

Chapter 1

Introduction

1-1. Although Buford Furrow's family recognized that there was something wrong with him, he was not institutionalized. What is the primary reason that he was not committed to a mental institution?

- a) He had not committed a crime.
- b) Physicians could not agree on a diagnosis.
- c) State law prohibits family members from committing a family member older than 13.
- d) A judge determined that he could receive the treatment he needed on an outpatient basis.

Answer: c Page: 3 Level: Medium Type: Conceptual

1-2. Harvard University psychiatrist, Alvin Poussaint, is going to debate a colleague who holds an opinion diametrically opposed to his on cases such as those of Buford Furrow. Which of the following would make for the best title for this debate?

- a) "Racial bigotry as a mental disorder: Yes or no"
- b) "Schizophrenia as a cause of violence: Yes or no"
- c) "The genetic basis for bigotry: In the genes or in the environment"
- d) "Should schools or parents be responsible for teaching racial tolerance?"

Answer: a Page: 4 Level: Difficult Type: Conceptual

1-3. What is the primary focus of the field of abnormal psychology?

- a) group processes
- b) prevention programs
- c) maladaptive behavior
- d) pharmacological treatments

Answer: c Page: 5 Level: Easy Type: Factual

1-4. Which of the following are true of abnormal psychology?

- a) Examines how society deals with people whom it considers to be different from other people.
- b) Investigates how it feels for people to be different
- c) Deals with meanings that get attached to being different.
- d) All are true of abnormal psychology.

Answer: d Page: 5 Level: Easy Type: Factual

1-5. The ability to think rationally, coping effectively, and showing stability and growth

are factors of:

- a) mental illness
- b) a therapeutic relationship
- c) abnormal psychology
- d) None of the above.

Answer: c Page: 5 Level: Easy Type: Factual

1-6. Mental health problems account for what percentage of disabling conditions?

- a) 50%
- b) 30%
- c) 75%
- d) 25%

Answer: a Page: 6 Level: Medium Type: Factual

1-7. What factors assist clinicians to both explain and treat problems?

- a) identifying internal factors
- b) techniques of proper diagnosis
- c) structured clinical interviews
- d) identifying external factors

Answer: d Page: 7 Level: Medium Type: Factual

1-8. Stigmatization can:

- a) Increase self-esteem depending on if presenting factors are internal or external.
- b) Lead to diminished self-esteem and increased pathology, but does not retard recovery.
- c) Be either external, internal, or a combination of the two.
- d) Require extended hospitalization to deal with events that prevent recovery.

Answer: c Page: 7 Level: Medium Type: Factual

1-9. You walk into a classroom to find the word adaptation written on the board. It appears that the instructor was using a diagram to show that adaptation involves a balance between two factors, one of which is what people do or want to do. What is the other factor?

- a) what people fail to do
- b) what the environment requires
- c) feelings of accomplishment related to what people are doing
- d) hereditary predispositions that lead people to act in certain ways

Answer: b Page: 8 Level: Difficult Type: Factual

1-10. A survey was conducted to determine what the general public views as the causes of abnormal behavior. What are two of the common erroneous problem the general population believes are responsible for abnormal behavior?

- a) demons and spirits
- b) diet and genetic factors
- c) lack of will power and poor nutrition
- d) emotional weakness and bad parenting

Answer: d Page: 8 Level: Easy Type: Factual

1-11. Henry was hospitalized with a serious mental disorder. With treatment, he returned to his previous level of functioning and was released. When a psychiatrist conducted a follow-up interview, Henry said he felt "stigma." What is the most likely reason for Henry's feeling?

- a) He was taking medication.
- b) His neighbors avoided him.
- c) He feared that treatment would fail.
- d) He kept in touch with friends from the hospital.

Answer: b Page: 8 Level: Easy Type: Conceptual

1-12. Jane is a psychologist who has practiced psychology for many years. People are intrigued by her work, and she has several offers for public appearances and lectures. However, she has become annoyed at questions regarding the public's perception of abnormal behavior; especially the manner in which the media portrays the behavior. Jane has indicated that:

- a) There is little, if anything, she can do to correct the public's perception of abnormal behavior.
- b) She must meet the challenge to the field of abnormal psychology to correct the public's misperceptions regarding the nature of abnormal behavior.
- c) She should consider teaching at the university level to relieve her stress.
- d) Ethically she needs to work more with her patients to remove stigmas.

Answer: b Page: 8 Level: Medium Type: Factual

1-13. What term is used to describe people's ability or inability to modify their behavior in response to changing environmental requirements?

