?

- a. -0.74
- b. -0.15
- c. +0.26
- d. +0.62

Difficulty: 2

Question ID: 2.1.46

Page Reference: 30

Topic: Systems Theory

Skill: Conceptual

Answer: a. -0.74

2.1.47. The correlation between scores on a measure of hostility and age at death is -.64. We could conclude from this correlation coefficient that people

- a. with high hostility scores tend to live longer.
- b. who have low hostility scores tend to die younger.
- c. who have high hostility scores tend to die younger.
- d. who have low hostility scores die 64 percent sooner than those with high hostility scores.

Difficulty: 3

Question ID: 2.1.47

Page Reference: 30

Topic: Systems Theory

Skill: Applied

Answer: c. who have high hostility scores tend to die younger.

2.1.48. Assume that variables X and Y are significantly correlated; the concept of reverse causality tells us that

- a. X causes Y but not the reverse.
- b. Y causes X but not the reverse.
- c. X might cause Y or Y might cause X.
- d. X causes Y and Y causes X.

Difficulty: 3

Question ID: 2.1.48

Page Reference: 30

Topic: Systems Theory

Skill: Conceptual

Answer: c. X might cause Y or Y might cause X.

2.1.49. Assume that variables X and Y are significantly correlated; the third variable problem means that

- a. the correlation could be explained by their joint relation with some other factor.
- b. another variable must correlate with X but not Y.
- c. another variable must correlate with Y but not X.
- d. X causes Y and Y causes X.

Difficulty: 2

Question ID: 2.1.49

Page Reference: 30

Topic: Systems Theory

Skill: Conceptual

Answer: a. the correlation could be explained by their joint relation with some other factor.

2.1.50. A study has found a positive correlation between smoking cigarettes and schizophrenia. Which is/are possible explanations for this finding?

- a. A third variable could be causing both.
- b. Some property of nicotine could be part of the cause of schizophrenia.
- c. Something about the nature of schizophrenia could be a factor in the cause of smoking.
- d. All of the above are possible explanations for this finding.

Difficulty: 3

Question ID: 2.1.50

Page Reference: 30

Topic: Systems Theory

Skill: Applied

Answer: d. All of the above are possible explanations for this finding.

2.1.51. The principle of equifinality, or the concept of multiple pathways, means that

- a. many risk factors might be involved in a disorder's etiology.
- b. disorders must always be explained in terms of many different risk factors.
- c. a diathesis must always be combined with some form of stress.
- d. the same risk factors can produce many different disorders.

Difficulty: 2

Question ID: 2.1.51

Page Reference: 31

Topic: Systems Theory

Skill: Factual

Answer: a. many risk factors might be involved in a disorder's etiology.

2.1.52. Which of the following best illustrates reciprocal causality?

- a. Parents influence their children and are also influenced by their own parents.
- b. Parents influence their children both through heredity and through socialization.
- c. Parents influence their children and children influence their parents.
- d. Children are influenced both by their parents and by their peers.

Difficulty: 2

Question ID: 2.1.52

Page Reference: 32

Topic: Systems Theory

Skill: Factual

Answer: c. Parents influence their children and children influence their parents.

2.1.53. What is a diathesis?

- a. a form of stress
- b. a predisposition
- c. a biological cause of mental illness
- d. an observable symptom of mental illness

Difficulty: 1

Question ID: 2.1.53

Page Reference: 31

Topic: Systems Theory

Skill: Factual

Answer: b. a predisposition

2.1.54. Some researchers view alcoholism as the result of a genetic predisposition to be addicted to alcohol plus life experiences that drive a person to drink more and more. This type of analysis is an example of

- a. circular thinking.
- b. biological etiology.
- c. the diathesis-stress model.
- d. the nature-nurture controversy.

Difficulty: 2

Question ID: 2.1.54

Page Reference: 31

Topic: Systems Theory

Skill: Conceptual

Answer: c. the diathesis-stress model.

2.1.55. Developmental psychopathology is a new approach to abnormal psychology that emphasizes the importance of analyzing behavior in terms of

- a. cybernetics.
- b. early childhood trauma.
- c. learned patterns that are ingrained over time.
- d. comparisons of individual behavior to age-based norms.

Difficulty: 2

Question ID: 2.1.55

Page Reference: 32

Topic: Systems Theory

Skill: Factual

Answer: d. comparisons of individual behavior to age-based norms.

2.1.56. What term is used to describe the pattern of behavior that is apparent before a disorder develops?

- a. premorbid history
- b. prognosis
- c. homeostasis
- d. developmental history

Difficulty: 2

Question ID: 2.1.56

Page Reference: 32

Topic: Systems Theory

Skill: Factual

Answer: a. premorbid history

2.1.57. You are watching a movie about a mental hospital. In one scene two mental health professionals are talking about a patient. One of them asks about the patient's prognosis. The response to this question will deal with the patient's

- a. diagnosis.
- b. predicted course.
- c. premorbid history.
- d. developmental norm.

Difficulty: 1

Question ID: 2.1.57

Page Reference: 32

Topic: Systems Theory

Skill: Factual

Answer: b. predicted course.

2.1.58. Neuroanatomy focuses on brain _____ while neurophysiology focuses on brain _____.

- a. functions; structures
- b. structures; functions
- c. dendrites; axons
- d. axons; dendrites

Difficulty: 1

Question ID: 2.1.58

Page Reference: 32

Topic: Biological Factors

Skill: Factual

Answer: b. structures; functions

2.1.59. Which of the following is NOT a part of a neuron?

- a. dendrite
- b. nerve
- c. axon
- d. soma

Difficulty: 1

Question ID: 2.1.59

Page Reference: 32

Topic: Biological Factors

Skill: Factual

Answer: b. nerve

2.1.60. A synapse is a

- a. cell body.
- b. nerve cell.
- c. chemical substance in the brain.
- d. fluid-filled gap between neurons.

Difficulty: 2

Question ID: 2.1.60

Page Reference: 32

Topic: Biological Factors

Skill: Factual

Answer: d. fluid-filled gap between neurons.

2.1.61. How is information transmitted between nerve cells?

- a. by release of neurotransmitters at the synapse
- b. by release of neurotransmitters along the axon
- c. by changes in electrical potential along the axon
- d. by changes in electrical potential in the synapse

Difficulty: 1

Question ID: 2.1.61

Page Reference: 32-33

Topic: Biological Factors

Skill: Factual

Answer: a. by release of neurotransmitters at the synapse

2.1.62. A report of research on physiological psychology contains a description of a substance that can influence communication among neurons and can act some distance from where the substance was released. What is the topic of this report?

