

CHAPTER 1

ABNORMAL BEHAVIOR IN HISTORICAL CONTEXT

MULTIPLE CHOICE

1. According to the authors of your textbook, the definition of a psychological disorder is associated with _____.
a. stress
b. impaired functioning
c. culturally expected responses
d. psychotic symptoms

ANS: B DIF: Easy REF: p.1 OBJ: 1; APALO:1.1.a MSC: TYPE: Factual
KEY: WWW

2. In regard to the criteria that define abnormality, it would be correct to state that
a. no one criterion has yet been developed that fully defines abnormality.
b. personal distress is the one criterion that defines abnormality.
c. the criteria differ depending on the cause of the psychological disorder.
d. the criteria differ depending on whether the individual has a psychological disorder or a psychological dysfunction.

ANS: A DIF: Moderate REF: p.1 OBJ: 1; APALO:1.1.a MSC: TYPE: Conceptual

3. The criterion that a particular behavior be atypical or not culturally expected is insufficient to define abnormality because
a. behavior that occurs infrequently is considered abnormal in every culture.
b. society is less willing to tolerate eccentricity in people who are productive.
c. behaviors vary very little from one culture to another.
d. many people behave in ways that deviate from the average, but this doesn't mean that they have a disorder.

ANS: D DIF: Difficult REF: p. 2 OBJ: 1; APALO: 1.1.a MSC: TYPE: Conceptual

4. A psychological dysfunction refers to
a. a breakdown in cognitive functioning.
b. a breakdown in emotional functioning.
c. a breakdown in behavioral functioning.
d. all of these

ANS: C DIF: Moderate REF: p. 2 OBJ: 1; APALO: 1.1.a MSC: TYPE: Factual
NOT: NEW

5. Behaviors that deviate from the norm are
- always seen as a disorder if they violate social norms.
 - considered a disorder regardless of culture.
 - typically seen as a disorder when they impair function.
 - never judged on the basis of the person who does them.

ANS: C DIF: Difficult REF: p. 2 OBJ: 1; APALO: 1.1.a MSC: TYPE: Factual

6. A male college student begins feeling sad and lonely. Although still able to go to classes and work at his job, he finds himself feeling down much of the time and worrying about what is happening to him. Which part of the definition of abnormality applies to his situation?
- Personal distress
 - Cultural factors
 - Impaired functioning
 - Violation of societal norms

ANS: A DIF: Moderate REF: p. 2 OBJ: 2; APALO: 1.1.a MSC: TYPE: Applied

7. The typical profile or prototype of a disorder reflects the _____ as described in DSM-IV.
- theoretical perspectives on abnormality
 - treatments for mental disorders
 - causes of mental illness
 - diagnostic criteria for psychological disorders

ANS: D DIF: Moderate REF: p. 4 OBJ: 1; APALO: 1.1.a MSC: TYPE: Conceptual

8. Rocky Starr is a rocker who wears outlandish female makeup and women's clothing when performing on stage. This behavior is considered
- more abnormal than that of a business man who suddenly starts to do so.
 - less abnormal than that of the business man because it contributes to his job success.
 - less abnormal than that of a female who wears makeup every day.
 - just as abnormal as that of the business man who starts wearing makeup.

ANS: B DIF: Moderate REF: p. 4 OBJ: 1; APALO: 1.1.a MSC: TYPE: Applied
NOT: NEW

9. The scientific study of psychological disorders is called _____.
- psychopathology
 - psychoanalysis
 - pseudoscience
 - parapsychology

ANS: A DIF: Easy REF: p. 4 OBJ: 1; APALO: 1.1.a MSC: TYPE: Factual

10. After college graduation, two of your friends are interested in careers in the helping professions. Anna wants to become a psychiatrist; Carl plans on becoming a psychologist. Since you are taking a course in Abnormal Psychology, they ask you for career advice. You would tell
- Anna to apply to medical school and Carl to study psychology at the graduate level.
 - Carl to apply to medical school and Anna to study psychology at the graduate level.
 - both of them to apply to medical school.
 - both of them to apply to graduate school.

ANS: A DIF: Moderate REF: p. 4 OBJ: 2; APALO: 1.1.a MSC: TYPE: Applied

11. Dr. Okalemi Watabe is a mental health practitioner. All of the following are ways in which she might function as a scientist-practitioner EXCEPT

- a. analyzing her own motivations and reasons for helping people with psychological problems.
- b. evaluating her own assessments and treatments for effectiveness.
- c. conducting research leading to new information about mental disorders and their treatments.
- d. using the most current diagnostic and treatment procedures.

ANS: A DIF: Difficult REF: p. 4-5 OBJ: 2; APALO: 1.1.a MSC: TYPE: Applied

12. A _____ is what first brought the individual to therapy; the _____ represents the unique combination of behaviors, thoughts, and feelings that make up a specific disorder.

- a. diagnosis; symptoms
- b. incidence, prevalence
- c. clinical description; presenting problem
- d. presenting problem; clinical description

ANS: D DIF: Moderate REF: p. 5 OBJ: 2; APALO: 1.1.a MSC: TYPE: Conceptual
NOT: NEW

13. Prevalence refers to

- a. how many people in the population as a whole have a disorder.
- b. how many new cases of a disorder occur during a given period of time.
- c. the percentage of males and females who have a disorder.
- d. how many people have recovered from a disorder in a given period of time.

ANS: A DIF: Easy REF: p. 6 OBJ: 2; APALO: 1.1.a MSC: TYPE: Factual

14. Incidence refers to

- a. how many people in the population as a whole have a disorder.
- b. how many new cases of a disorder occur during a given period of time.
- c. the percentage of males and females who have a disorder.
- d. how many people have recovered from a disorder in a given period of time.

ANS: B DIF: Moderate REF: p. 5 OBJ: 2; APALO: 1.1.a MSC: TYPE: Factual

15. Statistical data are often relevant when discussing psychological disorders. For example, a researcher might want to know how many new cases of depression are diagnosed each year, a figure called the _____ of the disorder.

