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| ASSESSMENT GUIDE       | Chapter 1<br>Abnormal Psychology: Historical and Modern Perspectives |                          |                |         |
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| Learning Objective 1.1 | Multiple Choice                                                      |                          | 1              |         |
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# Chapter 1

## Abnormal Psychology: Historical and Modern Perspectives

### Multiple Choice:

- 1) In psychology, if the term “abnormal” means “away from normal,” what problem does this definition present when categorizing someone as being “abnormal”?
- A) It does not measure standard deviations.
  - B) It does not assume that deviation on both sides of average is negative.
  - C) It does not assume abnormality is negative.
  - D) It does not allow for positive deviations.

ANSWER: D

Diff: 2 Page Ref: 3

Topic: Normal vs. Abnormal Behavior

LO: 1.1

Skill: Conceptual

- 2) The term “deviance” implies \_\_\_\_\_.
- A) looking different
  - B) behaving differently
  - C) having a mental illness
  - D) engaging in criminal wrongdoing

ANSWER: B

Diff: 2 Page Ref: 3

Topic: Normal vs. Abnormal Behavior

LO: 1.2

Skill: Conceptual

- 3) Gerry is a night watchman who has worked at the same company for 25 years. He is described as very shy and withdrawn around others. While this behavior is not problematic at work, his relatives find him “weird” and tend to shun him at family gatherings. Despite encouragement by his immediate family to mingle, Gerry hardly speaks to others at these events. According to the “goodness-of-fit” concept, Gerry’s behavior would \_\_\_\_\_.
- A) not be viewed as a problem at family gatherings
  - B) not be viewed as a problem at work but would be viewed as a problem at family gatherings
  - C) not be viewed as a problem at all
  - D) only be viewed as a problem if it caused difficulty for his immediate family

ANSWER: B

Diff: 3 Page Ref: 4

Topic: Normal vs. Abnormal Behavior  
LO: 1.2  
Skill: Applied

- 4) Which of the following terms is defined as the shared behavioral patterns and lifestyles that differentiate one group of people from another?
- A) race
  - B) ethnicity
  - C) culture
  - D) group expectations

ANSWER: C  
Diff: 1 Page Ref: 5  
Topic: Normal vs. Abnormal Behavior  
LO: 1.2  
Skill: Conceptual

- 5) Which statement below is TRUE of the original definition of a culture-bound syndrome?
- A) It is less severe than other forms of mental illness.
  - B) The abnormal behavior is specific to a particular location or group.
  - C) It is usually found only in children.
  - D) The behavior usually requires hospitalization in the home culture.

ANSWER: B  
Diff: 1 Page Ref: 5  
Topic: Normal vs. Abnormal Behavior  
LO: 1.2  
Skill: Factual

- 6) The case of James Eagan Holmes described in your text highlights the
- A) shift from eccentricity to behaving dangerously.
  - B) stereotyping of a person with mental illness.
  - C) importance of early intervention in culture-bound illnesses.
  - D) influence of the media on defining abnormal behavior.

ANSWER: A  
Diff: 2 Page Ref: 6  
Topic: Normal vs. Abnormal Behavior  
LO: 1.2  
Skill: Factual

- 7) Juan is a freshman at a local university. He gets up at the same time each day and follows the same pattern: showering and shaving, dressing, and checking his backpack for required books, notebooks, and pens. Early in the first semester, this behavior took approximately 30 minutes. As the semester progressed, Juan spent more and more time checking and rechecking his backpack to make sure he had everything he needed. Toward the end of the semester, Juan was always late

for his first class because of his “thoroughness.” A psychologist might conclude that Juan’s behavior is \_\_\_\_\_.

- A) typical for a conscientious student
- B) dysfunctional even if not distressful
- C) not abnormal because it does not cause problems for others
- D) normal according to the “goodness-of-fit” model

ANSWER: B

Diff: 3 Page Ref: 7

Topic: Normal vs. Abnormal Behavior

LO: 1.4

Skill: Applied

8) According to your text, abnormal behavior is defined as behavior that is inconsistent with the individual’s developmental, cultural, and societal norms, creates emotional distress, or \_\_\_\_\_.

- A) is seen by others as deviant
- B) interferes with daily functioning
- C) is “culturally bound”
- D) is aligned with the “goodness-of-fit” model

ANSWER: B

Diff: 1 Page Ref: 8

Topic: Normal vs. Abnormal Behavior

LO: 1.5

Skill: Factual

9) The etiology of a disorder refers to \_\_\_\_\_.

- A) the developmental stage in which a disorder appears
- B) the cultural context of a disorder
- C) what causes a disorder
- D) how a culture impacts a disorder

ANSWER: C

Diff: 1 Page Ref: 8

Topic: Normal vs. Abnormal Behavior

LO: 1.5

Skill: Factual

10) Approximately what total percentage of adults in the U.S. have suffered from a psychological disorder at some time in their lives?

- A) 10%
- B) 25%
- C) 38%
- D) 47%

ANSWER: D

Diff: 1 Page Ref: 8

Topic: Normal vs. Abnormal Behavior

LO: 1.5

Skill: Factual

11) Of all disorders reported in the U.S., the most common are major depression and \_\_\_\_\_.

- A) anxiety disorders
- B) alcohol dependence
- C) schizophrenic disorders
- D) personality disorder

ANSWER: A

Diff: 1 Page Ref: 8

Topic: Normal vs. Abnormal Behavior

LO: 1.5

Skill: Factual

12) Which of the following is a characteristic of the DSM-5?

- A) It is dimensional.
- B) It is categorical.
- C) It is used by mental health professionals in every country.
- D) It is written by Sigmund Freud.

ANSWER: B

Diff: 2 Page Ref: 8

Topic: Normal vs. Abnormal Behavior

LO: 1.5

Skill: Conceptual

13) Women are more likely to suffer from which of the following?

- A) alcohol and drug abuse
- B) mood disorders and anxiety disorders
- C) alcohol abuse and mood disorders
- D) depression and anxiety disorders

ANSWER: D

Diff: 1 Page Ref: 9

Topic: Normal vs. Abnormal Behavior

LO: 1.5

Skill: Factual

14) Except for drug and alcohol abuse, the highest rates of psychological disorders are found among persons with the lowest incomes and \_\_\_\_\_.

- A) least amount of education
- B) highest number of siblings
- C) female gender
- D) suburban places of residence

ANSWER: A

Diff: 1 Page Ref: 9

Topic: Normal vs. Abnormal Behavior

LO: 1.5

Skill: Factual

15) Which of the following approaches would allow an understanding of how abnormal behavior varies in severity over time, perhaps increasing and decreasing, or how behaviors change from one disorder to another?

- A) categorical
- B) dimensional
- C) orthogonal
- D) rational

ANSWER: B

Diff: 1 Page Ref: 9

Topic: Normal vs. Abnormal Behavior

LO: 1.5

Skill: Factual

16) William is a well-educated 40-year-old man who suffers from schizophrenic disorder. Originally, he was employed as a computer programmer, but he was fired two months ago because of chronic absenteeism. For the last several weeks he has been homeless. He sleeps at night in a cardboard box behind a Dunkin Donut after closing time. Which of the following terms is used to describe William's current plight?