- a. axons
- b. humors
- c. neuromodulators
- d. neurotransmitters

Difficulty: 2

Question ID: 2.1.62

Page Reference: 33

Topic: Biological Factors

Skill: Conceptual

Answer: c. neuromodulators

2.1.63. What is the process by which some neurotransmitters in the synapse return to the axon terminals of the neuron that released them?

- a. reuptake
- b. regeneration
- c. neuromodulation
- d. neuroregeneration

Difficulty: 1

Question ID: 2.1.63

Page Reference: 33

Topic: Biological Factors

Skill: Factual

Answer: a. reuptake

2.1.64. Chemicals that may be released from neurons or from endocrine glands and that affect the functioning of neurotransmitters are known as

- a. adrenotransmitters.
- b. neuromodulators.
- c. reuptake inhibitors.
- d. reuptake facilitators.

Difficulty: 2

Question ID: 2.1.64

Page Reference: 33

Topic: Biological Factors

Skill: Factual

Answer: b. neuromodulators.

2.1.65. All of the following have been suggested as a way that neurotransmitters could play a role in abnormal behavior except

- a. an oversupply of a certain neurotransmitter.
- b. an undersupply of a neurotransmitter.
- c. faulty genes that misfold the proteins that make up a given neurotransmitter.
- d. a disturbance in the reuptake mechanism for a given neurotransmitter.

Difficulty: 1

Question ID: 2.1.65

Page Reference: 33

Topic: Biological Factors

Skill: Conceptual

Answer: c. faulty genes that misfold the proteins that make up a given neurotransmitter.

2.1.66. Dualism refers to the out-of-date idea that

- a. mind and body are separate.
- b. the whole is more than the sum of its parts.
- c. the brain is made up of structures and functions.
- d. behavior is influenced by free will and determinism.

Difficulty: 2

Question ID: 2.1.66

Page Reference: 34

Topic: Biological Factors

Skill: Factual

Answer: a. mind and body are separate.

2.1.67. Which of the following neurotransmitters was first implicated in the development of schizophrenia?

- a. GABA
- b. dopamine
- c. serotonin
- d. norepinephrine

Difficulty: 1

Question ID: 2.1.67

Page Reference: 33

Topic: Biological Factors

Skill: Factual

Answer: b. dopamine

2.1.68. Basic bodily functions such as heart rate, blood pressure, and respiration are regulated by which region of the brain?

- a. pons
- b. medulla
- c. midbrain
- d. corpus callosum

Difficulty: 1

Question ID: 2.1.68

Page Reference: 34

Topic: Biological Factors

Skill: Factual

Answer: b. medulla

2.1.69. A police officer pulls over a driver suspected of driving under the influence of alcohol. The driver is asked to exit the car and walk a straight line. This test is designed to detect the effects of alcohol on the

- a. cerebellum.
- b. hypothalamus.
- c. temporal lobe.
- d. limbic system.

Difficulty: 1

Question ID: 2.1.69

Page Reference: 34

Topic: Biological Factors

Skill: Applied

Answer: a. cerebellum.

2.1.70. Evidence that effective treatments for depression inhibit the reuptake of a neurotransmitter links a depletion of that neurotransmitter to mood disorders. That neurotransmitter is

- a. dopamine.
- b. GABA.
- c. serotonin.
- d. Prozac.

Difficulty: 2

Question ID: 2.1.70

Page Reference: 33

Topic: Biological Factors

Skill: Applied

Answer: c. serotonin

2.1.71. The _____ is involved with some motor activities associated with fighting and sexual behavior.

- a. midbrain
- b. forebrain
- c. hindbrain
- d. corpus callosum

Difficulty: 1

Question ID: 2.1.71

Page Reference: 34

Topic: Biological Factors

Skill: Factual

Answer: a. midbrain

2.1.72. Changes in the brains of individuals with Alzheimer's disease have been found, but they are of limited value because

- a. they are too similar to the changes seen in Parkinson's disease.
- b. they can only be seen by very expensive imaging techniques.
- c. they appear in women, but not men.
- d. they are only seen during autopsy.

Difficulty: 2

Question ID: 2.1.72

Page Reference: 37

Topic: Biological Factors

Skill: Factual

Answer: d. they are only seen during autopsy.

2.1.73. The reticular activating system regulates

- a. eating and drinking.
- b. sleeping and waking.
- c. sex drive and eating.
- d. aggression and emotions.

Difficulty: 2

Question ID: 2.1.73

Page Reference: 34

Topic: Biological Factors

Skill: Factual

Answer: b. sleeping and waking.

2.1.74. Which region of the brain plays a key role in regulating emotion?

- a. cerebellum
- b. limbic system
- c. corpus callosum
- d. reticular activating system

Difficulty: 1

Question ID: 2.1.74

Page Reference: 34

Topic: Biological Factors

Skill: Factual

Answer: b. limbic system

2.1.75. Which of the following is most likely to be affected by a tumor on the hypothalamus?

- a. creativity
- b. long-term memory
- c. motor coordination
- d. basic biological urges

Difficulty: 2

Question ID: 2.1.75

Page Reference: 34

Topic: Biological Factors

Skill: Applied

Answer: d. basic biological urges

2.1.76. Your patient shows signs of restlessness, agitation, and anxiety. One of the first disorders to test for would be Graves' disease, so you order tests of

- a. dopamine levels.
- b. blood sugar levels.
- c. thyroid function.
- d. cerebral blood flow.

Difficulty: 3

Question ID: 2.1.76

Page Reference: 37

Topic: Biological Factors

Skill: Applied

Answer: c. thyroid function.

2.1.77. Researchers are interested in the ventricles in the brain because

- a. they become enlarged in some disorders.
- b. they fill with cerebrospinal fluid.
- c. they are often found to be absent in people with severe mental disorders.
- d. they connect the forebrain, midbrain, hindbrain, and cerebellum.

Difficulty: 2

Question ID: 2.1.77

Page Reference: 37

Topic: Biological Factors

Skill: Conceptual

Answer: a. they become enlarged in some disorders.