- a) adoption
- b) adaptation
- c) acclimation
- d) accommodation

Answer: b Page: 8 Level: Easy Type: Factual

1-14. Adaptation is the ability to

- a) master the environment.
- b) feel at peace with oneself.
- c) modify behavior in response to change.
- d) learn the expectations of one's social group.

Answer: c Page: 8 Level: Easy Type: Factual

1-15. After switching careers from librarian to kindergarten teacher, John developed a greater tolerance for noise. This change in John is an example of

- a) stress.
- b) adaptation.
- c) vulnerability.
- d) social maladaptation.

Answer: b Page: 9 Level: Medium Type: Conceptual

1-16. Most of the behaviors studied by those with an interest in abnormal psychology are related to failures in

- a) adaptation.
- b) vulnerability.
- c) stigmatization.
- d) balancing hormone levels.

Answer: a Page: 9 Level: Medium Type: Factual

1-17. By definition, all maladaptive behavior is considered to be

- a) deviant.
- b) pathological.
- c) maladaptive.
- d) nonproductive.

Answer: a Page: 9 Level: Medium Type: Factual

1-18. When a psychologist describes behavior as maladaptive, this indicates that:

- a) A problem exists and the person has vulnerability which led to problems in living.
- b) A person may have a problem but coping strategies can still be implemented.
- c) A problem exists but the person can maintain the ability to deal with stress.
- d) A problem exists but the person is not a danger to others but may be a danger to self.

Answer: a Page: 9 Level: Difficult Type: Conceptual

1-19. What does the study of the history of abnormal psychology reveal about theories of maladaptive behavior?

- a) They are usually short-lived.
- b) They have resurfaced over and over.
- c) They exist independently of social mores.
- d) They have become progressively more enlightened.

Answer: b Page: 9 Level: Easy Type: Factual

1-20. The technique called exorcism is based on the assumption that mental illness is caused by:

- a) infections.
- b) evil spirits.
- c) stigmatization.
- d) chromosomal abnormalities.

Answer: b Page: 9 Level: Medium Type: Conceptual

1-21. An expert on shamans is being interviewed on public radio. How will this expert respond when asked about the existence of shamans in this century?

- a) Shamans still treat the mentally ill in some countries.
- b) The treatment espoused by shamans has been banned in most countries.
- c) The treatment espoused by shamans has been replaced by a modern form of trephination.
- d) Shamans no longer treat mental illness because they have been replaced by modern medicine.

Answer: a Page: 10 Level: Difficult Type: Conceptual

1-22. What is trephination?

- a) using herbs
- b) conducting séances
- c) removing the spleen
- d) making a hole in the skull

Answer: d Page: 11 Level: Medium Type: Factual

1-23. Which approach is evident in attempts to treat maladaptive behavior by removing part of the brain?

- a) organic
- b) mystical
- c) philosophical
- d) psychological

Answer: a Page: 11 Level: Easy Type: Factual

1-24. According to the psychological perspective, behavioral disturbances are caused by

- a) excessive attachment.
- b) harmful societal influences.
- c) inherited deficits in metabolism.
- d) inadequacies in thinking, feeling, or perceiving.

Answer: d Page: 12 Level: Medium Type: Factual

1-25. Who were the first people to write about psychological and organic approaches to deviance?

- a) Chinese elders
- b) ancient Greek philosophers
- c) leaders in the Reform Movement
- d) church leaders in the Middle Ages

Answer: b Page: 12 Level: Easy Type: Factual

1-26. Which of the following is not a perspective that has occurred throughout the history of Western civilization?

- a) supernatural
- b) emotional
- c) organic
- d) psychological

Answer: b Page: 12 Level: Easy Type: Factual

1-27. In ancient Greece a mentally ill individual sought treatment at one of the temples dedicated to Asclepius. Which of the following treatments would this person likely receive during his stay in the temple?

- a) trephination
- b) vegetable diet
- c) a potent combination of herbs
- d) healing messages delivered in dreams

Answer: d Page: 12 Level: Medium Type: Conceptual

1-28. Hippocrates described epileptic seizures as a disease of the

- a) liver.
- b) heart.
- c) brain.
- d) lungs.

Answer: c Page: 12 Level: Easy Type: Factual

1-29. Which of these treatments for abnormal behavior were recommended by Hippocrates?

- a) bathing, dieting, and rest
- b) meditation, prayer, and sleep
- c) bloodletting, exercise, and fasting
- d) dream interpretation, herbal remedies, and trephining

Answer: a Page: 12 Level: Medium Type: Factual

1-30. Plato believed that disturbed behavior grew out of conflicts between

- a) emotion and reason.
- b) children and parents.
- c) individuals and the community.
- d) biological and psychological stressors.