- A) downward shift
- B) downward drift
- C) downward SES
- D) downward trajectory

ANSWER: B

Diff: 1 Page Ref: 9

Topic: Normal vs. Abnormal Behavior

LO: 1.5

Skill: Applied

17) Janet is five years old from a low-income family, and Karen is the same age but comes from a very wealthy family. Which of the following statements is most accurate?

- A) Karen will develop a psychological disorder and Janet will not.
- B) Janet will develop a psychological disorder and Karen will not.

- C) Janet and Karen have an equal chance of developing a disorder.
- D) There's no chance that either will develop a disorder.

ANSWER: C

Diff: 3 Page Ref: 9-10

Topic: Normal vs. Abnormal Behavior

LO: 1.5

Skill: Conceptual

- 18) The concept of "developmental trajectory" expresses the notion that \_\_\_\_\_.
- A) symptoms of a disorder are always most severe in childhood
  - B) symptoms of a disorder may vary depending on a person's age
  - C) age determines the presence of a disorder but not symptom expression
  - D) a person's developmental stage has little bearing on a given diagnosis

ANSWER: B

Diff: 1 Page Ref: 10

Topic: Normal vs. Abnormal Behavior

LO: 1.5

Skill: Conceptual

- 19) James and Karen are siblings. According to your textbook, which of the following statements is most accurate?
- A) They are likely to develop psychological disorders at the same time.
  - B) Karen will develop psychological disorders first.
  - C) James will develop psychological disorders first.
  - D) Their parents will develop psychological disorders first.

ANSWER: C

Diff: 3 Page Ref: 11

Topic: Normal vs. Abnormal Behavior

LO: 1.5

Skill: Conceptual

- 20) Trephination, as practiced by ancient cultures, was a process whereby \_\_\_\_\_.
- A) the two halves of the brain were severed
  - B) a small opening was made in the eye socket
  - C) the inner ear was punctured with a sharp object
  - D) certain portions of the skull were cut away

ANSWER: D

Diff: 1 Page Ref: 12 -13

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.6

Skill: Factual

21) The ancient Greek physician Asclepius foreshadowed modern treatment for psychological disorders in that he \_\_\_\_\_.

- A) founded the first pharmacy that prescribed psychoactive medication for patients
- B) based his practice on the idea that trephination, as an early medical intervention, was successful for most disorders
- C) invented the practice of placing patients in cool baths to relieve stress
- D) founded the first sanctuary for mental disorders offering a variety of treatments

ANSWER: D

Diff: 1 Page Ref: 13

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.7

Skill: Factual

22) Hippocrates identified symptoms of abnormal behavior still recognized today by psychologists. These symptoms include hallucinations, delusions, melancholia, and \_\_\_\_\_.

- A) avoidance
- B) mania
- C) tremors
- D) psychosis

ANSWER: B

Diff: 1 Page Ref: 13

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.7 Skill: Factual

23) Felicia believes that her cell phone is beginning to control her thoughts. She noticed this after she switched phone plans and thinks the problem began with the new service. This belief would typically be known as a \_\_\_\_\_.

- A) delusion
- B) hallucination
- C) hysterical episode
- D) melancholic thought

ANSWER: A

Diff: 2 Page Ref: 13

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.7

Skill: Applied

24) John is walking home one day when he starts feeling very sad, seeing strange objects, and hearing strange sounds. This is an example of which of the following?

- A) delusion
- B) melancholia
- C) hysterical episode
- D) melancholic thought

ANSWER: B

Diff: 2 Page Ref: 13

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.7

Skill: Applied

25) Hippocrates believed that maladaptive behaviors were caused by an imbalance in bodily humors that originated either with physical factors or \_\_\_\_\_.

- A) demonic possession
- B) the wrath of the gods
- C) a shifting of lunar tides
- D) a change in the seasons

ANSWER: D

Diff: 1 Page Ref: 13

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.7

Skill: Factual

26) Which of the following began to classify schizophrenia scientifically?

- A) Freud
- B) Kraepelin
- C) Hippocrates
- D) Galen

ANSWER: B

Diff: 1 Page Ref: 17

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.9

Skill: Factual

27) During which phase does a child's energy focus on their genitals?

- A) anal
- B) phallic
- C) oral
- D) genital

ANSWER: B

Diff: 2 Page Ref: 18

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.10

Skill: Applied

28) Joseph Wolpe invented which of the following?

- A) dream analysis
- B) operant conditioning

- C) psychoanalysis
- D) systematic desensitization

ANSWER: D

Diff: 1 Page Ref: 28

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.12

Skill: Conceptual

29) Our modern use of the word “bedlam,” denoting a chaotic situation, is historically rooted in which of the following practices?

- A) allowing hysterics to act out their beliefs
- B) warehousing of mentally ill persons
- C) allowing witch hunters to convict and hang witches
- D) warehousing entire families believed to be mentally ill

ANSWER: B

Diff: 1 Page Ref: 15

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.8

Skill: Factual

30) The first physician to adopt a form of occupational therapy for patients was \_\_\_\_\_.

- A) Pinel
- B) Paracelsus
- C) Dix
- D) Hippocrates

ANSWER: A

Diff: 1 Page Ref: 15

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.9

Skill: Factual

31) William Tuke, a contemporary of Philippe Pinel, proposed that patients live, work, and relax in a compassionate and religious environment. This philosophy was the foundation for \_\_\_\_\_.

- A) community treatment
- B) moral treatment
- C) voluntary commitment
- D) individual treatment

ANSWER: B

Diff: 1 Page Ref: 15-16

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.9

Skill: Factual

32) Although Anton Mesmer was criticized for his animal magnetism approach to treatment, he managed to demonstrate the importance of \_\_\_\_\_.

- A) a physician's training
- B) energy flow
- C) humane treatment
- D) the placebo effect

ANSWER: D

Diff: 1 Page Ref: 17

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.9

Skill: Factual

33) Darien is 3 years old. He slips off a step, falls, and bruises his knee. Upon picking the crying toddler up, Darien's mother kisses his knee and gives him an M&M. Magically, Darien's pain disappears. This phenomenon would be known as the \_\_\_\_\_ in psychology.

- A) Mesmer effect
- B) talking cure
- C) placebo effect
- D) classical conditioning effect

ANSWER: C

Diff: 2 Page Ref: 17

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.9

Skill: Applied

34) Emil Kraepelin is best known for his contributions to the study of schizophrenia. He introduced two new diagnostic categories of disordered behavior — dementia praecox and manic-depressive insanity — based on symptom differentiation, \_\_\_\_\_, and \_\_\_\_\_.

- A) etiology; prognosis
- B) etiology; physiology
- C) prognosis; symptomology
- D) prognosis; physiology

ANSWER: A

Diff: 2 Page Ref: 18

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.9

Skill: Factual

35) Which of the following statements about Josef Breuer's approach to the case of Anna O. is TRUE?