2.1.78. The region of the brain responsible for the regulation of emotion and some aspects of learning, memory, and language reception is called the

- a. occipital love.
- b. cerebellum.
- c. corpus callosum.
- d. temporal lobe.

Difficulty: 3

Question ID: 2.1.78

Page Reference: 35

Topic: Biological Factors

Skill: Factual

Answer: d. temporal lobe

2.1.79. If blood vessels in the brain rupture, cutting off the supply of oxygen to parts of the brain and thereby killing surrounding brain tissue, the person is said to have suffered a

- a. stroke.
- b. broken ventricle.
- c. tangle of neurons.
- d. nervous breakdown.

Difficulty: 1

Question ID: 2.1.79

Page Reference: 36

Topic: Biological Factors

Skill: Factual

Answer: a. stroke.

2.1.80. A patient has just undergone a complete examination of the brain using the most sophisticated imaging tools available. The neurosurgeon found a tumor in the frontal lobe. Which of the following is most likely to be affected by this tumor?

- a. sleep
- b. biological urges
- c. reasoning and planning
- d. hearing and vision

Difficulty: 2

Question ID: 2.1.80

Page Reference: 36

Topic: Biological Factors

Skill: Applied

Answer: c. reasoning and planning

2.1.81. If you focused your research efforts on problems associated with psychophysiological arousal, you would be interested in activity in the

- a. endocrine system.
- b. brain stem and temporal lobes.
- c. the early signs of Alzheimer's disease and Korsakoff's syndrome.
- d. hormone levels and corpus callosum.

Difficulty: 3

Question ID: 2.1.81

Page Reference: 37

Topic: Biological Factors

Skill: Applied

Answer: a. nervous and endocrine systems.

2.1.82. The endocrine system is a collection of

- a. glands.
- b. neurons.
- c. ventricles.
- d. brain structures.

Difficulty: 2

Question ID: 2.1.82

Page Reference: 37

Topic: Biological Factors

Skill: Factual

Answer: a. glands.

2.1.83. Chemical substances that affect the functioning of distant body systems and sometimes act as neuromodulators are known as

- a. glands.
- b. ventricles.
- c. hormones.
- d. endocrines.

Difficulty: 2

Question ID: 2.1.83

Page Reference: 37

Topic: Biological Factors

Skill: Factual

Answer: c. hormones.

2.1.84. Which of the following would be most likely to be observed in a patient whose thyroid gland is secreting too much of the hormone thyroxin?

- a. Alzheimer's disease
- b. schizophrenia
- c. agitation and anxiety
- d. low levels of motivation and sexual desire

Difficulty: 2

Question ID: 2.1.84

Page Reference: 37

Topic: Biological Factors

Skill: Factual

Answer: c. agitation and anxiety

2.1.85. What are the two components of the central nervous system?

- a. brain and spinal cord
- b. somatic and autonomic systems
- c. corpus callosum and cerebellum
- d. sympathetic and parasympathetic systems

Difficulty: 1

Question ID: 2.1.85

Page Reference: 37-38

Topic: Biological Factors

Skill: Factual

Answer: a. brain and spinal cord

2.1.86. In the autonomic nervous system, increased arousal and energy expenditure are associated with activation of the

- a. somatic nervous system.
- b. central nervous system.
- c. sympathetic nervous system.
- d. parasympathetic nervous system.

Difficulty: 3

Question ID: 2.1.86

Page Reference: 38

Topic: Biological Factors

Skill: Factual

Answer: c. sympathetic nervous system.

2.1.87. Theories that attempt to link psychophysiology to the etiology of psychopathology have implicated

- a. both overarousal and underarousal.
- b. only overarousal.
- c. both overmodulation and undermodulation.
- d. only overmodulation.

Difficulty: 2

Question ID: 2.1.87

Page Reference: 38

Topic: Biological Factors

Skill: Conceptual

Answer: a. both overarousal and underarousal.

2.1.88. Your neighbor is a behavior geneticist. When you ask her to describe her discipline, what is she likely to say?

- a. the computer driven study of genotypes
- b. a search for various biochemical abnormalities
- c. investigation of the hereditary functions of specific genes
- d. a broad approach that studies genetic influences on behavior

Difficulty: 3

Question ID: 2.1.88

Page Reference: 38

Topic: Biological Factors

Skill: Conceptual

Answer: d. a broad approach that studies genetic influences on behavior

2.1.89. Genes are all of the following EXCEPT

- a. small units of DNA.
- b. composed of proteins.
- c. carriers of genetic information.
- d. located on chromosomes.

Difficulty: 1

Question ID: 2.1.89

Page Reference: 38

Topic: Biological Factors

Skill: Factual

Answer: b. composed of proteins.

2.1.90. What is a phenotype?

- a. a genetic structure
- b. a set of observable traits
- c. a pattern of dominant and recessive genes
- d. a description of a chromosomal abnormality

Difficulty: 2

Question ID: 2.1.90

Page Reference: 39

Topic: Biological Factors

Skill: Factual

Answer: b. a set of observable traits

2.1.91. Genes have alternative forms known as

- a. phenotypes.
- b. genotypes.
- c. alleles.
- d. genosomes.

Difficulty: 3

Question ID: 2.1.91

Page Reference: 39

Topic: Biological Factors

Skill: Factual

Answer: c. alleles.

2.1.92. Suppose that researchers discover the gene responsible for manic behavior. Assume that the alleles of the gene are represented by M and m and the gene is dominant/recessive. Which of the following represents the phenotype?

- a. the M allele
- b. the m allele
- c. manic behavior
- d. the combination of the M and m alleles

Difficulty: 3

Question ID: 2.1.92

Page Reference: 39

Topic: Biological Factors

Skill: Applied

Answer: c. manic behavior

2.1.93. Most theories developed by behavior geneticists to pin down genetic explanations for abnormal behavior assume that mental disorders are most likely

- a. polygenic; that is, caused by a single gene.
- b. polygenic; that is, caused by multiple genes.
- c. autosomal; that is, caused by a single gene.
- d. autosomal; that is, caused by multiple genes.

Difficulty: 2

Question ID: 2.1.93

Page Reference: 39

Topic: Biological Factors

Skill: Conceptual

Answer: b. polygenic; that is, caused by multiple genes.