Answer: a Page: 12 Level: Medium Type: Factual

1-31. What did Socrates view as the cornerstone of personal happiness and the good life?

- a) reasoning
- b) physical health
- c) appeasement of the gods
- d) freedom from internal conflict

Answer: a Page: 12 Level: Easy Type: Factual

1-32. Which ancient philosopher believed that people who were mentally ill should be separated from society?

- a) Socrates
- b) Hippocrates
- c) Plato
- d) Aristotle

Answer: c Page: 12 Level: Easy Type: Factual

1-33. How did ancient Greek philosophers lay the groundwork for the development of modern science?

- a) They equated mind with brain.
- b) They proposed natural causes of abnormal behavior.
- c) They determined normal amounts of humors in the body.
- d) They recommended asylums for the treatment of the mentally ill.

Answer: b Page: 12 Level: Difficult Type: Conceptual

1-34. An ancient Greek citizen hears that Galen proposed that personality and abnormal behavior were determined by an imbalance of humors. When this man asks a friend to describe what Galen means by humors, what will he be told?

- a) The term describes body fluids.
- b) The term describes an individual's spiritual life.
- c) Humors is a term used to describe basic mental capacities.
- d) An individual's reason and emotion are summarized by this one word.

Answer: a Page: 13 Level: Medium Type: Conceptual

1-35. Which physician believed that mental illness was a result of imbalances in body fluids?

- a) Dix
- b) Pinel
- c) Galen
- d) Kraepelin

Answer: c Page: 13 Level: Easy Type: Factual

1-36. The ancient Greek physician, Galen, is examining a patient and concludes that the patient has an excess of black bile. What term will Galen use to describe this patient's condition?

- a) manic
- b) anxious
- c) melancholic
- d) schizophrenic

Answer: c Page: 13 Level: Medium Type: Conceptual

1-37. What focus of St. Augustine's writings led him to be described as a forerunner of modern psychodynamic theories?

- a) sexuality
- b) aggression
- c) introspection
- d) the unconscious

Answer: c Page: 13 Level: Medium Type: Factual

1-38. What was a common explanation of the causes of mental illness during the Middle Ages in Europe?

- a) demonology
- b) mental retardation
- c) natural, biological causes
- d) imbalances in reason and emotion

Answer: a Page: 13 Level: Easy Type: Factual

1-39. During what historical period in Europe was the role of reason de-emphasized in the study of mental illness?

- a) Medieval era
- b) World War I
- c) Middle Ages
- d) Renaissance

Answer: c Page: 13 Level: Easy Type: Factual

1-40. Outbreaks of group hysteria were especially prevalent during what historical period in Europe?

- a) the B.C. era
- b) the Renaissance
- c) the Middle Ages
- d) the Medieval period

Answer: c Page: 14 Level: Medium Type: Factual

1-41. During the Middle Ages in Europe, people who did not show mental disorders at birth but did show disabilities later in life were called

- a) idiots.
- b) psychotic.
- c) natural fools.
- d) non compos mentis.

Answer: d Page: 14 Level: Easy Type: Factual

1-42. The 16th-century physician, Johann Weyer, explained paranoia, epilepsy, psychosis, and depression in terms of

- a) witchcraft.
- b) psychological conflict.
- c) possession by evil spirits.
- d) an imbalance of body fluids.

Answer: b Page: 15 Level: Medium Type: Factual

1-43. Why was Robert Burton's Anatomy of Melancholy important in the study of depression?

- a) described the role of anger in depression
- b) proposed a theory of imbalanced humors
- c) based on the life history of King George III
- d) described autopsies of depressed persons' brains

Answer: a Page: 15 Level: Medium Type: Conceptual

1-44. Whose psychotic episode provided a major stimulus for the movement toward humane treatment of the mentally ill?

- a) King George III
- b) Baruch Spinoza
- c) Franz Joseph Gall
- d) William Shakespeare

Answer: a Page: 15 Level: Easy Type: Factual

1-45. Physiognomy is a method of judging character, personality, and feelings based on

- a) bodily fluids.
- b) skin temperature.
- c) form of the body.
- d) bumps on the head.

Answer: c Page: 15 Level: Medium Type: Factual

1-46. Franz Joseph Gall's theory that various psychological "faculties" are located in specific areas of the brain and can be measured by examining bumps and indentations on the head is known as

- a) magnetism.
- b) phrenology.
- c) physiognomy.
- d) non compos mentis.

Answer: b Page: 15 Level: Medium Type: Factual

1-47. You spend some time rummaging through boxes in the attic, and come across a photograph of several people who posed in front of a storefront sign that had the word Phrenologist. If the people in the photograph were there to visit the phrenologist, what was most likely to occur during the visit?