- a. prevalence
- b. incidence
- c. recurrence
- d. ratio

ANS: B DIF: Moderate REF: p. 5 OBJ: 2; APALO: 1.1.a MSC: TYPE: Conceptual
KEY: WWW

16. In terms of their typical course, schizophrenia follows a chronic course, while mood disorders, including depression, follow a(n) _____ course.
- a. episodic
 - b. time-limited
 - c. guarded
 - d. insidious

ANS: A DIF: Moderate REF: p. 5 OBJ: 2; APALO: 1.1.a MSC: TYPE: Conceptual

17. A psychological disorder is said to have an acute onset if the symptoms develop _____, while it has an insidious onset if the symptoms develop _____.
- a. suddenly; gradually
 - b. suddenly; atypically
 - c. gradually; atypically
 - d. atypically; suddenly

ANS: A DIF: Moderate REF: p. 5 OBJ: 2; APALO: 1.1.a MSC: TYPE: Conceptual
NOT: NEW

18. When Larry was diagnosed with schizophrenia, his family wanted to know how the disorder would affect him and how it would progress. In medical terms, they wanted to know Larry's _____.
- a. diagnosis
 - b. prognosis
 - c. psychosocial profile
 - d. pathology

ANS: B DIF: Moderate REF: p. 5 OBJ: 2; APALO: 1.1.a MSC: TYPE: Applied

19. A disorder that comes on slowly is said to have a(n) _____ onset.
- a. acute
 - b. chronic
 - c. insidious
 - d. overt

ANS: C DIF: Easy REF: p. 5 OBJ: 2; APALO: 1.1.a MSC: TYPE: Factual

20. Developmental psychopathology refers to the study of changes in _____.
- a. abnormal behavior.
 - b. normal behavior.
 - c. children's behavior, both normal and abnormal.
 - d. normal adolescent behavior.

ANS: A DIF: Easy REF: p. 6 OBJ: 2; APALO: 1.1.a MSC: TYPE: Factual

21. Dr. Littlefox studies the origins and causes of psychological disorders, including the biological, psychological, and social dimensions. Dr. Littlefox studies the _____ of a disorder.
- a. prognosis
 - b. etiology
 - c. outcome
 - d. psychopathology

ANS: B DIF: Moderate REF: p. 6 OBJ: 2; APALO: 1.1.a MSC: TYPE: Applied
NOT: NEW

22. At various times in history, in an attempt to explain problematic, irrational behavior, humans have focused on supernatural causes that include all of the following EXCEPT
- a. magnetic fields.
 - b. demons and evil spirits.
 - c. bodily humors.
 - d. the moon and stars.

ANS: C DIF: Moderate REF: p. 6 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual

23. The biological and psychological models or theories of abnormality derived originally from the ancient Greek concept in which the
- a. mind was considered separate from the body.
 - b. flow of bodily fluids affected behavior and personality.
 - c. female reproductive organs were associated with psychopathology.
 - d. movement of the planets influenced human behavior.

ANS: A DIF: Difficult REF: p. 6 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual
KEY: WWW

24. Since the time of ancient Greece, the concept of a psyche or soul was similar to that of the _____.
- a. brain
 - b. mind
 - c. body
 - d. blood

ANS: B DIF: Easy REF: p. 6 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual

25. Toward the end of the 14th century and continuing into the 15th century, the causes of "madness" were generally attributed to
- a. toxins in the blood.
 - b. religious delusions.
 - c. brain disease.
 - d. demons and witches.

ANS: D DIF: Moderate REF: p. 7 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual

26. Which of the following accurately describes common beliefs about people with psychological disorders during the 14th century?
- a. They were considered to be suffering from religious delusions and were cared for by members of the church communities.
 - b. They were seen as possessed by evil spirits and blamed for all misfortunes.
 - c. They were regarded as basically good individuals who were not responsible for their abnormal behavior.
 - d. They were provided with medical treatments and sometimes hospitalized because mental illness was regarded as equivalent to physical illness.

ANS: B DIF: Moderate REF: p. 7 OBJ: 3; APALO: 1.2.b MSC: TYPE: Applied

27. During the Middle Ages, as well as at other times, mentally ill people were sometimes forced to undergo the religious ritual called exorcism in order to
- a. cure the mental illness by making the individual more religious.
 - b. build up muscle strength and make the person healthier.
 - c. rid the individual's body of evil spirits.
 - d. prove that the person was not a witch.

ANS: C DIF: Easy REF: p. 7 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual

28. The treatment given to the mentally ill King Charles VI of France showed that the causes of his disorder were attributed to _____ phenomena.
- a. natural
 - b. supernatural
 - c. both natural and supernatural
 - d. neither natural nor supernatural

ANS: C DIF: Difficult REF: p. 8 OBJ: 3; APALO: 1.2.b MSC: TYPE: Applied

29. The belief of homophobic people that the "sin" of homosexuality has resulted in HIV/AIDS is related to the historical concept of _____ as a cause of madness.
- a. divine punishment
 - b. faith healing
 - c. hysteria
 - d. sorcery

ANS: A DIF: Moderate REF: p. 8 OBJ: 3; APALO: 1.2.b MSC: TYPE: Applied

30. One hot and humid night, one of your friends suggests doing some really crazy things. You look up at the sky and say, "It must be the full moon." Your statement reflects the concept from which the word _____ is derived.
- a. lunatic
 - b. idiot
 - c. maniac
 - d. psychopath

ANS: A DIF: Moderate REF: p. 9 OBJ: 3; APALO: 1.2.b MSC: TYPE: Applied

31. During the Middle Ages, groups of people would suddenly exhibit bizarre behavior such as running out into the street, dancing, shouting, and jumping around. This was known as _____.

- a. tarantism
- b. lycanthropy
- c. demonic possession
- d. the chicken dance

ANS: A DIF: Moderate REF: p. 9 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual
NOT: NEW

32. The historic belief that the movements and/or positions of the moon, stars, and planets influence human behavior is still held by followers of the pseudoscience called _____.

- a. graphology
- b. parapsychology
- c. astronomy
- d. astrology

ANS: D DIF: Easy REF: p. 10 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual
KEY: WWW

33. Which of the following is NOT one of the causes of psychopathology suggested by the Greek physician Hippocrates (400 BC)?

- a. Head injury
- b. Brain pathology
- c. Genetics
- d. Spirit possession

ANS: D DIF: Moderate REF: p. 10 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual

34. You are listening to old musical tunes, including "My Melancholy Baby." Your friends are impressed when you tell them that "melancholic," referring to a depressive personality, derives _____ from a Greek word meaning _____.

- a. blood
- b. phlegm
- c. yellow bile
- d. black bile

ANS: D DIF: Difficult REF: p. 10 OBJ: 3; APALO: 1.2.b MSC: TYPE: Applied

35. According to Hippocrates' humoral theory, the "choleric" personality is _____.

- a. hot-tempered
- b. easygoing
- c. kind
- d. cheap

ANS: A DIF: Moderate REF: p. 10 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual

36. Based on Hippocrates' humoral theory, "sanguine" describes a person who is _____.
a. pessimistic
b. pale
c. cheerful
d. humorous

ANS: C DIF: Moderate REF: p. 10 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual

37. Bloodletting, a treatment devised centuries ago to restore the balance of humors, was accomplished with the use of _____.
a. needles
b. leeches
c. tourniquets
d. bacteria

ANS: B DIF: Moderate REF: p.11 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual
Key: WWW

38. In ancient Greece, a woman suffering from "hysteria" might be told that her condition could be cured by _____.
a. marriage
b. pregnancy
c. childbirth
d. divorce

ANS: A DIF: Moderate REF: p. 11 OBJ: 3; APALO: 1.2.b MSC: TYPE: Applied

39. In ancient Greece, "humoral excesses" thought to be causing psychological disorders were treated by
a. increasing or decreasing the person's exposure to heat, dryness, moisture, or cold.
b. herbal remedies.
c. decreasing both caloric and liquid intake.
d. lowering the person's body temperature for extended periods of time.