2.1.94. What is another name for a proband?

- a. carrier
- b. index case
- c. identical twin
- d. fraternal twin

Difficulty: 3

Question ID: 2.1.94

Page Reference: 39

Topic: Biological Factors

Skill: Factual

Answer: b. index case

2.1.95. The major problem with family incidence studies that ask whether diseases "run in families" is that even when they find a higher prevalence of a certain illness in families with one ill proband

- a. they cannot determine if a single gene or multiple genes are involved.
- b. they cannot determine if dominant genes or recessive genes are involved.
- c. the finding is consistent with both genetic and environmental causation.
- d. they can only study families where there are identical twins.

Difficulty: 3

Question ID: 2.1.95

Page Reference: 39

Topic: Biological Factors

Skill: Conceptual

Answer: c. the finding is consistent with both genetic and environmental causation.

2.1.96. As more genes are involved in determining a trait, what happens to the distribution of the trait in the general population?

- a. It occurs more often in each generation.
- b. It occurs less frequently with each generation.
- c. The trait tends to be distributed in a bimodal manner.
- d. The trait tends to be distributed as a normal distribution.

Difficulty: 3
Question ID: 2.1.96
Page Reference: 39
Topic: Biological Factors
Skill: Conceptual

Answer: d. The trait tends to be distributed as a normal distribution.

2.1.97. In twin studies the key comparison involves determining how many pairs of twins either have the same disorder or are free of the disorder; this involves the calculation of

- a. discordance rates.
- b. concordance rates.
- c. shared environment rates.
- d. nonshared environment rates.

Difficulty: 2
Question ID: 2.1.97
Page Reference: 39
Topic: Biological Factors
Skill: Factual

Answer: b. concordance rates.

2.1.98. Similar concordance rates for a given trait in monozygotic (MZ) and dizygotic (DZ) twins suggests that the trait may be due to

- a. genetic causes.
- b. endocrine causes.
- c. environmental causes.
- d. phenotypical causes.

Difficulty: 3
Question ID: 2.1.98
Page Reference: 40
Topic: Biological Factors
Skill: Conceptual

Answer: c. environmental causes.

2.1.99. In a study of twins, a researcher finds that 40 percent of dizygotic (DZ) twins and 40 percent of monozygotic (MZ) twins share a trait. What is the researcher most likely to conclude about the trait?

- a. It is 40 percent concordant.
- b. It is 60 percent concordant.
- c. It is genetically determined.
- d. It is not genetically determined.

Difficulty: 3

Question ID: 2.1.99

Page Reference: 40

Topic: Biological Factors

Skill: Conceptual

Answer: d. It is not genetically determined.

2.1.100. What is the most likely cause of a disorder if both monozygotic and dizygotic twins show a high concordance rate?

- a. recessive genes
- b. dominant genes
- c. different environmental experiences
- d. shared environmental experiences

Difficulty: 2

Question ID: 2.1.100

Page Reference: 40

Topic: Biological Factors

Skill: Conceptual

Answer: d. shared environmental experiences

2.1.101. Even when twin studies find that monozygotic twins have higher concordance rates than dizygotic twins, it is possible these results are not due to genetics but to the possibility that

- a. DZ twins are usually treated very similarly.
- b. MZ twins may be treated more similarly than DZ twins.
- c. MZ twins are easier to locate and study.
- d. DZ twins are more likely to live in similar environments.

Difficulty: 2

Question ID: 2.1.101

Page Reference: 40

Topic: Biological Factors

Skill: Conceptual

Answer: b. MZ twins may be treated more similarly than DZ twins.

2.1.102. Adoption studies are important in behavior genetics because they help to

- a. investigate the effects of adoption.
- b. provide evidence on genetic versus environmental contributions.
- c. separate the MZ twins from the DZ twins.
- d. determine whether adoption can influence genetic makeup.

Difficulty: 2

Question ID: 2.1.102

Page Reference: 40

Topic: Biological Factors

Skill: Conceptual

Answer: b. provide evidence on genetic versus environmental contributions.

2.1.103. A strong piece of evidence that genes alone do not cause the vast majority of mental disorders is that genetic studies

- a. rely too much on twin studies and not enough on adoption studies.
- b. rely too much on adoption studies and not enough on twin studies.
- c. typically find concordance rates for DZ twins far below 100 percent.
- d. typically find concordance rates for MZ twins far below 100 percent.

Difficulty: 2

Question ID: 2.1.103

Page Reference: 40

Topic: Biological Factors

Skill: Conceptual

Answer: d. typically find concordance rates for MZ twins far below 100 percent.

2.1.104. Which of the following would be a legitimate summary of the role of genes in causing abnormal behavior?

- a. Single genes have been found for many mental disorders.
- b. Scientists have found the gene or genes responsible for only a few, rare forms of mental disorder.
- c. Scientists have not yet been able to locate any gene responsible for a mental disorder.
- d. The influence of genes is almost always greater than the influence of environment.

Difficulty: 2

Question ID: 2.1.104

Page Reference: 40

Topic: Biological Factors

Skill: Conceptual

Answer: b. Scientists have found the gene or genes responsible for only a few, rare forms of mental disorder.

2.1.105. Dr. Andrew Wakefield has speculated that the measles/mumps/rubella vaccination may be responsible for 12 cases of autism. A Danish study of half a million children found

- a. weak evidence to support this theory.
- b. strong evidence to support this theory.
- c. no evidence to support this theory.
- d. evidence that rubella itself is part of the cause of autism.

Difficulty: 2

Question ID: 2.1.105

Page Reference: 41

Topic: Biological Factors

Skill: Factual

Answer: c. no evidence to support this theory.

2.1.106. In evolutionary psychology, which of the following would be a good description of natural selection?

- a. Successful genetically determined adaptations become more common over successive generations.
- b. Successful genetically determined adaptations become less common over successive generations.
- c. Unsuccessful genetically determined adaptations become more common over successive generations.
- d. Successful genetically determined adaptations become more common in many other species.

Difficulty: 3

Question ID: 2.1.106

Page Reference: 43

Topic: Psychological Factors

Skill: Factual

Answer: a. Successful genetically determined adaptations become more common over successive generations.

2.1.107. According to the concept of sexual selection, those characteristics that give males greater access to mates

- a. are likely to become less common over successive generations.
- b. are likely to become more common over successive generations.
- c. lead to the development of similar characteristics in females.
- d. are also likely to make males less aggressive and less able to survive and reproduce.