- a) The phrenologist would examine their handwriting for help in gathering information to give vocational recommendations.
- b) The phrenologist would examine their skulls for bumps or indentations that were thought to indicate levels of various faculties.
- c) The individuals would gather in a circle and the phrenologist would try to reach the spirits of some of their deceased relatives.
- d) The individuals would try to persuade members of their group that he or she was in need of an operation called trephining that would remove evil spirits.

Answer: b Page: 15 Level: Difficult Type: Conceptual

1-48. William Cullen, a Scottish physician in the 1700s, believed that neurotic behavior was caused by physical defects in the

- a) spleen.
- b) small intestine.
- c) nervous system.
- d) circulatory system.

Answer: c Page: 16 Level: Medium Type: Factual

1-49. Imagine that you seek treatment provided by William Cullen. Which of the following treatments are you likely to undergo while under his care?

- a) exorcism, exercise, and enemas
- b) bloodletting, cold dousing, and vomiting
- c) relaxation, massage, and vegetable diet
- d) lobotomy, electroconvulsive therapy, and restraints

Answer: b Page: 16 Level: Difficult Type: Conceptual

1-50. A patient seeks the treatment advocated by Franz Anton Mesmer. What is this patient likely to experience as part of the treatment?

- a) group therapy followed by dream interpretation
- b) ingesting a variety of drugs to enhance responsiveness
- c) a technique similar to hypnosis that relies on suggestion
- d) stress-inducing techniques designed to shock the nervous system

Answer: c Page: 16 Level: Difficult Type: Conceptual

1-51. The reform movement in the 19th century in Europe was marked by

- a) herbal remedies.
- b) increased compassion for the mentally ill.
- c) successful surgical treatments for mental illness.
- d) rejection of scientific explanations of mental illness.

Answer: b Page: 17 Level: Medium Type: Factual

1-52. Franz Anton Mesmer's use of magnets and "animal magnetism" in the treatment of abnormal behavior was a forerunner of

- a) hypnosis.
- b) medication.
- c) phrenology.
- d) bloodletting.

Answer: a Page: 17 Level: Medium Type: Factual

1-53. Who was responsible for the idea of sympathy for the deranged and humane care and treatment was a course for wellness?

- a) William Cullen
- b) Franz Joseph Gall
- c) Franz Anton Mesmer
- d) Philippe Pinel

Answer: d Page: 17 Level: Medium Type: Factual

1-54. What treatment approach sought to control and rehabilitate patients through a fixed schedule that encouraged regular habits?

- a) phrenology
- b) Mesmerism
- c) moral treatment
- d) Rogerian therapy

Answer: c Page: 17 Level: Medium Type: Factual

1-55. "Moral treatment" of the mentally ill during the reform movement involved

- a) exorcism.
- b) physical restraint.
- c) calm surroundings.
- d) forgiveness of sins.

Answer: c Page: 18 Level: Medium Type: Factual

1-56. In the American colonies, the mentally ill were associated with paupers and criminals because all three groups were seen as

- a) intolerant.
- b) possessed.
- c) needing special charity.
- d) a menace to the community.

Answer: d Page: 18 Level: Easy Type: Factual

1-57. What was the primary purpose of treatment techniques such as purging and bloodletting used by Benjamin Rush?

- a) to allow evil spirits to escape
- b) to reduce pressure on the brain's blood vessels
- c) to separate the emotion centers from the higher brain centers
- d) to reduce the level of neurotransmitters in the nervous system

Answer: b Page: 18 Level: Easy Type: Conceptual

1-58. Who is credited with the founding of American psychiatry?

- a) Dorothea Dix
- b) Clifford Beers
- c) Benjamin Rush
- d) Albert Bandura

Answer: c Page: 18 Level: Easy Type: Factual

1-59. What was Dorothea Dix's major contribution to the treatment of the mentally ill?

- a) She encouraged the founding of mental hospitals.
- b) She classified the major symptoms of depression and mania.
- c) She developed the diagnostic system that is still used today.
- d) She insisted that the mentally ill would receive better care if allowed to live at home with their families.

Answer: a Page: 19 Level: Medium Type: Factual

1-60. Who wrote about personal experiences as a patient and founded the National Committee for Mental Hygiene?

- a) Clifford Beers
- b) Dorothea Dix
- c) Benjamin Rush
- d) Wilhelm Griesinger

Answer: a Page: 19 Level: Medium Type: Factual

1-61. Who encouraged the construction of many new mental hospitals in the U.S.?