ANS: A DIF: Difficult REF: p. 11 OBJ: 3; APALO: 1.2.b MSC: TYPE: Applied

40. Induced vomiting was a 17th century treatment for depression. As described in *Anatomy of Melancholy* (1621), this could be accomplished by eating _____.
a. raw meat
b. ice
c. coal
d. tobacco

ANS: D DIF: Moderate REF: p. 11 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual

41. Somatoform disorders, a current DSM-IV classification that evolved from the concept of "hysteria," affect
a. adult males only.
b. adult females only.
c. both males and females of any age.
d. children only.

ANS: C DIF: Moderate REF: p. 11 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual

42. In keeping with an accepted treatment for mental illness in the 14th century, a physician treating King Charles VI of France had him moved to the countryside in order to
- be closer to a hospital that treated mental illness.
 - keep him away from his family.
 - restore the balance in his humors.
 - cure him of hysteria.

ANS: C DIF: Difficult REF: p. 11 OBJ: 3; APALO: 1.2.b MSC: TYPE: Applied

43. In an attempt to rid the body of the excessive humors thought to be causing psychological disorders, physicians throughout history have used treatments such as _____.
- bloodletting
 - induced seizures
 - exorcism
 - drilling through the skull

ANS: A DIF: Difficult REF: p. 11 OBJ: 3; APALO: 1.2.b MSC: TYPE: Applied
KEY: WWW

44. The concept of hysteria, which traditionally meant physical symptoms for which no organic pathology could be found, is now associated with which DSM-IV classification?
- Anxiety disorders
 - Neurosis
 - PMS
 - Somatoform disorders

ANS: D DIF: Difficult REF: p. 11 OBJ: 3; APALO: 1.2.b MSC: TYPE: Applied

45. The traditional tendency to stigmatize women as "hysterical" derived from Hippocrates' concept of _____.
- the "wandering uterus"
 - an "incompetent cervix"
 - "penis envy"
 - "pelvic dysfunction"

ANS: A DIF: Moderate REF: p. 11 OBJ: 3; APALO: 1.2.b MSC: TYPE: Applied

46. Until the 1970s, hysterical disorders were diagnosed only in women. In fact, the term "hysteria" derives from the Greek *hysteron*, which means _____.
- ovary
 - uterus
 - pregnancy
 - vagina

ANS: B DIF: Moderate REF: p. 11 OBJ: 3; APALO: 1.2.b MSC: TYPE: Factual

47. The first significant supporting evidence for a biological cause of a mental disorder was the 19th century discovery that the psychotic disorder called general paresis was caused by the same bacterial microorganism that causes _____.

- a. malaria
- b. Alzheimer's disease
- c. syphilis
- d. hysteria

ANS: C DIF: Moderate REF: p. 11 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual

48. The significance of the cure for syphilis was that
- a. physicians were correct in prescribing rest and relaxation.
 - b. all forms of "madness" now had a cure.
 - c. Paralysis was now curable.
 - d. behavioral and cognitive symptoms were traced to a curable infection.

ANS: D DIF: Moderate REF: p. 11 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual
NOT: NEW

49. In the 19th century, John Gray, a well-known psychiatrist in the US, believed that mental illness was due to _____.
- a. psychological factors
 - b. physical causes
 - c. social/environmental influences
 - d. unknown influences

ANS: B DIF: Easy REF: p. 12 OBJ: 3; APALO: 1.2.b MSC: TYPE: Factual

50. In the 1930s, when insulin shock therapy was deemed too risky as a treatment for mental disorder, _____ began to be used instead.
- a. bromides
 - b. electroconvulsive therapy
 - c. megavitamin therapy
 - d. moral therapy

ANS: B DIF: Moderate REF: p. 12 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual

51. The effect of electroconvulsive therapy in making a person feel elated and therefore help depression was discovered by
- a. John Gray, who was the champion of the biological tradition in the US.
 - b. a Dutch physician who was a friend of Benjamin Franklin.
 - c. Hippocrates, who was the father of medicine.
 - d. Joseph von Meduna, who was a Hungarian psychiatrist.

ANS: B DIF: Difficult REF: p. 12 OBJ: 3; APALO: 1.2.b MSC: TYPE: Factual
NOT: NEW

52. The first effective medications for severe psychotic disorders were developed in the _____.
a. late 19th century
b. early 20th century
c. 1950s
d. 1990s

ANS: C DIF: Easy REF: p. 12 OBJ: 3; APALO: 1.2.b MSC: TYPE: Factual

53. Although electroconvulsive therapy is controversial, we still use it today. It is interesting that it is used
a. despite possible harmful side effects.
b. and may cause serious fatal outcomes such as heart attacks.
c. despite the fact that we have little knowledge of how it works.
d. despite the fact that the success rate is about 25%.

ANS: C DIF: Difficult REF: p. 12 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual
NOT: NEW

54. With the discovery of the major tranquilizers called _____, psychotic symptoms, including hallucinations, delusions, and aggressiveness, were able to be controlled.
a. neuroleptics
b. benzodiazepines
c. bromides
d. opiates

ANS: A DIF: Moderate REF: p. 12 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual

55. Benzodiazepines, or "minor" tranquilizers such as Valium and Librium, are effective in reducing the symptoms of _____.
a. depression
b. anxiety
c. schizophrenia
d. hysteria

ANS: B DIF: Moderate REF: p. 12 OBJ: 3; APALO: 1.2.b MSC: TYPE: Factual
KEY: WWW

56. In the late 1800s, the emphasis on a biological cause of mental disorder resulted ironically in reduced interest in treatments for mental patients because it was thought that
a. physicians should devote more time to the physically ill.
b. patients would improve more rapidly if they were not hospitalized.
c. the hospital staff was not adequately trained to administer new treatments.
d. mental illness was due to an undiscovered brain pathology and was incurable.

ANS: D DIF: Difficult REF: p. 12 OBJ: 3; APALO: 1.2.b MSC: TYPE: Conceptual

57. In contrast to the asylums of the early 18th century, the psychosocial approach called moral therapy advocated all of the following **EXCEPT**
- a. restraint and seclusion.
 - b. normal social interaction.
 - c. individual attention from the hospital staff.
 - d. lectures on interesting subjects for hospitalized patients.