Difficulty: 2

Question ID: 2.1.107

Page Reference: 43

Topic: Psychological Factors

Skill: Conceptual

Answer: b. are likely to become more common over successive generations.

2.1.108. You are watching a videotape of John Bowlby in which he discusses his views on attachment. Later you are to write a summary of Bowlby's comments and include the major reason why he believes that attachments form. What will you write?

- a. They are reinforcing.
- b. They have survival value.
- c. They fulfill sexual and aggressive drives.
- d. They are a component of self-actualization.

Difficulty: 2

Question ID: 2.1.108

Page Reference: 43

Topic: Psychological Factors

Skill: Conceptual

Answer: b. They have survival value.

2.1.109. According to attachment theorists, why do anxious attachments develop during the first year of life?

- a. modeling
- b. low self-actualization
- c. inconsistent and unresponsive parenting
- d. temperament differences

Difficulty: 2

Question ID: 2.1.109

Page Reference: 44

Topic: Psychological Factors

Skill: Conceptual

Answer: c. inconsistent and unresponsive parenting

2.1.110. The observations of attachment theory and ethology suggest that _____ has survival value.

- a. proximity
- b. imitation
- c. affiliation
- d. social support

Difficulty: 2

Question ID: 2.1.110

Page Reference: 43

Topic: Psychological Factors

Skill: Conceptual

Answer: a. proximity

2.1.111. The two broad categories of social behaviors studied by ethologists are

- a. imprinting and attachment.
- b. temperament and social learning.
- c. affiliation and dominance.
- d. extraversion and agreeableness.

Difficulty: 1

Question ID: 2.1.111

Page Reference: 44

Topic: Psychological Factors

Skill: Factual

Answer: c. affiliation and dominance

2.1.112. While visiting your niece in the hospital, you see several other very young children. You observe one young child who is placid and smiles often, whereas another child seems to be very active and fussy. Such differences in style are often described as reflections of

- a. imprinting.
- b. motivation.
- c. affiliation.
- d. temperament.

Difficulty: 2

Question ID: 2.1.112

Page Reference: 44

Topic: Psychological Factors

Skill: Factual

Answer: d. temperament.

2.1.113. Which of the following is one of the five major personality traits that have been the focus of recent research?

- a. dominance
- b. achievement
- c. extraversion
- d. responsibility

Difficulty: 2

Question ID: 2.1.113

Page Reference: 44

Topic: Psychological Factors

Skill: Factual

Answer: c. extraversion

2.1.114. Which of the following is NOT one of the “big five” dimensions of temperament?

- a. aggressiveness
- b. conscientiousness
- c. extraversion
- d. neuroticism

Difficulty: 2

Question ID: 2.1.114

Page Reference: 44

Topic: Psychological Factors

Skill: Applied

Answer: a. aggressiveness

2.1.115. Researchers have taken the hundreds of words for different feelings in the English language and have used statistical analysis to discover that

- a. no two feelings are alike.
- b. they can reduce the list to six basic emotions.
- c. they can reduce the list to two basic emotions.
- d. anger is the strongest emotion.

Difficulty: 1

Question ID: 2.1.115

Page Reference: 44

Topic: Psychological Factors

Skill: Factual

Answer: b. they can reduce the list to six basic emotions.

2.1.116. What conclusion follows from the finding that emotions are controlled primarily by subcortical brain structures?

- a. Emotional responding may be more basic than cognition.
- b. In terms of evolution, emotions are a rather new development.
- c. Emotional responding requires the input of the cerebral cortex.
- d. Reduced memory capacity has led to expression of a limited number of emotions.

Difficulty: 3

Question ID: 2.1.116

Page Reference: 44

Topic: Psychological Factors

Skill: Applied

Answer: a. Emotional responding may be more basic than cognition.

2.1.117. Modeling is learning based on

- a. imitation.
- b. self actualization.
- c. operant conditioning.
- d. classical conditioning.

Difficulty: 1

Question ID: 2.1.117

Page Reference: 45

Topic: Psychological Factors

Skill: Factual

Answer: a. imitation.

2.1.118. Some forms of psychopathology are associated with errors in attribution. Such errors involve

- a. modeling.
- b. perceived causes.
- c. attachment processes.
- d. the identification process.

Difficulty: 3

Question ID: 2.1.118

Page Reference: 45

Topic: Psychological Factors

Skill: Factual

Answer: b. perceived causes.

2.1.119. People's beliefs about cause-effect relations are called _____ in cognitive psychology.

- a. causal beliefs
- b. attributions
- c. hallucinations
- d. cognitions

Difficulty: 2

Question ID: 2.1.119

Page Reference: 45

Topic: Psychological Factors

Skill: Conceptual

Answer: b. attributions

2.1.120. Erikson's concept of _____ is an integrated sense of individuality, wholeness, and continuity.

- a. ego
- b. self
- c. identity
- d. schema

Difficulty: 1

Question ID: 2.1.120

Page Reference: 45

Topic: Psychological Factors

Skill: Factual

Answer: c. identity

2.1.121. Socialization is a process that leads a child to develop

- a. identity.
- b. self-schema.
- c. self-concept.
- d. self-control.

Difficulty: 2

Question ID: 2.1.121

Page Reference: 46

Topic: Psychological Factors

Skill: Factual

Answer: d. self-control.

2.1.122. In their stage theories, Sigmund Freud focused on _____ stages while Erik Erikson focused on _____ stages.

- a. psychological; biological
- b. unlearned; learned
- c. conscious; unconscious
- d. psychosexual; psychosocial

Difficulty: 3

Question ID: 2.1.122

Page Reference: 46

Topic: Psychological Factors

Skill: Conceptual

Answer: d. psychosexual; psychosocial

2.1.123. What is an important characteristic of Erik Erikson's theory of psychosocial development?

- a. There are no stages in development.
- b. Development does not end in adolescence.
- c. Children ages 5-12 are in a period of latency.
- d. Developmental changes are quantitative, not qualitative.

Difficulty: 2

Question ID: 2.1.123

Page Reference: 46

Topic: Psychological Factors

Skill: Factual

Answer: b. Development does not end in adolescence.