- A) He recognized that Anna's difficulty moving her legs was due to general paresis, so he treated her with medication.
- B) Breuer believed that only psychoanalysis would help cure the hysteria manifested by Anna.
- C) He believed that the animal magnetism concept could be effective if the patient had faith in the placebo effect.
- D) Breuer believed that hypnosis could have a beneficial effect by allowing Anna to discuss events and experiences relevant to the disorder.

ANSWER: D

Diff: 2 Page Ref: 18

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.9

Skill: Conceptual

36) Jeffrey's therapist is conducting an initial interview with him. The therapist spends a lot of time asking questions about Jeffrey's parents and his early life experiences. Since he seems to view Jeffrey's parents as the "root cause" of his problems, this therapist is most likely oriented toward \_\_\_\_\_.

- A) psychoanalysis
- B) humanism
- C) behaviorism
- D) behavioral genetics

ANSWER: A

Diff: 2 Page Ref: 18

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.10

Skill: Applied

37) According to Freud's theory, the id is \_\_\_\_\_.

- A) the source of basic drives and of psychic energy
- B) capable of delaying gratification through its conscience
- C) controlled by the superego but not by the ego
- D) located at the conscious level of awareness

ANSWER: A

Diff: 1 Page Ref: 18

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.10

Skill: Factual

38) Raul is a college freshman who looks forward to weekend parties at college. He especially likes to play "beer pong" and is known on campus as a champion player. After a recent party, Raul received a DUI citation. Raul's parents have urged him to seek treatment for his "alcohol problem," but Raul refuses. He does not believe he has a drinking problem. In Freud's theory, which of the following defense mechanisms is Raul likely using?

- A) intellectualization
- B) rationalization
- C) denial
- D) repression

ANSWER: C

Diff: 3 Page Ref: 19

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.10

Skill: Applied

39) James did not study for the test and failed. Instead of admitting that his lack of studying caused this result, he claims that a nightmare he had made it impossible for him to focus on the exam. In Freud's theory, which of the following defense mechanisms is Raul likely using?

- A) intellectualization
- B) rationalization
- C) denial
- D) repression

ANSWER: B

Diff: 3 Page Ref: 19

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.10

Skill: Conceptual

40) Kyle has a great urge to hit people, but instead decides to let out his anger by becoming a boxing champion. In Freud's theory, which of the following defense mechanisms is Kyle likely using?

- A) sublimation
- B) rationalization
- C) denial
- D) repression

ANSWER: A

Diff: 3 Page Ref: 19

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.10

Skill: Conceptual

41) Roger believes that he was molested as a child, but cannot recall any of the details. This refers to which of the following defense mechanisms?

- A) intellectualization
- B) rationalization
- C) denial
- D) repression

ANSWER: D

Diff: 3 Page Ref: 19

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.10

Skill: Conceptual

42) In the classical conditioning paradigm demonstrated by Pavlov through his study of the physiology of dog digestion, what was the UCS?

- A) bell
- B) food powder
- C) Pavlov
- D) salivating

ANSWER: B

Diff: 2 Page Ref: 20-21

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.10

Skill: Conceptual

43) In Pavlov's experiment with dogs, classical conditioning was demonstrated when the \_\_\_\_\_.

- A) UCS elicited the CR.
- B) UCS elicited the UCR.
- C) CS elicited the CR.
- D) CS was paired with the UCS.

ANSWER: C

Diff: 3 Page Ref: 20-21

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.10

Skill: Conceptual

44) Carol got food poisoning once from a burger and now she becomes nauseated every time she sees a commercial for burgers. In this scenario, the image of the burger is the \_\_\_\_\_.

- A) UCS
- B) CR
- C) UCR
- D) CS

ANSWER: D

Diff: 3 Page Ref: 20-21

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.10

Skill: Conceptual

45) John's dog Spot gets excited every time he hears the word "walk." His excitement in response to hearing that word is which of the following?

- A) the UCS
- B) the CR
- C) the UCR
- D) the CS

ANSWER: B

Diff: 3 Page Ref: 20-21

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.10

Skill: Conceptual

46) Lisa, a 1-year-old toddler, has always gotten excited over candy for as long as her parents remember. Her excitement is best represented by which of the following?

- A) the UCS
- B) the CR
- C) the UCR
- D) the CS

ANSWER: C

Diff: 3 Page Ref: 20-21

Topic: The History of Abnormal Behavior and Its Treatment

LO: 1.10

Skill: Conceptual

47) The space between one neuron and another is called the \_\_\_\_\_.

- A) receptor
- B) synapse
- C) axon
- D) dendrite

ANSWER: B

Diff: 1 Page Ref: 25

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.11

Skill: Factual

48) Which of the following statements about the viral infection theory as it relates to the development of psychological disorders is TRUE?

- A) Viral infections do not cause changes in the brain that lead to later behavioral disturbances.
- B) There is no relationship between viral infection and psychological disturbances.
- C) Viral infections do not lead to psychological disturbances through immune system suppression.
- D) Viral infections may take several pathways in producing disordered behavior.

ANSWER: D

Diff: 3 Page Ref: 26

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.11

Skill: Conceptual

49) Freud and his successor, Carl Jung, had fundamental disagreements about the motivation for behavior. While Freud thought that past events and sexual impulses were important, Jung believed that \_\_\_\_\_.

- A) future goals and spiritual motivators may cause behavior
- B) past events and sexual and spiritual motivators were important
- C) present events and spiritual motivators cause behavior
- D) birth order was the most important determinant

ANSWER: A

Diff: 2 Page Ref: 27

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Conceptual

50) Object relations theory proposes that people have a basic drive for \_\_\_\_\_.

- A) dominating others
- B) satisfying sexual instincts
- C) engaging in social interactions
- D) spiritual development

ANSWER: C

Diff: 1 Page Ref: 28

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Conceptual

51) Dr. Barstow is treating a young man who is afraid of dogs. One method he uses is progressive muscle relaxation using vivid imagery. Once the patient is relaxed, Dr. Barstow introduces the patient to a picture of a dog with instructions to "Breathe deeply and remain calm and relaxed." Which learning principle established by Wolpe is being employed in this example?

- A) mindfulness
- B) negative reinforcement
- C) backward chaining
- D) reciprocal inhibition

ANSWER: D

Diff: 2 Page Ref: 28

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Applied

- 52) In operant conditioning, a reinforcer serves to \_\_\_\_\_ a behavior it follows.
- A) extinguish
  - B) weaken
  - C) strengthen
  - D) diminish

ANSWER: C

Diff: 1 Page Ref: 29

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Factual

53) Every time little Jeffrey goes shopping with his mom, there is an incident at the checkout line when he spots candy. Typically, Jeffrey's mom initially refuses his request for a candy bar. When the child throws himself to the floor kicking and screaming, Jeffrey's mom gives in and hands him the candy bar to end the embarrassing scene. What school of thought best captures this behavior?

- A) psychoanalysis
- B) cognitive therapy
- C) operant conditioning
- D) object relations theory

ANSWER: C

Diff: 3 Page Ref: 29

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Applied

- 54) Which of the following statements about reinforcement is TRUE?
- A) Reinforcement may increase or decrease a behavior it follows, as it depends on the targeted behavior of the organism.
  - B) Reinforcement must be primary to have an impact.
  - C) Reinforcement must be delivered every time a behavior is emitted to strengthen that behavior.
  - D) Reinforcement for one person may be punishment for another.