ANS: A DIF: Easy REF: p. 13 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied

58. The idea that psychological disorders could be classified based on their symptoms, onset, time course, and cause is attributed to
- a. Anton Mesner.
 - b. Emil Kraepelin.
 - c. John Grey.
 - d. Dorothea Dix.

ANS: B DIF: Moderate REF: p. 13 OBJ: 3; APALO: 1.3.d MSC: TYPE: Factual

59. Moral treatment for mental patients involved
- a. treating institutionalized patients as humanely as possible.
 - b. judging abnormal behavior on the basis of moral values.
 - c. the use of negative consequences to shape behavior.
 - d. isolating institutionalized patients until they behaved morally.

ANS: A DIF: Moderate REF: p. 153 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied
KEY: WWW

60. After Philippe Pinel introduced moral therapy as a treatment in mental hospitals in France, a similar type of socially facilitative environment was first established in a US hospital by
- a. Benjamin Rush.
 - b. William Tuke.
 - c. Joseph von Medina.
 - d. Manfred Sakel.

ANS: A DIF: Moderate REF: p. 14 OBJ: 3; APALO: 1.3.d MSC: TYPE: Factual
KEY: WWW

61. After the mid 1800s, moral therapy declined as a treatment for the mentally ill because
- a. the number of patients in mental institutions also declined.
 - b. immigrants caused an increase in the mental hospital population.
 - c. the number of people available to staff mental hospitals increased.
 - d. new biologically based treatments became available.

ANS: B DIF: Moderate REF: p. 14 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied
KEY: WWW

62. You have been asked to give a report on the mental hygiene movement and its foremost crusader Dorothea Dix, who campaigned for more humane treatment of the insane. After mentioning all of her accomplishments, you note the unforeseen consequence of her efforts, namely,
- a decrease in the number of mental patients in institutions, forcing many to close.
 - an increase in the number of mental patients, resulting in insufficient staff to care for them.
 - a change from custodial care to moral therapy for institutionalized patients.
 - more patients receiving psychotherapy and fewer receiving medication.

ANS: B DIF: Difficult REF: p. 14 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied

63. Anton Mesmer, an early 18th century physician, purported to cure patients by unblocking their flow of a bodily fluid he called "animal magnetism." In fact, any effectiveness of his methods was actually due to
- undetectable magnetic fields.
 - chemically induced humoral balance.
 - mental telepathy.
 - the power of suggestion.

ANS: D DIF: Difficult REF: p. 14 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied

64. A "double blind" experiment to ascertain the effectiveness of animal magnetism therapy was conducted by
- Philippe Pinel.
 - Anton Mesmer.
 - Sigmund Freud.
 - Benjamin Franklin.

ANS: D DIF: Moderate REF: p. 14 OBJ: 3; APALO: 1.3.d MSC: TYPE: Factual

65. Which of the following accurately describes the patients of Freud and Breuer after they received hypnotherapy for their psychological disorders?
- Feelings of relief and improvement
 - Decreased emotionality while in the hypnotic state
 - Accurate post-hypnotic recall
 - Increased understanding of the causes of their psychological disorder

ANS: A DIF: Moderate REF: p. 15 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

66. Realizing that patients were often unaware of material previously recalled under hypnosis, Charcot, Breuer, and Freud hypothesized the existence of _____, a concept considered one of the most important developments in the history of psychopathology.
- neurosis
 - the unconscious mind
 - the Electra complex
 - catharsis

ANS: B DIF: Moderate REF: p. 15 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied

67. In using hypnosis to treat patients with psychological disorders, Freud discovered
- that it is therapeutic to recall and relive emotionally traumatic events.
 - that patients are unable to process emotionally charged information.
 - that hypnosis was less effective than mesmerism.
 - the existence of conscious memories.

ANS: A DIF: Difficult REF: p. 15 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

68. In the classic case of Anna O. in 1895, the neurologist Breuer treated her "hysterical" symptoms by using _____.
- hydrotherapy
 - hypnosis
 - faith healing
 - the placebo effect

ANS: B DIF: Moderate REF: p. 15 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

69. Freud's technique included the release of emotional material, which was known as _____.
- insight
 - catharsis
 - free association
 - wish fulfillment

ANS: B DIF: Moderate REF: p. 15 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
NOT: NEW

70. In Freudian theory "libido" and "thanatos" represent the two basic but opposing drives of _____.
- life and death
 - sex and celibacy
 - good and evil
 - pleasure and pain

ANS: A DIF: Moderate REF: p. 16 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

71. You have just read a newspaper article about a savage rape and murder. You wonder how someone could commit such a horrible crime. Then you recall from your study of Freudian theory that according to Freud, anyone could be a killer or rapist if _____ impulses were not well controlled.
- egoistic
 - phallic
 - id
 - mesmeric

ANS: C DIF: Difficult REF: p. 16 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied

72. Although Freud conceptualized the libido as the life energy within the id, many people think of it as the _____.
a. death instinct
b. sex drive
c. conscience
d. Oedipal conflict

ANS: B DIF: Easy REF: p. 16 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
KEY: WWW

73. According to psychoanalytic theory, the _____ develops early in life to ensure that we can adapt to the demands of the real world while still finding ways to meet our basic needs.
a. ego
b. superego
c. libido
d. ideal self

ANS: A DIF: Difficult REF: p. 16 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

74. According to psychoanalytic theory, the id operates on the "pleasure principle," so it
a. adheres to social rules and regulations.
b. thinks in an unemotional, logical, and rational manner.
c. is sexual, aggressive, selfish, and envious.
d. utilizes secondary process thinking.

ANS: C DIF: Difficult REF: p. 16 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
KEY: WWW

75. A classmate in your psychology course is worried about the selfish and sometimes dangerous drives of the id. You respond by saying that
a. each of us develops an ego to help us behave more realistically.
b. id fantasies never become reality.
c. psychologists disproved Freud's theories a long time ago.
d. since id impulses are usually part of consciousness awareness, we can learn to control them.

ANS: A DIF: Difficult REF: p. 16 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied

76. If you were asked to explain Freud's structure of the mind to a friend who was unfamiliar with psychology, you might use an organizational analogy in which the id would be the employee who comes to work late and takes very long lunch hours, the superego would be the building security guard, and the ego would be
a. a newly hired employee.
b. a recently fired employee.
c. a manager.
d. a salesperson.

ANS: C DIF: Difficult REF: p. 16 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied

77. The warring id and superego cause anxiety as a result of
- intrapsychic conflict.
 - displacement.
 - conscience judging the ego ideal.
 - defense mechanisms.