2.1.124. What do proponents of labeling theory view as the cause of emotional disorders and abnormal behavior?

- a. social expectations
- b. inadequate attachment
- c. irrational self-schemas
- d. developmental transitions

Difficulty: 2

Question ID: 2.1.124

Page Reference: 47

Topic: Social Factors

Skill: Conceptual

Answer: a. social expectations

2.1.125. A child overhears her teacher call her a "troublemaker." The child then stops trying to please the teacher, and actually gets in more trouble. The child's behavior is an example of

- a. fixation.
- b. regression.
- c. a developmental transition.
- d. a self-fulfilling prophesy.

Difficulty: 2

Question ID: 2.1.125

Page Reference: 47

Topic: Social Factors

Skill: Applied

Answer: d. a self-fulfilling prophesy.

2.1.126. What is the general finding concerning the relationship of marital status and psychopathology?

- a. Marital status and psychopathology are not related.
- b. Marriage tends to increase the rate of psychopathology among both men and women.
- c. Marital status has an influence on the children of a marriage but not on the spouses.
- d. There is more psychopathology among divorced and never married people than among those who are married.

Difficulty: 2

Question ID: 2.1.126

Page Reference: 47

Topic: Social Factors

Skill: Factual

Answer: d. There is more psychopathology among divorced and never married people than among those who are married.

2.1.127. Research suggests that one reason why many children facing troubled family circumstances are protected against the development of psychopathology is

- a. social support from adults outside the family.
- b. that their parents still love them.
- c. their ability to learn to repress negative feelings.
- d. their agreeable temperament.

Difficulty: 1

Question ID: 2.1.127

Page Reference: 47

Topic: Social Factors

Skill: Factual

Answer: a. social support from adults outside the family.

2.1.128. The higher rates of psychopathology among African Americans compared to whites that have been reported in many studies can probably be attributed to

- a. cultural differences between groups.
- b. genetic factors.
- c. different experiences of poverty and prejudice.
- d. statistical miscalculations.

Difficulty: 1

Question ID: 2.1.128

Page Reference: 48

Topic: Social Factors

Skill: Conceptual

Answer: c. different experiences of poverty and prejudice.

2.1.129. Which of the following is an example of how gender roles may influence psychopathology?

- a. Mike cannot remember any of the details of an accident that killed two of his friends.
- b. Alice has developed a form of schizophrenia involving delusions related to television shows.
- c. Carol has been dependent on others for most of her life and has recently developed depression.
- d. Andy fears water as an adult after falling into a pool at the age of four.

Difficulty: 1
Question ID: 2.1.129
Page Reference: 48
Topic: Social Factors
Skill: Conceptual

Answer: c. Carol has been dependent on others for most of her life and has recently developed depression.

2.1.130. The possession of both female and male gender role characteristics in one person is known as

- a. hermaphroditism.
- b. androgyny.
- c. bisexuality.
- d. heterosexuality.

Difficulty: 1
Question ID: 2.1.130
Page Reference: 48
Topic: Social Factors
Skill: Factual

Answer: b. androgyny

2.1.131. All of the following have been suggested as ways in which poverty could add to the rate of mental disorders except

- a. living a life of poverty is inherently stressful.
- b. living in a poor section of a U.S. city can expose children to the stress of high crime rates.
- c. people with mental disorders gravitate to poorer areas of cities.
- d. poor areas of most U.S. cities have higher rates of toxins like lead.

Difficulty: 2
Question ID: 2.1.131
Page Reference: 48
Topic: Social Factors
Skill: Conceptual

Answer: c. People with mental disorders gravitate to poorer areas of cities.

Short Answer

2.2.132. Many contemporary psychological scientists are guided by the _____ model, an effort to integrate research on various contributions to the causes of mental disorders.

Difficulty: 2
Question ID: 2.2.132
Page Reference: 24
Topic: Overview
Skill: Factual

Answer: biopsychosocial

2.2.133. According to Freud the ego protects itself from anxiety by utilizing various _____ that he saw as unconscious self-deceptions.

Difficulty: 1
Question ID: 2.2.133
Page Reference: 27
Topic: Brief Historical Perspective: Twentieth Century Paradigms
Skill: Factual

Answer: defense mechanisms

2.2.134. In Freudian theory the part of the psyche that is present at birth and houses biological drives, such as hunger, as well as two key psychological drives, sex and aggression, is known as the _____.

Difficulty: 1
Question ID: 2.2.134
Page Reference: 26
Topic: Brief Historical Perspective: Twentieth Century Paradigms
Skill: Factual

Answer: id

2.2.135. _____ conditioning involves learning through association.

Difficulty: 1
Question ID: 2.2.135
Page Reference: 28
Topic: Brief Historical Perspective: Twentieth Century Paradigms
Skill: Factual

Answer: Classical

2.2.136. _____ reinforcement is when the cessation of a stimulus increases the frequency of a behavior.

Difficulty: 2

Question ID: 2.2.136

Page Reference: 28

Topic: Brief Historical Perspective: Twentieth Century Paradigms

Skill: Factual

Answer: Negative

2.2.137. Equifinality has a mirror concept, the principle of _____ which says that the same event can lead to different outcomes.

Difficulty: 2

Question ID: 2.2.137

Page Reference: 31

Topic: Systems Theory

Skill: Factual

Answer: multifinality

2.2.138. A _____ is a predisposition toward developing a disorder, for example, an inherited tendency toward alcoholism.

Difficulty: 1

Question ID: 2.2.138

Page Reference: 31

Topic: Systems Theory

Skill: Factual

Answer: diathesis

2.2.139. The _____ - _____ model suggests that mental disorders develop only when a stress is added on top of a predisposition.

Difficulty: 1

Question ID: 2.2.139

Page Reference: 31

Topic: Systems Theory

Skill: Factual

Answer: diathesis-stress

2.2.140. The basic building block of the brain, the cells that are most active are known as _____ .

Difficulty: 1

Question ID: 2.2.140

Page Reference: 32

Topic: Biological Factors

Skill: Factual

Answer: neurons

2.2.141. Neurotransmitters are released into the synaptic gap and eventually come into contact with sites called _____ at the surface of the receiving neuron.

Difficulty: 1

Question ID: 2.2.141

Page Reference: 32

Topic: Biological Factors

Skill: Factual

Answer: receptors

2.2.142. The _____ controls basic biological urges, such as eating, drinking, and sexual activity.

Difficulty: 2

Question ID: 2.2.142

Page Reference: 34

Topic: Biological Factors

Skill: Factual

Answer: hypothalamus

2.2.143. Often one hemisphere of the brain serves a specialized role as the site of specific cognitive and emotional activities. The brain is said to be _____ .