ANSWER: D

Diff: 3 Page Ref: 29

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Conceptual

55) Joseph is primarily interested in sleeping with as many women as possible. To achieve this, he works hard to acquire as much money as possible. Which of the following best explains this behavior?

- A) classical conditioning
- B) object relations
- C) Psychoanalysis
- D) operant conditioning

ANSWER: D

Diff: 2 Page Ref: 29

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Conceptual

56) Derek did not clean the dishes even though it was his turn. As a result, his parents told him he could not go to his friend's house to play. What did his parents engage in?

- A) reinforcement
- B) punishment
- C) vicarious learning
- D) shaping

ANSWER: B

Diff: 3 Page Ref: 29

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Applied

57) Which of the following forms of learning explains why television has a profound effect on children's learning?

- A) Operant conditioning
- B) Vicarious conditioning
- C) Classical conditioning
- D) Shaping conditioning

ANSWER: B

Diff: 3 Page Ref: 30

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Applied

58) Whereas the behavioral approach focuses on \_\_\_\_\_, the cognitive model targets \_\_\_\_\_ in explaining behavior.

- A) external events; mental processes
- B) mental processes; external events
- C) thought distortions; punishment
- D) punishment; thought distortions

ANSWER: A

Diff: 1 Page Ref: 30

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Factual

59) Dr. Pambros returns Abnormal Psychology exams. Juanita, Kevin, and Morgan all receive grades of “C.” Juanita is grateful to have passed. Kevin is devastated. Morgan is mildly disappointed but recognizes that there are three remaining exams that could boost his grade. How would the cognitive model explain the different responses of these students to the same event?

- A) Thoughts are not as important at the event itself.
- B) The event is essentially neutral.
- C) Grades are inherently powerful events.
- D) Grades are classic negative reinforcers.

ANSWER: B

Diff: 3 Page 30

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Applied

60) A psychologist is treating James for depression and suggests that he evaluate his thoughts and how they relate to symptoms. The therapist is likely using which model of therapy?

- A) psychoanalysis
- B) cognitive
- C) behaviorism
- D) Jungian

ANSWER: B

Diff: 1 Page Ref: 30

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Conceptual

61) “I got a B in the course. I’ll never get into graduate school.” This statement typifies the cognitive distortion known as \_\_\_\_\_.

- A) overgeneralizing
- B) emotional reasoning
- C) catastrophizing
- D) magnifying

ANSWER: C

Diff: 2 Page Ref: 31

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12  
Skill: Applied

62) Carl Rogers proposed that phenomenology is critical in understanding an individual.

Phenomenology means the \_\_\_\_\_.

- A) difference between what one perceives and what one ought to do
- B) subjective world of the individual
- C) objective world of reality
- D) degree to which objective reality and subjective reality are a fit

ANSWER: B

Diff: 1 Page Ref: 31

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Factual

63) John's therapist does not offer much advice but instead validates what John has to say and is always supportive. This is likely a technique used by which of the following?

- A) Freud
- B) Skinner
- C) Rogers
- D) Beck

ANSWER: C

Diff: 2 Page Ref: 31

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Conceptual

64) While psychoanalytic and humanistic models assume that abnormality lies within the individual, \_\_\_\_\_ models assume that abnormal behavior must be understood in a larger context outside of the individual.

- A) phenomenological
- B) sociocultural
- C) sociopathic
- D) socioenvironmental

ANSWER: B

Diff: 1 Page Ref: 31-32

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.13

Skill: Factual

65) Gender roles directly affect the \_\_\_\_\_ of abnormal behaviors.

- A) expression
- B) cause

- C) severity
- D) chronicity

ANSWER: A

Diff: 1 Page Ref: 32

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.13

Skill: Factual

- 66) The social learning model of behavioral acquisition proposes that \_\_\_\_\_.
- A) only behaviors in a social context are reinforced
  - B) punishment is only effective in producing learning in humans
  - C) a person does not actually have to do the behavior to learn it
  - D) humans are motivated more by primary reinforcers than secondary reinforcers

ANSWER: C

Diff: 2 Page Ref: 30

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Conceptual

- 67) Which of the following statements about women and abnormal behavior within a sociocultural context is TRUE?
- A) Biological factors affect rates of mental illness for women around the world regardless of contextual factors.
  - B) Socioeconomic status is unrelated to rates of mental illness for women.
  - C) Some contextual factors place women at higher risk for psychological disorders than men.
  - D) Gender role expectations do not influence the development of abnormal behaviors.

ANSWER: C

Diff: 2 Page Ref: 32

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.13

Skill: Factual

- 68) *Familismo*, a concept common in Latino culture is defined as \_\_\_\_\_.
- A) pathological relationships between family members
  - B) cold, distant patterns of communication between family members
  - C) the centrality of, and obligation to, family over self and peers
  - D) traditional family roles where the men hold more power than women

ANSWER: C

Diff: 2 Page Ref: 33

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.13

Skill: Factual

69) Latino youths born in the U.S. are \_\_\_\_\_ times as likely to attempt suicide as foreign-born Latino youths.

- A) two
- B) three
- C) four
- D) five

ANSWER: A

Diff: 1 Page Ref: 33

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.13

Skill: Factual

70) Which of the following is a value emphasized by mainstream U.S. teen culture?

- A) collectivism
- B) familism
- C) peer relationships
- D) close living proximity to family

ANSWER: C

Diff: 2 Page Ref: 33

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.13

Skill: Conceptual

71) Which of the following statements is TRUE?

- A) Modern psychologists believe that psychopathology is physiologically based.
- B) Abnormal behavior may be best understood using a single theoretical framework.
- C) Understanding abnormal behaviors requires an integration of models.
- D) Sociocultural factors are the best explanation for disordered behavior.

ANSWER: C

Diff: 2 Page Ref: 34

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.14

Skill: Factual

72) The diathesis-stress model of abnormal behavior assumes that \_\_\_\_\_.

- A) a person who has a genetic predisposition for a disorder will exhibit the disorder at some point in time
- B) biological and environmental factors interact to determine the likelihood that a person will exhibit abnormal behavior
- C) a “diathesis” from the environment interacts with biological influences to produce disordered behavior
- D) stress causes physiological changes that lead to disruptions in environmental supports

ANSWER: B

Diff: 1 Page Ref: 34

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.14

Skill: Factual

73) The biopsychosocial perspective, compared with the perspectives of Freud, Jung, and Rogers, \_\_\_\_\_.

- A) focuses on early developments as the diathesis
- B) adequately explains all disorders
- C) is broader than the other models
- D) assumes the nature of man to be good

ANSWER: C

Diff: 2 Page Ref: 34

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.14

Skill: Conceptual

74) Having a biological predisposition for a disorder means that a person \_\_\_\_\_.