ANS: A DIF: Difficult REF: p 16 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
KEY: WWW

78. When Johnny wanted a cookie before dinner, he thought about just going and taking one without permission. However, after thinking about it, he decided to get permission from his mom. Johnny was operating according to the _____ principle.
- pleasure
 - reality
 - moral
 - Oedipal

ANS: B DIF: Moderate REF: p. 16 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied
NOT: NEW

79. According to Freudian theory, anxiety is a signal for the ego to marshal its mechanisms of defense, which function as
- reality-based actions.
 - unconscious protective processes.
 - conscious efforts to maintain control.
 - primitive emotional responses.

ANS: B DIF: Easy REF: p. 16 OBJ: 3; APALO: 1.3.d MSC: TYPE: Factual
KEY: WWW

80. As used in modern terminology to reflect coping styles, defense mechanisms
- can be either adaptive or maladaptive.
 - are always maladaptive.
 - are never adaptive.
 - are always self-defeating.

ANS: A DIF: Moderate REF: p. 16 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

81. Severe internal conflicts that produce a lot of anxiety or other emotions can trigger self-defeating defensive processes or symptoms such as
- acute and posttraumatic stress symptoms.
 - depression or bipolar symptoms.
 - phobic or obsessive symptoms.
 - suicidal or aggressive symptoms.

ANS: C DIF: Difficult REF: p. 17 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
NOT: NEW

82. Which of the following is an example of the maladaptive, self-defeating type of defensive mechanism?

- a. A phobia
- b. Sublimation
- c. A hallucinatory experience
- d. Amnesia

ANS: A DIF: Moderate REF: p. 17 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

83. In which of the following defense mechanisms does an individual unconsciously block disturbing wishes, thoughts, or experiences from awareness?

- a. Rationalization
- b. Reaction formation
- c. Repression
- d. Displacement

ANS: C DIF: Easy REF: p. 17 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

84. Accusing your partner of being mad at you after they have aggravated you is an example of _____.

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

ANS: D DIF: Moderate REF: p. 17 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied

85. In which of the following defense mechanisms does an individual falsely attribute his or her own unacceptable feelings, impulses, or thoughts to another person?

- a. Denial
- b. Projection
- c. Displacement
- d. Sublimation

ANS: B DIF: Moderate REF: p. 17 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

86. Playing a rough game of football after a bad day at school is an example of _____.

- a. denial
- b. displacement
- c. sublimation
- d. repression

ANS: C DIF: Moderate REF: p. 17 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

87. The concept of defense mechanisms is referred to as _____ in contemporary terminology.

- a. coping styles
- b. strategic adjustment
- c. maladaptive thinking
- d. self-defeating actions

ANS: A DIF: Moderate REF: p. 17 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

NOT: NEW

88. Mrs. B. received a very poor rating by her supervisor who had been constantly criticizing her in front of her coworkers. When she got home, her kids ran up to greet her, all talking at once. She responded by yelling, "Leave me alone! Can't you see I'm tired?" According to psychoanalytic theory, this is an example of the defense mechanism known as _____.
a. displacement
b. projection
c. repression
d. rationalization

ANS: A DIF: Moderate REF: p. 17 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied
KEY: WWW

89. A 4-year-old girl sucks her thumb, a teenager binges on food, and an adult woman bites her fingernails. According to the Freudian theory of psychosexual development, all three are fixated at the _____ stage.
a. oral
b. anal
c. phallic
d. genital

ANS: A DIF: Easy REF: p. 17 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied

90. Four-year-old Miguel says to his mother, "Mommy, I love you. I want to marry you." This is an example of the manifestation of
a. a defense mechanism.
b. the Oedipal complex.
c. intrapsychic conflict.
d. an oral fixation.

ANS: B DIF: Moderate REF: p. 17-18 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied
NOT: NEW

91. The Electra complex, the psychosexual conflict that occurs at the phallic stage of development in girls, is characterized by
a. castration anxiety.
b. Oedipal conflicts.
c. penis envy.
d. latency lust.

ANS: C DIF: Moderate REF: p. 18 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

92. Which of the following is NOT related to the "collective unconscious" in Carl Jung's psychoanalytic theory?
a. Accumulated wisdom of society
b. Genetic inheritance of personality traits
c. Individual storage of cultural memories
d. Passing of memories from one generation to another

ANS: B DIF: Moderate REF: p. 18 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

93. The first proponent of ego psychology was
- Karen Honey.
 - Sigmund Freud.
 - Ana Freud.
 - Carl Jung.

ANS: C DIF: Moderate REF: p. 18 OBJ: 3; APALO: 1.3.d MSC: TYPE: Factual
NOT: NEW

94. In their theories about human nature, psychoanalysts Carl Jung and Alfred Adler both
- regarded human nature as possessing many negative qualities.
 - completely accepted Freud's ideas.
 - believed that there were no barriers to the internal and external growth of the individual.
 - emphasized a strong drive toward individual self-actualization.

ANS: D DIF: Difficult REF: p. 18 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

95. According to object relations theory,
- one believes that spiritual and religious drives are as much a part of human nature as sexual drives.
 - there is a strong drive toward self-actualization.
 - development of personality is influenced by culture and societal conditions.
 - one sees the world through the eyes of the person incorporated into one's self.

ANS: D DIF: Difficult REF: p. 18 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
NOT: NEW

96. Casey is an outgoing, happy-go-lucky, outwardly social individual, whereas Samantha is shy, somewhat withdrawn, and quiet. These two individuals represent which of Jung's concepts?
- Collective unconscious/personal unconscious
 - Extraversion/introversion
 - Archetypal son/archetypal daughter
 - Superiority/inferiority

ANS: B DIF: Moderate REF: p. 18 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied
NOT: NEW

97. According to Freud, a neurosis is all nonpsychotic psychological disorders resulting from
- underlying unconscious conflicts.
 - the anxiety resulted from underlying unconscious conflicts.
 - the implementation of ego defense mechanisms.
 - all of these

ANS: D DIF: Moderate REF: p. 18 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
NOT: NEW

98. The "object" in the object relations school of thought refers to
- important people in your life.
 - material objects in your home.
 - unconscious processes.
 - natural objects such as trees.

ANS: A DIF: Moderate REF: p. 18 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

99. According to object relations theory, the objects in your world are either
- injected into your ego or assigned conflicting roles in your identity.
 - encompassed in or out of your identity .
 - incorporated in the ego or the super ego.
 - realistic or unrealistic.

ANS: A DIF: Moderate REF: p. 18 OBJ: 3; APALO: 1.3.d MSC: TYPE: Factual

100. Tactics that characterize psychodynamic psychotherapy include all of the following EXCEPT

- a focus on affect and the expression of a person's emotions.
- identification of patterns in patients' actions, thoughts, feelings, experiences, and relationships.
- it is more in depth and significantly longer than classical psychoanalysis.
- there is an emphasis on the therapeutic relationship.