Difficulty: 2

Question ID: 2.2.143

Page Reference: 35

Topic: Biological Factors

Skill: Factual

Answer: lateralized

2.2.144. Endocrine glands produce psychophysiological responses by releasing _____ .

Difficulty: 1
Question ID: 2.2.144
Page Reference: 37
Topic: Biological Factors
Skill: Factual

Answer: hormones

2.2.145. An individual's actual genetic makeup is known as her/his _____ .

Difficulty: 2
Question ID: 2.2.145
Page Reference: 39
Topic: Biological Factors
Skill: Factual

Answer: genotype

2.2.146. _____ have alternative forms known as alleles.

Difficulty: 2
Question ID: 2.2.146
Page Reference: 39
Topic: Biological Factors
Skill: Factual

Answer: Genes

2.2.147. The textbook uses the example of “anxious” parents giving their children “anxiety” promoting genes and raising them in an environment of anxiety as an example of gene-environment _____ .

Difficulty: 1
Question ID: 2.2.147
Page Reference: 42
Topic: Biological Factors
Skill: Factual

Answer: correlation

2.2.148. If a mental disorder has a genetic component to its cause, it is rarely caused by a single gene. Instead, it is said to be _____ .

Difficulty: 2
Question ID: 2.2.148
Page Reference: 39
Topic: Biological Factors
Skill: Factual

Answer: polygenic

2.2.149. Genes are located on chainlike structures found in the nucleus of cells known as _____

Difficulty: 2
Question ID: 2.2.149
Page Reference: 38
Topic: Biological Factors
Skill: Factual

Answer: chromosomes

2.2.150. Family incidence studies ask whether diseases “run in families.” Investigators identify normal and ill _____ , or index cases, and tabulate the frequency with which other members of their families suffer from the same disorder.

Difficulty: 2
Question ID: 2.2.150
Page Reference: 39
Topic: Biological Factors
Skill: Factual

Answer: probands

2.2.151. _____ twins start when one sperm fertilizes one egg. They start off being genetically identical, having identical genotypes.

Difficulty: 1
Question ID: 2.2.151
Page Reference: 39
Topic: Biological Factors
Skill: Factual

Answer: Monozygotic

2.2.152. Genetic influences on abnormal behavior are _____ (that is, increased risks), not predestinations or inevitabilities.

Difficulty: 1
Question ID: 2.2.152
Page Reference: 42
Topic: Biological Factors
Skill: Factual

Answer: predispositions

2.2.153. The widely accepted idea that a combination of a genetic risk and an environmental stress causes emotional disorders is known as gene-environment _____ .

Difficulty: 2
Question ID: 2.1.153
Page Reference: 42
Topic: Biological Factors
Skill: Factual

Answer: interaction

2.2.154. The application of the principles of evolution to understanding animal and human mind is at the heart of a new field known as evolutionary _____ .

Difficulty: 1
Question ID: 2.2.154
Page Reference: 43
Topic: Biological Factors
Skill: Factual

Answer: psychology

2.2.155. Attachment theory is know mainly through the writing of John _____ .

Difficulty: 1
Question ID: 2.2.155
Page Reference: 43
Topic: Psychological Factors
Skill: Factual

Answer: Bowlby

2.2.156. From the perspective of evolutionary psychology, _____ selection improves inclusive fitness through increased access to mates and mating.

Difficulty: 2

Question ID: 2.2.156

Page Reference: 43

Topic: Psychological Factors

Skill: Factual

Answer: sexual

2.2.157. John Bowlby based his approach known as _____ theory on ethology, the study of animals in their natural habitat.

Difficulty: 1

Question ID: 2.2.157

Page Reference: 43

Topic: Psychological Factors

Skill: Factual

Answer: attachment

2.2.158. One of the most important areas of study in individual differences is called _____ or characteristic styles of relating to the world.

Difficulty: 1

Question ID: 2.2.158

Page Reference: 44

Topic: Psychological Factors

Skill: Factual

Answer: temperament

2.2.159. _____ Having internal rules for guiding appropriate behavior is an important concept in research on abnormal behavior and is known as _____ .

Difficulty: 3

Question ID: 2.2.159

Page Reference: 46

Topic: Psychological Factors

Skill: Factual

Answer: self control

2.2.160. An important concept in cognitive psychology is that of perceived causes, or people's beliefs about cause-effect relations known as _____.

Difficulty: 2
Question ID: 2.2.160
Page Reference: 45
Topic: Psychological Factors
Skill: Factual

Answer: attributions

2.2.161. Labeling theory suggests that people's actions conform to the expectations created by the label, a process known as _____ - _____.

Difficulty: 2
Question ID: 2.2.161
Page Reference: 47
Topic: Social Factors
Skill: Factual

Answer: self-fulfilling prophecy

Essay

2.3.162. Describe how a paradigm can both direct and misdirect scientists.

Difficulty: 2
Question ID: 2.3.162
Page Reference: 24 - 29
Topic: Overview
Skill: Conceptual

Answer: A paradigm can suggest ways to look for answers to questions and the methodology to test ideas. On the other hand, a paradigm works under assumptions that may be appropriate for one theory but may hinder the discovery of solutions to other problems because of a limiting mindset.

2.3.163. Define reductionism. Discuss the limitations of the reductionistic idea that if a depletion of certain chemicals in the brain accompanies depression, then the depletion must be the cause of the depression.

Difficulty: 2
Question ID: 2.3.163
Page Reference: 29
Topic: Systems Theory
Skill: Conceptual

Answer: Reductionism is the belief that ultimate causes rest in the smallest unit of analysis. However, in the case of depression, just because chemicals are a small unit of analysis does not mean that they are a more likely causal element. Broader elements such as behavior, relationships, and negative cognitions associated with depression could also cause chemical changes in the brain.

2.3.164. Explain why it is not possible to assume that a correlation must indicate causation. Relate this to the correlation of depression with the depletion of neurotransmitters.