- A) will develop the full syndrome over the life span
- B) has increased vulnerability to developing a disorder
- C) will only develop a partial manifestation of the problem behavior
- D) has a genetic mutation for the disorder

ANSWER: B

Diff: 1 Page Ref: 34

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.14

Skill: Factual

75) Which model of abnormal behavior acknowledges an interaction between biological, psychological, and social factors in the development of mental health disorders?

- A) biological model
- B) sociocultural model
- C) biopsychosocial model
- D) psychological model

ANSWER: C

Diff: 3 Page Ref: 34

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.14

Skill: Conceptual

76) Mario has just returned from his third deployment to Iraq. For several months after returning, he is unable to sleep and has difficulty dealing with flashbacks of mortar fire over the compound

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in which he worked. Using a biopsychosocial model, we might explain his problems as deriving from \_\_\_\_\_.

- A) the stress of deployment alone
- B) a diathesis, as well as the stress of deployment
- C) a lack of social support
- D) a failure in coping alone

ANSWER: B

Diff: 2 Page Ref: 34

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.14

Skill: Applied

### **True/False:**

77) In considering whether a behavior is abnormal or normal, one must consider the context in which the behavior occurs.

ANSWER: TRUE

Diff: 1 Page Ref: 3

Topic: Normal vs. Abnormal Behavior

LO: 1.1

Skill: Factual

78) Defining “abnormal” as being “away from normal” is circular.

ANSWER: TRUE

Diff: 1 Page Ref: 3

Topic: Normal vs. Abnormal Behavior

LO: 1.1

Skill: Factual

79) A woman from Ecuador dresses colorfully and makes eye contact with others in church, while another woman from Japan dresses in quieter colors and does not make eye contact. This is an example of culture-bound syndrome.

ANSWER: FALSE

Diff: 2 Page Ref: 5

Topic: Normal vs. Abnormal Behavior

LO: 1.2

Skill: Applied

80) Most people with psychological disorders do not engage in dangerous behavior.

ANSWER: TRUE

Diff: 1 Page Ref: 6

Topic: Normal vs. Abnormal Behavior  
LO: 1.3  
Skill: Factual

81) Women and men experience the same rates of mental illness across all categories of disorders in the DSM-5.

ANSWER: FALSE  
Diff: 1 Page Ref: 9  
Topic: Normal vs. Abnormal Behavior  
LO: 1.5  
Skill: Factual

82) Gender is an important consideration when determining rates of psychological diagnosis.

ANSWER: TRUE  
Diff: 1 Page Ref: 9  
Topic: Normal vs. Abnormal Behavior  
LO: 1.5  
Skill: Factual

83) Hippocrates was the earliest person thought to have attempted to classify abnormal behavior.

ANSWER: TRUE  
Diff: 2 Page Ref: 13  
Topic: Historical Views of Abnormal Behavior and Its Treatment  
LO: 1.7  
Skill: Factual

84) Hippocrates believed that hysteria only occurred in women.

ANSWER: TRUE  
Diff: 1 Page Ref: 13  
Topic: Historical Views of Abnormal Behavior and Its Treatment  
LO: 1.7  
Skill: Factual

85) The effect of a placebo on changing behavior or how one feels is usually temporary.

ANSWER: TRUE  
Diff: 1 Page Ref: 17  
Topic: Historical Views of Abnormal Behavior and Its Treatment  
LO: 1.9  
Skill: Factual

86) Freud believed that the early years of life had little impact on a person's behavior but that a person's inner life and conflicts determined psychological adjustment.

ANSWER: FALSE

Diff: 1 Page Ref: 18

Topic: Historical Views of Abnormal Behavior and Its Treatment

LO: 1.10

Skill: Factual

87) Freud believed that dreams were irrelevant in understanding patients.

ANSWER: FALSE

Diff: 1 Page Ref: 20

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.10

Skill: Factual

88) Ego psychology, as opposed to psychoanalytic theory, focuses on conscious motivations and healthy functioning.

ANSWER: TRUE

Diff: 1 Page Ref: 28

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Factual

89) The use of a hierarchy for systematic desensitization is founded on the operant conditioning work of B. F. Skinner.

ANSWER: FALSE

Diff: 1 Page Ref: 28

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Factual

90) People need to actually perform a behavior to learn through vicarious reinforcement.

ANSWER: FALSE

Diff: 1 Page Ref: 30

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Factual

91) The cognitive model views the negative thoughts often present with depression to be a result of disordered thinking.

ANSWER: TRUE

Diff: 1 Page Ref: 30

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Factual

92) The behaviorist model views thoughts as the most important determinant of behavior.

ANSWER: FALSE

Diff: 1 Page Ref: 30

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Factual

93) Modern scientists have moved away from trying to reduce all behavior to one single explanation.

ANSWER: TRUE

Diff: 1 Page Ref: 34

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.14

Skill: Factual

94) The biopsychosocial model of abnormal behavior proposes that biology alone is usually at the root of disordered behavior.

ANSWER: FALSE

Diff: 1 Page Ref: 34

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.14

Skill: Conceptual

95) As a recent graduate of a Ph.D. program in Clinical Psychology, you have been schooled in the latest research in abnormal psychology. If you were trained in a model that evaluates multiple causes contributing to abnormality, you would most likely be labeled a strict behaviorist.

ANSWER: FALSE

Diff: 2 Page Ref: 34

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.14

Skill: Applied

### **Essay:**

*Student answers will vary but should include elements of the suggested answers given below.*

96) “Being different is not the equivalent of being psychologically abnormal.” Evaluate this statement, providing support for your position.

ANSWER: They are not equivalent. The behavior may not cause impairment in daily functioning nor may it have negative consequences for society. To the contrary, some “different” behavior may be beneficial to the person or to society.

Diff: 2 Page Ref: 3-5

Topic: Normal vs. Abnormal Behavior

LO: 1.1

Skill: Conceptual

97) Give an example of a behavior that may be perceived as normal or abnormal according to the “goodness-of-fit” model.

ANSWER: Any behavior that may be viewed as normal in one context but abnormal in another.

Diff: 3 Page Ref: 4

Topic: Normal vs. Abnormal Behavior

LO: 1.2

Skill: Conceptual

98) Explain how development and maturity influence our perceptions of the normality of a given behavior.

ANSWER: Behavior varies along the life span. What is normal and expected for a given age may be viewed as deviant or abnormal at another age. An example would be thumb sucking in young children as opposed to thumb sucking in adolescents.

Diff: 2 Page Ref: 5-6

Topic: Normal vs. Abnormal Behavior

LO: 1.2

Skill: Conceptual

99) Explain how developmental maturity has an impact on psychological disorders.

ANSWER: Developmental maturity affects when and how symptoms develop, what types of symptoms develop, and what kind of disorder occurs.

Diff: 2 Page Ref: 10

Topic: Normal vs. Abnormal Behavior

LO: 1.5

Skill: Conceptual

100) How does the concept of “cognitive maturity” contribute to the determination of certain disorders by age? Present an example to demonstrate your understanding.

ANSWER: The emergence of some disorders may be linked to factors related to cognitive development. For example, a key symptom of generalized anxiety disorders is worry over future events. Young children may not have the cognitive maturity to understand the concept of “future”; thus, many more cases occur later along the developmental age span.