ANS: C DIF: Difficult REF: p. 19 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
NOT: NEW

101. Psychodynamic psychotherapy differs from classical (Freudian) psychoanalysis in that it
- emphasizes the goal of personality reconstruction.
 - requires a long-term commitment on the part of the person being analyzed.
 - focuses on social and interpersonal issues.
 - considers past experiences important.

ANS: C DIF: Difficult REF: p. 19 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

102. Most mental health professionals are aware that psychoanalysis as a treatment technique
- is basically unscientific.
 - has been proven effective.
 - has been subject to careful measurement criteria.
 - is noted for consistency in analytic interpretation.

ANS: A DIF: Difficult REF: p. 19 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
KEY: WWW

103. The following are all criticisms of Freud's theory EXCEPT:
- It is basically unscientific and untestable.
 - It is largely based on anecdotal evidence.
 - The structures of the mind cannot be scientifically measured.
 - Unconscious mental processes cannot be scientifically observed.

ANS: D DIF: Difficult REF: p. 19 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
NOT: NEW

104. Which of the following is NOT associated with the humanistic theories of Carl Rogers?
- Unconditional positive regard
 - Hierarchy of needs
 - Empathy
 - Person-centered therapy

ANS: B DIF: Easy REF: p. 20 OBJ: 3; APALO: 1.3.d MSC: TYPE: Factual

105. Humanistic therapists regard _____ as the single most positive influence in facilitating human growth.
- a. therapist interpretation of the patient's verbalizations
 - b. relationships (including the therapeutic relationship)
 - c. self-esteem
 - d. intellectual and moral development
- ANS: B DIF: Moderate REF: p. 20 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
106. The systematic development of a scientific approach to psychopathology is represented by
- a. humanistic psychology.
 - b. psychoanalysis.
 - c. Jungian psychology.
 - d. the behavioral model.
- ANS: D DIF: Moderate REF: p. 20 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
107. Unconditional positive regard is critical to the
- a. object relations approach.
 - b. humanistic approach.
 - c. psychoanalytic approach.
 - d. behavioral approach.
- ANS: B DIF: Easy REF: p. 20 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
108. A therapist using person-centered therapy is likely to
- a. be very directive with clients.
 - b. analyze the client's dreams.
 - c. emphasize the consequences of the client's actions.
 - d. take a passive role in any interactions.
- ANS: D DIF: Moderate REF: p. 20 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
109. According to classical conditioning, learning occurs when
- a. a neutral stimulus is paired with a stimulus until it elicits the same response as that stimulus.
 - b. a stimulus is followed by positive consequences.
 - c. a response is accepted unconditionally.
 - d. a stimulus and an object are paired together.
- ANS: A DIF: Moderate REF: p. 20 OBJ: 3; APALO: 1.3.d MSC: TYPE: Factual
110. Mustafa was bitten by a dog when he was five years old. Now he is afraid of any dog he sees. His fear of dog is a(n)
- a. unconditioned stimulus.
 - b. unconditioned response.
 - c. conditioned stimulus.
 - d. conditioned response.
- ANS: D DIF: Difficult REF: p. 20 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied
NOT: NEW

111. Mustafa was bitten by a deranged Chihuahua when he was five years old. Now he is afraid of all dogs. This is an example of
- stimulus inhibition.
 - stimulus discrimination.
 - stimulus generalization.
 - stimulus disinhibition

ANS: C DIF: Difficult REF: p. 20 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied
NOT: NEW

112. In classical conditioning, the presentation of the conditioned stimulus without the unconditioned stimulus over a long period of time would eventually lead to the
- extinction of the conditioned response.
 - elimination of the conditioned response.
 - shaping of the conditioned response.
 - forgetting of the response.

ANS: A DIF: Moderate REF: p. 20 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual

113. **The following are all true about the behavioral model EXCEPT:**
- It has contributed greatly to the understanding and treatment of psychopathology.
 - It is incomplete and inadequate to account for what we now know about psychopathology.
 - Psychological disorders were considered, for the most part, to be environmentally determined.
 - It accounts for development of psychopathology across the lifespan.

ANS: D DIF: Difficult REF: p. 20 OBJ: 3; APALO: 1.3.d MSC: TYPE: Conceptual
NOT: NEW

114. Which method reflects the first general application of the behavioral method to psychopathology?
- Law of effect (Thorndike)
 - Behavior modification (Skinner)
 - Systematic desensitization (Wolpe)
 - Conditioning of a fear response (Pavlov)

ANS: C DIF: Difficult REF: p. 21 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied

115. Someone you know has been having a lot of difficulty because of irrational fears. Knowing that you are studying abnormal psychology, this person asks if you know of an effective and well-established treatment. You advise her that _____, based on the mid 20th century work of Joseph Wolpe, is a successful anxiety reduction procedure.
- systematic desensitization
 - person centered therapy
 - exorcism
 - aversive conditioning

ANS: A DIF: Difficult REF: p. 21 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied
KEY: WWW

116. When scientific principles of psychology are applied to clinical problems or psychopathology, the procedures implemented are called
- clinical psychology.
 - behavior therapy.
 - scientific psychology.
 - the law of effect.

ANS: B DIF: Difficult REF: p. 21 OBJ: 3; APALO: 1.3.d MSC: TYPE: Applied

117. Operant conditioning was so named because B.F. Skinner believed that
- behavior operates on the environment.
 - people operate independently of experiences in the real world.
 - conditioning is an unconscious operation.
 - the brain operates independently of behavioral consequences.

ANS: A DIF: Easy REF: p. 22 OBJ: 3; APALO: 1.3.d MSC: TYPE: Factual

118. B.F. Skinner believed that behavior is best influenced by the use of _____.
- punishment
 - positive reinforcements
 - random reinforcement
 - internal processes

ANS: B DIF: Easy REF: p. 22 OBJ: 3; APALO: 1.3.d MSC: TYPE: Factual

119. Shaping a behavior in operant conditioning refers to
- ignoring everything but the desired behavior.
 - punishing everything except the desired behavior.
 - rewarding successive approximations to the desired behavior.
 - rewarding any behavior that comes close to the desired behavior.

ANS: C DIF: Easy REF: p. 22 OBJ: 3; APALO: 1.3.d MSC: TYPE: Factual
NOT: NEW KEY: WWW

120. The causes of psychopathology are currently assumed to be
- unidimensional.
 - multiply determined.
 - impossible to determine.
 - untestable scientifically.