Difficulty: 2
Question ID: 2.1.164
Page Reference: 30
Topic: Systems Theory
Skill: Conceptual

Answer: In interpreting any correlation, there are always two alternative explanations. Reverse causality means that if X and Y are correlated, X could cause Y but Y might also cause X. The third variable problem means that the correlation between X and Y could be explained by their joint relation with some unmeasured factor. Thus, even if there is a correlation between depression and the depletion of neurotransmitters, it's possible that the depletion causes the depression, but it's also possible that the depression causes the depletion. Moreover, both the depression and the depletion could come about as the result of stress.

2.3.165. Discuss the implications of the idea that most forms of psychopathology are polygenic.

Difficulty: 3
Question ID: 2.3.165
Page Reference: 38-39
Topic: Systems Theory
Skill: Conceptual

Answer: Phenotypes produced by a single gene produce characteristics that are categorically different. Polygenic traits (caused by more than one gene) are continuously distributed, and thus polygenic abnormal traits are on a continuum with normal traits. This may make it difficult to determine the threshold of abnormality, which may be a question of degree rather than qualitative differences. What's more, when behavior geneticists find that a given mental disorder is "genetic," our interpretation must be cautious. This finding does not mean the disorder is caused by the presence or absence of one or two genes, nor does it confirm that the abnormal behavior is in a different category from normal behavior.

2.3.166. The assumption that the environment affects dizygotic (DZ) twins in the same way it influences monozygotic (MZ) twins has been criticized. Describe this criticism and the research methodology used to address it.

Difficulty: 1
Question ID: 2.3.166
Page Reference: 39-40
Topic: Biological Factors
Skill: Conceptual

Answer: The criticism is that there may be greater concordance among MZ twins in part because they are treated more similarly than are DZ twins. To address this concern, adoption studies have been conducted. If the concordance rate is higher for biological relatives than for adoptive relatives, this points to genetic involvement in the trait.

2.3.167. Summarize the evidence in the matter of the hypothesis that vaccinations contribute to the cause of autism.

Difficulty: 1
Question ID: 2.3.167
Page Reference: 41
Topic: Biological Factors
Skill: Factual

Answer: In 1998 Andrew Wakefield and several other authors speculated that it was likely that MMR vaccinations were responsible for 12 cases of autism. They did not however base this on any empirical evidence. Since then several very large, empirical studies have looked for epidemiological evidence of a link between vaccinations and the rate of autism. For example a Danish study of one half million children found no statistical difference in the rate of autism between children who had received the suspect vaccination and children who hadn't. The same conclusion was published by studies in the UK and Japan which also found no evidence of a link between vaccinations and autism.

2.3.168. Researchers have identified the five basic dimensions of personality (temperament). List them.

Difficulty: 1
Question ID: 2.3.168
Page Reference: 44
Topic: Psychological Factors
Skill: Factual

Answer: (1) extraversion (active and talkative vs. passive and reserved); (2) agreeableness (trusting and kind vs. hostile and selfish); (3) conscientiousness (organized and reliable vs. careless and negligent); (4) neuroticism (nervous and moody vs. calm and pleasant); (5) openness to experience (imaginative and curious vs. shallow and imperceptive).

2.3.169. What are attributions? Why are psychologists interested in them? Explain how attributions can be used to explain depression, with a specific example.

Difficulty: 2
Question ID: 2.3.169
Page Reference: 45
Topic: Psychological Factors
Skill: Conceptual

Answer: Attributions involve how people perceive causes, their beliefs about cause-effect relations. Attribution errors can play a prominent role in the development of psychopathology. For example, a person who attributes a bad event to internal, stable, and global causes is more at risk for depression. So a student getting a bad grade who says "I'm stupid" will feel more helpless and ultimately more depressed.

2.3.170. What has research revealed concerning the relationship between marital status and mental health? What particular problems of interpretation occur when trying to reach valid conclusions on this relationship?

Difficulty: 2

Question ID: 2.3.170

Page Reference: 47-48

Topic: Social Factors

Skill: Applied

Answer: Data from the Epidemiological Catchment Area study provided valuable data in assessing the relationship between marriage and mental health. Researchers found consistent relationships between marital status and mental health. For example, depression occurred in 1.5 percent of people still in their first marriage. The rate for those who were never married (1-year prevalence) was 2.4 percent. Among those who had been divorced, the rate was 4.1 in the past year. Finally, 5.8 percent of people who had been divorced more than once had experienced depression in the previous 12 months. Similar findings were found for alcoholism and schizophrenia as well as virtually every disorder diagnosed in the study. How do we interpret these results? The usual interpretation is that not being married causes emotional problems. The absence of a supportive mate makes one more susceptible to psychological problems. However, reverse causality needs to be considered as an alternative explanation. Specifically, emotional problems may be the cause of marital status. Psychologically disturbed people may have more trouble dating and forming permanent relationships. If they get married, their emotional struggles may make them or their spouses unhappier in their marriages and more prone to divorce. What's more, third variable interpretations could create spurious relationships, and poverty has been suggested as one possible third variable. Researches have concluded that although the relationship between marriage and mental health may be partly explained by third variables, much of it is real. The correlation is still found when the effects of poverty are excluded. For severe psychological disorders like schizophrenia, it seems clear that being single or getting divorced is a reaction to, not a cause of, the emotional problems.

2.3.171. Discuss how gender roles affect the development, expression, and consequences of psychopathology.

Difficulty: 1

Question ID: 2.3.171

Page Reference: 48

Topic: Social Factors

Skill: Applied

Answer: Gender roles may cause problems (e.g., women are raised to show dependency and helplessness, which may cause depression). Gender roles may affect the expression of problems (e.g., it is socially acceptable for women to show depression, and for men to show physical illness). Gender roles can affect the consequences of problems (e.g., once a phobia develops, it is socially acceptable for women, but not men, to continue to avoid the feared object, and this may exacerbate the problem for women).

2.3.172. Compare and contrast the concepts of “gene-environment interaction” and “gene-environment correlation.”

Difficulty: 3
Question ID: 2.3.172
Page Reference: 42
Topic: Social Factors
Skill: Applied

Answer: Many contemporary models of the etiology of mental disorders suggest that genetic factors or diatheses interact with environmental factors in complex ways to cause mental disorders. One may have a genetic risk of developing schizophrenia, for example, but not develop it in the absence of environmental stress. This is an example of gene-environment interaction. An example of gene-environment correlation would be if an individual inherited a predisposition to respond to stressful situations with anxiety *and* was raised in a way that encouraged or rewarded anxious behavior.