Diff: 2 Page Ref: 11

Topic: Normal vs. Abnormal Behavior

LO: 1.5

Skill: Applied

101) How did the ancient Greek physicians Hippocrates and Galen differ in their perspectives on hysteria?

ANSWER: Hippocrates believed that disorders such as hysteria or conversion disorders were the results of a wandering uterus, but Galen believed hysteria had a psychological cause.

Diff: 2 Page Ref: 13-14

Topic: Historical Views of Abnormal Behavior and Its Treatment

LO: 1.7

Skill: Factual

102) Dorothea Dix’s efforts toward moral treatment of the mentally ill in the U.S. led to the building of asylums. Unfortunately, this movement also had a negative impact on mentally ill persons. Identify the negative outcomes associated with this movement.

ANSWER: The movement led to increased numbers of asylums and became associated with permanent institutionalization, custodial care, isolation, and little hope.

Diff: 2 Page Ref: 17

Topic: Historical Views of Abnormal Behavior and Its Treatment

LO: 1.9

Skill: Conceptual

103) When scientists discovered that syphilis caused general paresis, the finding was a significant advance for psychology. Discuss the importance of this finding.

ANSWER: The discovery that syphilis was linked to general paresis established a biological basis for the causes of some psychological disturbances.

Diff: 2 Page Ref: 17

Topic: Historical Views of Abnormal Behavior and Its Treatment

LO: 1.9

Skill: Conceptual

104) Josef Breuer gave us the “talking cure” through his work with Anna O. Explain the nature and assumption of this treatment approach using Anna’s case details.

ANSWER: Under hypnosis, Anna revealed details she could not recall in a conscious state. After Anna related details of distressing events in her past, her symptoms went away. This talking cure approach laid the foundation for a new approach to mental disorders.

Diff: 2 Page Ref: 18

Topic: Historical Views of Abnormal Behavior and Its Treatment

LO: 1.9

Skill: Conceptual

105) Outline Pavlov's model for classical conditioning using his experiment with dogs. Label all of the elements of the paradigm.

ANSWER: CS (bell) => UCS (meat powder) => UCR/CR (salivating)

Diff: 3 Page Ref: 20-21

Topic: Historical Views of Abnormal Behavior and Its Treatment

LO: 1.10

Skill: Conceptual

106) New technologies in neuroscience have advanced our understanding of psychological disorders. Discuss the concept of "biological scarring" as it relates to PTSD.

ANSWER: Biological scarring is a term applied to brain changes that appear to result from years of living with disorders such as PTSD. The brain changes in response to the disorder.

Diff: 2 Page Ref: 26

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.11

Skill: Conceptual

107) Compare and contrast classical and operant conditioning.

ANSWER: Classical conditioning involves reflex behavior and the elements of CS, UCS, UCR and CR. The pairing of the CS serves a cue function that the UCS is coming; UCS elicits the UCR. Many spontaneous behaviors occur without first being elicited by the UCS. Operant conditioning involves such a behavior being strengthened by its consequences through reinforcement and punishment.

Diff: 3 Page 20, 29

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Conceptual

108) Define "punishment" from a behavioral perspective and explain the forms it might take. Why is it important to include a reinforced alternative behavior when employing punishment?

ANSWER: Punishment may be the application of something aversive or the removal of something positive. It is directed toward reducing an unwanted behavior. If an alternative behavior is not reinforced, the punished behavior may return.

Diff: 3 Page Ref: 29

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.12

Skill: Conceptual

109) The sociocultural models of abnormality stand in stark contrast to models that propose that the sources of disordered behavior lie within the individual. What factors influence the expression of maladaptive behavior according to this model? How do they mediate the expression of these behaviors?

ANSWER: Abnormal behavior must be understood within the context of social and cultural forces. Examples of these include gender, social class, and interpersonal resources. Gender roles determine the cultural expression of what is acceptable for each gender. Social factors such as hunger, work, and domestic violence for women make them more vulnerable as a group for the development of a psychological disorder. Socioeconomic status may affect the area in which one lives and one's vulnerability to negative situations or events. For example, Hurricane Andrew hit a low-income area, resulting in higher rates of PTSD for Hispanic and African American children compared with white children. Social support in form of neighbors and friends is disrupted as people are scattered during a natural disaster.

Diff: 3 Page Ref: 31-34

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.13

Skill: Conceptual

110) The biopsychosocial model assumes a diathesis-stress perspective. Explain this statement and provide an example to illustrate your understanding.

ANSWER: The biopsychosocial model assumes that multiple factors interact to influence behavior. The diathesis-stress perspective assumes that psychological disorders may have a biological basis. Having a predisposition toward a disorder is not sufficient to produce the disorder. However, this vulnerability, in combination with stressful environmental circumstances, may lead to psychological disorders.

Diff: 2 Page Ref: 34-35

Topic: Current Views of Abnormal Behavior and Treatment

LO: 1.14

Skill: Conceptual

## REVEL QUIZ QUESTIONS

### EOC\_1.1

Abnormal behavior must always be considered in context because

- a) normal feelings, such as grief, can be mistaken for illness
- b) a person's cultural background may affect behavior
- c) a person's age may affect his or her symptoms
- d) all of these

Answer: D

Learning Objective: LO 1.3: Understand why simply behaving dangerously does not always equal abnormality.

Topic: Historical and modern perspectives: Normal vs. abnormal behavior

Skill: Remember the Facts

Difficulty: Easy

### EOC\_1.2

To be considered abnormal, a person's behavior must be "away from normal" and

- a) a violation of the individual's culture
- b) a cause of emotional distress and/or functional impairment
- c) a source of conflict with a person's peer group
- d) an embarrassment to the person's family

Answer: B

Learning Objective: LO 1.3: Understand why simply behaving dangerously does not always equal abnormality.

Topic: Historical and modern perspectives: Normal vs. abnormal behavior

Skill: Remember the Facts

Difficulty: Easy

### EOC\_1.3

Contextual factors that should be considered in evaluating abnormal behavior include sex, race/ethnicity, and

- a) cognitive skills
- b) dimensional approaches
- c) personality problems
- d) socioeconomic status

Answer: D

Learning Objective: LO 1.5: Identify at least two factors that need to be considered when determining whether a behavior is abnormal.

Topic: Historical and modern perspectives: Normal vs. abnormal behavior

Skill: Remember the Facts

Difficulty: Easy

### EOC\_1.4

It is important to consider a person's age and developmental stage when evaluating behavior because

- a) children have more serious disorders than adults do
- b) adults may not report all their symptoms
- c) developmental maturity affects what disorders occur and what symptoms are present
- d) disorders not treated during childhood will always persist throughout life

Answer: C

Learning Objective: LO 1.5: Identify at least two factors that need to be considered when determining whether a behavior is abnormal.