ANS: B DIF: Easy REF: p. 23 OBJ: 4; APALO: 1.3.e MSC: TYPE: Conceptual

121. The continual interaction of biological, psychological, and social influences and their effect on behavior is a _____ approach.
- sociocultural
 - psychobiological/biopsychological
 - unidimensional
 - multidimensional integrative

ANS: D DIF: Moderate REF: p. 23 OBJ: 4; APALO: 1.3.e MSC: TYPE: Conceptual

122. A therapist who believes that a disorder is caused by biological, psychological, and social factors is said to be taking a(n) _____ approach to understanding psychological disorders:
- a. applied
 - b. practical
 - c. psychoanalytical
 - d. integrative

ANS: B DIF: Moderate REF: p. 23 OBJ: 4; APALO: 1.3.e MSC: TYPE: Applied

123. As described on the "Abnormal Psychology Live" CD, Ivan Pavlov's ideas were brought to the United States in the early 20th century by
- a. John B. Watson.
 - b. Carl Jung.
 - c. B.F. Skinner.
 - d. Mary Cover Jones.

ANS: A DIF: Easy REF: CD

124. Behaviorists John Watson and B.F. Skinner believed that both animal and human behaviors are the result of
- a. conditioning.
 - b. biological causes.
 - c. unconscious motivation.
 - d. self-actualization.

ANS: A DIF: Easy REF: CD

125. Ivan Pavlov, a Russian physiologist, based his theories of conditioning on the results of experiments he conducted on
- a. dogs.
 - b. humans.
 - c. rats.
 - d. pigeons.

ANS: A DIF: Easy REF: CD

ESSAY

1. Discuss why the criteria for abnormality are not completely satisfactory in defining abnormality, psychological dysfunction, and "culturally expected" behavior.

ANS: Psychological dysfunction is not totally satisfactory because behavior is on a continuum, and a milder version of impairment would not meet the criteria for a disorder. As for personal distress, by itself, this criterion does not define abnormal behavior because distress can be a normal reaction to a traumatic situation. Also, for some of the psychological disorders, by definition, suffering and distress are absent. Atypical or not culturally accepted is insufficient when it refers to someone such as a person with an exceptionally high IQ who is atypical but not disordered. Culturally unacceptable is not sufficient because what may be atypical in one culture is perfectly acceptable in another.

NOT: NEW

2. Describe psychoanalytic theory. Refer to concepts such as anxiety, defense mechanisms, and psychosexual development.

ANS: The psychoanalytic theory developed by Sigmund Freud is based on three major concepts.

-*Structure of the mind*. According to Freud, the mind can be divided into three major parts: the id, the source of our strong sexual and aggressive feelings or energies, which operates on the pleasure principle; the ego, or the part of the mind that operates on the reality principle to ensure that we act realistically; and the superego, or conscience, which represents the moral principles of our culture. When these areas are in conflict, it can result in anxiety.

-*Defense mechanisms*. In order to mediate continuing conflict between the id and the superego, the ego marshals defense mechanisms or unconscious protective processes that keep primitive emotions in check. Examples include denial, displacement, projection, rationalization, reaction formation, repression, and sublimation.

-*Psychosexual stages of development*. Freud theorized that during infancy and early childhood, we pass through psychosexual stages of development in a specific order that affect our lifetime functioning. These stages include the oral, anal, phallic, latency, and genital stages, and are characterized by distinctive means of gratifying our basic needs and satisfying our drive for physical pleasure.

3. Discuss the theories of the psychoanalytic and humanistic researchers who followed Freud, how their concepts related to his theory, and how these theories are viewed today.

ANS: Anna Freud, Sigmund Freud's daughter, explored and extended his work on defense mechanisms and developed the field of ego psychology, while Melanie Klein and Otto Kernberg developed the theory of object relations, which is based on studying how children incorporate images, memories, and the values of important people in their lives.

However, other theorists broke with Freud to develop their own psychological theories. Carl Jung rejected many of the sexual aspects of Freud's theory, and focused on the concept of the collective unconscious, or wisdom accumulated by society and culture over time. Alfred Adler focused on people's feelings of inferiority and the striving for superiority, and coined the term the inferiority complex. Both of these theories assumed that the basic quality of human nature is positive rather than negative, and that people could be helped to improve if barriers to growth were removed.

Psychoanalytic theory and its outgrowths have shaped the study of psychopathology and the history of ideas in Western civilization, but they have typically been hard to study scientifically, and are not always practical or cost-effective in practice. Humanistic therapies were developed to help people pursue self-actualization or the attainment of their highest potential.

Proponents of these theories include Abraham Maslow, who focused on the hierarchy of needs people experience, and Carl Rogers, who advocated unconditional positive regard to foster growth. The humanistic approaches were very popular in the 1960s and 1970s and brought about an emphasis on the role of therapists in treatment. However, they did not contribute much to our understanding of psychopathology, and have fallen out of favor therapeutically.

4. Explain how the behavioral model developed and how it has influenced the understanding and treatment of psychopathology.

ANS: The behavioral model is based on the idea that it should be possible to study behavior using scientific techniques. Ivan Pavlov, a researcher in Russia, studied the conditioning of responses based on pairing a stimulus that is initially neutral with a stimulus that typically elicits a natural response. Over time, a conditioned response comes to be elicited by the stimulus, which is now called a conditioned stimulus. Psychologists like John B. Watson applied scientific methods to condition behavioral responses in people. Joseph Wolpe used the principles of classical conditioning to treat phobias using systematic desensitization, extinguishing fear of objects by showing people that nothing bad really happens in the presence of the feared object or setting. B.F. Skinner argued that people not only respond to their environments, but act upon them, and developed the theory of operant conditioning, which argues that behavior is influenced by the reinforcement or consequences of the action. Skinner contended that manipulating reinforcements can shape or create particular behaviors and that these principles can be used therapeutically.

5. Explain the inadequacies of the various perspectives, and explain why the concept of a multidimensional integrative approach to psychopathology appears to be the more logical approach.

ANS: All of the various approaches had shortcomings when attempting to explain psychopathology. The biological model, while effective in treating some disorders, could not treat others. Since biological causes could not be found for some disorders, biological treatments could not be developed. Also, active intervention and treatment were all but eliminated in some settings, despite availability of other effective approaches. The psychoanalytic perspective was based on anecdotal evidence and could not be scientifically evaluated. Many of the basic tenets could not be observed. Humanistic theory contributed very little new information to the field of psychopathology. Its principles were not scientifically tested nor were they very useful in the intervention of severe psychological disorders. The behavioral model suggested that all psychopathology was environmentally determined. It also failed to account for development of psychopathology across the lifespan. It cannot explain the more complex layers of both conscious and subconscious behaviors. As the use of scientific research techniques has continued to expand our understanding of the biological, behavioral, cognitive, emotional, developmental, and social factors that contribute to behavior, it is increasingly clear that psychopathology is multiply determined. This understanding now influences our understanding of both the causes and treatments of psychological disorders. **NOT: NEW**

STUDY GUIDE

MULTIPLE CHOICE

1. Which of the following is not an aspect of the definition of psychological disorders?
 - a. The atypical response element, which states that a deviation from normal behavior is evidence of a psychological disorder
 - b. The psychodynamic element, which suggests that abnormal behavior is the result of poor ego defense mechanisms
 - c. The distress element, in which personal discomfort signals the presence of a psychological disorder
 - d. The impairment in functioning element, which defines a psychological disorder based on a disruption in ability to carry out normal tasks

ANS: B

2. The scientist-practitioner model of psychology focuses on
 - a. the psychologist's use of scientific principles to study which treatments are most effective and to decide which treatment to use.
 - b. the psychologist's use of statistics, such as prevalence and incidence, to diagnose clients.
 - c. the exchange of information between scientists.
 - d. the use of drugs in clinical practice.

ANS: A

3. Louie was barking like a dog and walking on his hands and knees. A professional thought the cause of Louie's problem was that he had an excess of a particular neurotransmitter, so she prescribed a drug for him. The professional is most likely a _____, operating under the _____ model of abnormal behavior.
 - a. clinical psychologist, psychological
 - b. psychiatric nurse, supernatural
 - c. psychiatric social worker, behavioral
 - d. psychiatrist, biological

ANS: D

4. The Oedipus complex, which, according to Freud, occurs during the _____ stage of psychosexual development, is characterized by _____.
 - a. genital; penis envy
 - b. oral; penis envy
 - c. phallic; castration anxiety
 - d. latency; castration anxiety

ANS: C

5. One of the results of the discovery that the disease syphilis and the disordered behavior that results from it are both caused by the same bacterial microorganism was
- a. mental health professionals began to think that other psychological disorders might be caused by other microorganisms, and biological cures might be possible.
 - b. individuals diagnosed with syphilis were referred to psychologists instead of doctors for further treatment.
 - c. the mental hygiene movement was established, which attempted to provide a sterile, bacteria-free, environment for those suffering from disorders.
 - d. mental health professionals adopted a genetic model, which has been supported by further scientific investigations into the causes of disorders.

ANS: A

6. The phenomenon in which entire groups of people simultaneously begin to behave abnormally is known as
- a. mass hysteria.
 - b. exorcism.
 - c. lunacy.
 - d. melancholy.

ANS: A

7. Which of the following is an incorrect match between a drug and the problem it is used to treat?
- a. Reserpine: aggression
 - b. Benzodiazepines: panic attacks
 - c. Bromides: hallucinations
 - d. Neuroleptics: delusions

ANS: C

8. Breuer discovered that
- a. hysterical symptoms were alleviated after patients discussed them under hypnosis.
 - b. dogs salivate to a bell if the bell is rung prior to feeding.
 - c. discussing problems while hypnotized leads to patient insight.
 - d. general paresis was caused by the same bacteria that cause syphilis.

ANS: A

9. Which of the following is not true of classical conditioning?
- a. It involves pairing of a UCS and a CS.
 - b. It was demonstrated by Pavlov with his dogs.
 - c. It involves shaping procedures.
 - d. The CR can be eliminated in a process called extinction.

ANS: C

10. The elements of person-centered therapy include
- a. hypnosis and catharsis.
 - b. reinforcement and shaping.
 - c. rest and relaxation.
 - d. unconditional positive regard and empathy.

ANS: D

11. Your best friend tells you she has just gotten a job in a Veteran's Administration hospital where she will administer and interpret tests, diagnose and treat mental disorders, and continue her research on chronic disorders. All of her training in _____ has paid off.
- a. nursing
 - b. psychiatry
 - c. social work
 - d. clinical psychology

ANS: D

12. Alarming, in some areas where the rate of new cases of AIDS had been declining, it has begun increasing again. The statistic that tells us this information is
- a. incidence.
 - b. correlation.
 - c. deviation.
 - d. prevalence.

ANS: A

13. Therapist Dr. X (not her real name) is working with a client who is heavily involved with body-piercing. The client enjoys it, but Dr. X thinks the amount is so excessive she considers it abnormal behavior. She is employing which definition of abnormality?
- a. Dysfunction
 - b. Culturally inappropriate or unexpected
 - c. Impairment
 - d. Distress

ANS: B

14. As a psychiatrist, you have a client experiencing anxiety and panic attacks. You most likely prescribe
- a. reserpine.
 - b. benzodiazepines.
 - c. bromides.
 - d. neuroleptics.

ANS: B

15. Early findings apparently supporting psychoanalytic therapy were based on
- a. scientific inquiry.
 - b. case studies.
 - c. introspection.
 - d. literature reviews.

ANS: B

16. Defense mechanisms may be important in treatment planning because they
- a. cannot be studied scientifically.
 - b. are most prevalent in people with psychological disorders.
 - c. have potential significance in the study of schizophrenia.
 - d. may differ for different psychological disorders.

ANS: D

17. An individual who blocks disturbing thoughts or experiences from conscious awareness is said to be using the defense mechanism
- a. sublimation.
 - b. rationalization.
 - c. projection.
 - d. repression.

ANS: D

18. The purpose of psychoanalysis is
- a. to reduce the symptoms of a disorder.
 - b. to examine ego defenses.
 - c. to reveal unconscious conflicts.
 - d. to overcome the Oedipal complex.

ANS: C

19. One key difference between Jung and Adler was that
- a. Jung focused on the individual reaching his or her potential, while Adler emphasized the significance of the individual's contributions to a society.
 - b. Adler focused on the individual reaching his or her potential, while Jung emphasized the significance of the individual's contributions to a society.
 - c. Jung saw people as struggling to control their aggressive instincts, while Adler saw society as repressing peoples' desire to self-actualize.
 - d. Adler saw people as struggling to control their aggressive instincts, while Jung saw society as repressing peoples' desire to self-actualize.

ANS: A

20. Tim owns a cat who licks her chops when she hears cellophane cat food packets being opened. This is not a skill she or her wild ancestors learned in the jungle. According to a classical conditioning account, the cellophane sound is
- a. a conditioned stimulus
 - b. an unconditioned stimulus.
 - c. a conditioned response.
 - d. an unconditioned response.

ANS: A

21. What is Joseph Wolpe's most noted contribution to psychology?
- a. Systematic desensitization as a means of therapy
 - b. The discovery that fear can be repressed through familiarity with the feared object
 - c. The definition of operant conditioning
 - d. The discovery of the mechanism of the extinction process

ANS: A

22. Human behavior, both normal and abnormal, is the result of biological, psychological, and social factors
- a. competing.
 - b. operating independently.
 - c. interacting.
 - d. conflicting.

ANS: C