Topic: Historical and modern perspectives: Normal vs. abnormal behavior

Skill: Remember the Facts

Difficulty: Easy

## EOC\_1.5

Our knowledge of early theories of abnormal behavior is limited because

- a) historical evidence is scant
- b) modern technology cannot study demons and spirits
- c) only organic models were used before the modern era
- d) until recently, no records of patients' symptoms were kept

Answer: A

Learning Objective: LO 1.6: Discuss ancient spiritual and biological theories of the origins of abnormal behavior.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Remember the Facts

Difficulty: Easy

## EOC\_1.6

Hippocrates was an ancient Greek physician who

- a) produced a diagnostic classification system and a model by which to explain abnormal behavior
- b) identified common psychological symptoms such as hallucinations, melancholia, and mania
- c) introduced the term hysteria
- d) all of these

Answer: D

Learning Objective: LO 1.7: Discuss spiritual, biological, and environmental theories of the origins of abnormal behavior in classical Greek and Roman periods.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Remember the Facts

Difficulty: Easy

## EOC\_1.7

In the Middle Ages, groups of people believed that demons possessed them. Such episodes of mass hysteria are now explained by the concept of

- a) mimicry behavior
- b) emotional contagion
- c) alien abduction
- d) lycanthropy

Answer: B

Learning Objective: LO 1.7: Discuss spiritual, biological, and environmental theories of the origins of abnormal behavior in classical Greek and Roman periods.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Understand the Concepts

Difficulty: Easy

## EOC\_1.8

Moral treatment, the eighteenth-century innovation of Philippe Pinel and William Tuke, was characterized by

- a) daily compulsory church attendance
- b) imposition of a work schedule to teach patients duty and productivity
- c) separation of patients from evil influences outside their homes
- d) kind treatment of patients and work to occupy their minds

Answer: D

Learning Objective: LO 1.8: Discuss the spiritual, biological, and environmental theories of the origins of abnormal behavior from the Middle Ages to the Renaissance.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Understand the Concepts

Difficulty: Easy

### EOC\_1.9

When symptoms are diminished or eliminated not because of any specific treatment but because the patient believes that a treatment is effective, we see the power of the

- a) therapeutic relationship
- b) placebo effect
- c) humane care movement
- d) animal magnetism effect

Answer: B

Learning Objective: LO 1.11: Identify at least two biological mechanisms that are considered to play a role in the onset of abnormal behavior.

Topic: Historical and modern perspectives: Current views of abnormal behavior and treatment

Skill: Remember the Facts

Difficulty: Easy

### EOC\_1.10

German psychiatrist Emil Kraepelin contributed to the study of abnormal psychology by

- a) observing hundreds of living patients
- b) introducing two diagnostic categories
- c) laying the groundwork for a classification system
- d) all of these

Answer: C

Learning Objective: LO 1.9: Discuss the spiritual, biological, psychological, and sociocultural theories of the origins of abnormal behavior in the nineteenth century.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Remember the Facts

Difficulty: Easy

### EOC\_1.11

The scientist–practitioner approach is important in the treatment of patients because patients are

- a) treated by clinicians who have developed models of human behavior
- b) taught how to evaluate research and choose treatments
- c) treated by clinicians who use empirical research to guide the treatment process
- d) able to help advance psychological research by being research subjects

Answer: C

Learning Objective: LO 1.10: Identify the psychological, biological, and sociocultural models that characterize the twentieth-century models of abnormal behavior.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Understand the Concepts

Difficulty: Moderate

### EOC\_1.12

The biological model seeks knowledge of abnormal behavior by studying

- a) the biology of the body, particularly the brain
- b) biological scarring and structural abnormalities
- c) brain morphology as it affects bodily processes
- d) neuroimaging techniques

Answer: A

Learning Objective: LO 1.11: Identify at least two biological mechanisms that are considered to play a role in the onset of abnormal behavior.

Topic: Historical and modern perspectives: Current views of abnormal behavior and treatment

Skill: Remember the Facts

Difficulty: Easy

### EOC\_1.13

Biological scarring, or the process whereby years of living with a disorder causes changes in the brain, demonstrates the

- a) interaction among biopsychosocial factors
- b) importance of the psychoanalytic model
- c) interaction between psychological and social factors
- d) significance of downward drift

Answer: A

Learning Objective: LO 1.12: Identify at least two psychological models that may account for the development of abnormal behavior.

Topic: Historical and modern perspectives: Current views of abnormal behavior and treatment

Skill: Understand the Concepts

Difficulty: Moderate

### EOC\_1.14

Compared with Freud, contemporary psychoanalytic theorists place less emphasis on psychosexual development and more importance on

- a) phenomenology
- b) sibling rivalry
- c) conscious motivation
- d) dream analysis

Answer: C

Learning Objective: LO 1.10: Identify the psychological, biological, and sociocultural models that characterize the twentieth-century models of abnormal behavior.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Understand the Concepts

Difficulty: Moderate

### EOC\_1.15

Pioneer behaviorist Joseph Wolpe discovered that a stimulus will not elicit fear or anxiety if

- a) conditioning prevents negative emotions
- b) operant conditioning reinforces relaxation
- c) discrimination becomes increasingly difficult
- d) incompatible behavior occurs at the same time

Answer: D

Learning Objective: LO 1.10: Identify the psychological, biological, and sociocultural models that characterize the twentieth-century models of abnormal behavior.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Understand the Concepts

Difficulty: Moderate

### EOC\_1.16

Behaviorist B. F. Skinner demonstrated that behavior could be changed by events that happened afterward, a phenomenon known as

- a) operant conditioning
- b) systematic desensitization
- c) fear hierarchy
- d) contingent reinforcement

Answer: A

Learning Objective: LO 1.10: Identify the psychological, biological, and sociocultural models that characterize the twentieth-century models of abnormal behavior.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Understand the Concepts

Difficulty: Moderate

### EOC\_1.17

Vicarious conditioning is different from other types of conditioning in that it involves

- a) shaping rather than punishment
- b) learning without punitive consequences
- c) learning without actually doing a behavior
- d) acquiring new behaviors by practice

Answer: C

Learning Objective: LO 1.10: Identify the psychological, biological, and sociocultural models that characterize the twentieth-century models of abnormal behavior.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Understand the Concepts

Difficulty: Moderate

### EOC\_1.18

The cognitive model is based on the idea that our

- a) perceptions and interpretations of events are more important than the events themselves
- b) cognitive abilities differ depending on our developmental stage
- c) brains are permanently affected by external events
- d) intelligence level determines which disorders we are prone to

Answer: A

Learning Objective: LO 1.10: Identify the psychological, biological, and sociocultural models that characterize the twentieth-century models of abnormal behavior.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Understand the Concepts

Difficulty: Moderate

### EOC\_1.19

A clinician who notes the role of a patient's sex, income level, and race in his or her problems is illustrating the influence of

- a) class differences
- b) sociocultural models
- c) symptom expression
- d) feminist psychology

Answer: B

Learning Objective: LO 1.10: Identify the psychological, biological, and sociocultural models that characterize the twentieth-century models of abnormal behavior.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Understand the Concepts

Difficulty: Moderate

### EOC\_1.20

When a clinician finds that several members of a patient's family have similar symptoms, he or she may suspect that the patient has a predisposition to illness known as a

- a) stressor
- b) biological model
- c) genetic abnormality
- d) diathesis

Answer: D

Learning Objective: LO 1.12: Identify at least two psychological models that may account for the development of abnormal behavior.

Topic: Historical and modern perspectives: Current views of abnormal behavior and treatment

Skill: Understand the Concepts

Difficulty: Moderate

### **EOM\_1.1.1**

Understanding behavior within a specific context is known as

- a) goodness of fit
- b) deviance
- c) individuation
- d) culture-bound syndrome

Answer: A

Learning Objective: LO 1.3: Understand why simply behaving dangerously does not always equal abnormality.

Topic: Historical and modern perspectives: Normal vs. abnormal behavior

Skill: Remember the Facts

Difficulty: Easy

### **EOM\_1.1.2**

Which of the following is important to take into account when considering behavioral abnormality?

- a) Age
- b) Culture
- c) Group expectations
- d) All of these

Answer: D

Learning Objective: LO 1.3: Understand why simply behaving dangerously does not always equal abnormality.

Topic: Historical and modern perspectives: Normal vs. abnormal behavior

Skill: Remember the Facts

Difficulty: Easy

### **EOM\_1.1.3**

Mr. Smith is checking the locks on his door for much longer than usual. This behavior is \_\_\_\_\_ to diagnose him with a mental illness.

- a) possibly important but not sufficient
- b) sufficient
- c) not at all relevant
- d) sufficient only if it is a symptom of a DSM-based disorder

Answer: A

Learning Objective: LO 1.5: Identify at least two factors that need to be considered when determining whether a behavior is abnormal.

Topic: Historical and modern perspectives: Normal vs. abnormal behavior

Skill: Analyze It

Difficulty: Difficult

### **EOM\_1.1.4**

All of the following are examples of commonly reported mental health disorders except for:

- a) suicide
- b) anxiety disorders
- c) depressive disorders
- d) substance abuse disorders

Answer: A

Learning Objective: LO 1.5: Identify at least two factors that need to be considered when determining whether a behavior is abnormal.

Topic: Historical and modern perspectives: Normal vs. abnormal behavior

Skill: Understand the Concepts

Difficulty: Moderate

### **EOM\_1.1.5**

All of the following are true regarding the current DSM except for which statement?

- a) The DSM uses a dimensional perspective.
- b) It is currently in its fifth edition.
- c) The DSM uses a categorical perspective.
- d) DSM stands for diagnostic and statistical manual of mental disorders.

Answer: A

Learning Objective: LO 1.5: Identify at least two factors that need to be considered when determining whether a behavior is abnormal.

Topic: Historical and modern perspectives: Normal vs. abnormal behavior

Skill: Remember the Facts

Difficulty: Easy

### **EOM\_1.2.1**

Trephination describes which of the following?

- a) A method to cut away sections of the skull
- b) An ancient method of clinical psychology
- c) A way to take pictures of the human brain
- d) The name of a Greek philosopher

Answer: A

Learning Objective: LO 1.6: Discuss ancient spiritual and biological theories of the origins of abnormal behavior.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Remember the Facts

Difficulty: Easy

### **EOM\_1.2.2**

Hippocrates would likely use which of the following to explain an illness?

- a) Wandering uterus
- b) Bodily humors
- c) Mania
- d) All of these

Answer: D

Learning Objective: LO 1.7: Discuss spiritual, biological, and environmental theories of the origins of abnormal behavior in classical Greek and Roman periods.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Remember the Facts

Difficulty: Easy

### **EOM\_1.2.3**

Examples of mass hysteria include each of the following except:

- a) a classmate's desire to dress in the latest fashion
- b) ancient belief in being possessed by a wolf
- c) convicting an innocent person just because everyone else is doing so
- d) believing someone is possessed by a demonic spirit during the Middle Ages

Answer: A

Learning Objective: LO 1.8: Discuss the spiritual, biological, and environmental theories of the origins of abnormal behavior from the Middle Ages to the Renaissance.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Apply What You Know

Difficulty: Moderate

#### **EOM\_1.2.4**

Which of the following advocated treating the mentally ill in regular living conditions instead of asylums?

- a) William Tuke
- b) Philippe Pinel
- c) Johann Weyer
- d) Paracelsus

Answer: A

Learning Objective: LO 1.9: Discuss the spiritual, biological, psychological, and sociocultural theories of the origins of abnormal behavior in the nineteenth-century.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Remember the Facts

Difficulty: Easy

#### **EOM\_1.2.5**

Roger feels ashamed of something he did at work, but when he comes home he asks his wife why she looks so ashamed herself. This is an example of

- a) projection
- b) rationalization
- c) reaction formation
- d) denial

Answer: A

Learning Objective: LO 1.10: Identify the psychological, biological, and sociocultural models that characterize the twentieth-century models of abnormal behavior.

Topic: Historical and modern perspectives: The history of abnormal behavior and its treatment

Skill: Analyze It

Difficulty: Difficult

### **EOM\_1.3.1**

The brain has about 100 billion

- a) neurons
- b) synapses
- c) neurotransmitters
- d) receptors

Answer: A

Learning Objective: LO 1.11: Identify at least two biological mechanisms that are considered to play a role in the onset of abnormal behavior.

Topic: Historical and modern perspectives: Current views of abnormal behavior and treatment

Skill: Remember the Facts

Difficulty: Easy

### **EOM\_1.3.2**

Parents can affect children's behavior in which of the following ways?

- a) Direct interaction
- b) Modeling behaviors
- c) Giving instructions
- d) All of these

Answer: D

Learning Objective: LO 1.12: Identify at least two psychological models that may account for the development of abnormal behavior.

Topic: Historical and modern perspectives: Current views of abnormal behavior and treatment

Skill: Remember the Facts

Difficulty: Easy

### **EOM\_1.3.3**

Each of the following can be characterized as a modern psychoanalytic idea except for

- a) childhood stages of psychosexual development
- b) object relations theory
- c) ego psychology
- d) individual psychology

Answer: A

Learning Objective: LO 1.12: Identify at least two psychological models that may account for the development of abnormal behavior.

Topic: Historical and modern perspectives: Current views of abnormal behavior and treatment

Skill: Understand the Concepts

Difficulty: Moderate

### **EOM\_1.3.4**

Max is getting treatment for his snake phobia by learning to relax around snakes. The theorist most closely associated with this technique is

- a) Joseph Wolpe
- b) Alfred Adler
- c) B.F. Skinner
- d) John Watson

Answer: A

Learning Objective: LO 1.12: Identify at least two psychological models that may account for the development of abnormal behavior.

Topic: Historical and modern perspectives: Current views of abnormal behavior and treatment

Skill: Apply What You Know

Difficulty: Moderate

### EOM\_1.3.5

John had a terrific job interview, but thought it was a disaster because all he could focus on was the small stain he had on his tie. This is an example of

- a) mental filtering
- b) catastrophizing
- c) overgeneralizing
- d) personalizing

Answer: A

Learning Objective: LO 1.12: Identify at least two psychological models that may account for the development of abnormal behavior.

Topic: Historical and modern perspectives: Current views of abnormal behavior and treatment

Skill: Analyze It

Difficulty: Difficult