- a) Benjamin Rush
- b) Robert Burton
- c) Clifford Beers
- d) Dorothea Dix

Answer: d Page: 19 Level: Medium Type: Factual

1-62. Who was responsible for founding the National Committee for Mental Hygiene (now known as the National Association for Mental Health)?

- a) a former mental patient
- b) several concerned physicians
- c) an agency of the federal government
- d) a committee of bishops of the Catholic Church

Answer: a Page: 19 Level: Medium Type: Factual

1-63. Perry Baird was hospitalized for a manic-depressive condition. One of the treatments was a prefrontal lobotomy. What type of treatment was this?

- a) removal of the spleen
- b) cutting nerve tracts that carry pain messages
- c) surgical intervention to provide a means of escape for evil spirits
- d) surgical separation of nerve fibers connecting the frontal lobe and the thalamus

Answer: d Page: 19 Level: Medium Type: Factual

1-64. The year is 1949 and a patient at a mental hospital is being prepared for a lobotomy, which is a new surgical intervention for treating mental illnesses. Many staff members are unfamiliar with the procedure so they are full of questions. When they inquire they are told that a lobotomy involves cutting the fibers that connect the

- a) frontal lobe and thalamus.
- b) left and right hemispheres.
- c) cerebellum and parietal lobe.
- d) limbic system and occipital lobe.

Answer: a Page: 19 Level: Medium Type: Factual

1-65. Why did the slogan “Mental diseases are brain diseases” become popular in the nineteenth century?

- a) Many theorists argued that mental disorders were caused by direct and indirect influence of disturbance in how the brain functioned.
- b) This was the age of “rational thinking” which emphasized personal achievement and social adjustment.
- c) More emphasis was being placed on emotions, motivations, and conflicts with the brain.
- d) Maladaptive behavior was being viewed from biological and psychological perspectives.

Answer: a Page: 21 Level: Medium Type: Factual

1-66. When considering the interactional approach to research, social, psychological, and _____ variables play a significant role in causation and influence the outcome of several disorders.

- a) physiological
- b) emotional
- c) biological
- d) anatomical

Answer: c Page: 21 Level: Medium Type: Factual

1-67. What term do we use to describe our reaction to situations that impose demands or constraints, or which offer opportunities?

- a) stress
- b) regression
- c) sublimation
- d) vulnerability

Answer: a Page: 21 Level: Medium Type: Factual

1-68. Ted is trying to remember the key concepts of abnormal psychology and he is having difficulty remembering and understanding vulnerability and resilience. One of his friends says it is easy, just remember that vulnerability and resilience are really

- a) risk and protective factors.
- b) primary and secondary factors.
- c) genetic and environmental factors.
- d) diagnostic and therapeutic factors.

Answer: a Page: 21 Level: Medium Type: Factual

1-69. What term is used for the likelihood of responding maladaptively to certain situations?

- a) coping
- b) resiliency
- c) vulnerability
- d) maladjustment

Answer: c Page: 21 Level: Easy Type: Factual

1-70. As a young boy, Jamar saw another child killed in a car accident. As an adult, he witnessed a terrible multi-car pileup and fire and found himself frozen and unable to respond to the desperate cries for help from the occupants who were trapped in the burning wreckage. Jamar's inability to respond in this case may be due to his unique

- a) resiliency.
- b) adaptation.
- c) vulnerability.
- d) adjustment.

Answer: c Page: 21 Level: Medium Type: Conceptual

1-71. A researcher who has been studying the development of brain disorders was interviewed and described new research focused on a high-risk group. If Jan is a member of this high-risk group, what can we conclude about her?

- a) She has a high level of resilience.
- b) Her life conditions have led her to develop protective factors.
- c) She has experienced life conditions that increase her vulnerability.
- d) Her past life conditions have compensated for her maladjustment.

Answer: c Page: 21 Level: Difficult Type: Conceptual

1-72. Resilience is the ability to function effectively under what condition?

- a) in the face of adversity
- b) without using coping skills
- c) in the absence of stressors
- d) when adaptation is avoided

Answer: a Page: 21 Level: Medium Type: Factual

1-73. Under what conditions is maladaptive behavior most likely to occur?

- a) low stress and low vulnerability
- b) low stress and high vulnerability
- c) high stress and low vulnerability
- d) high stress and high vulnerability

Answer: d Page: 21 Level: Difficult Type: Conceptual

1-74. Clinical interventions are methods of helping distressed people deal with vulnerability and improve their:

- a) coping skills
- b) resilience
- c) communication skills
- d) intervention strategies

Answer: b Page: 22 Level: Medium Type: Factual

1-75. What term describes techniques available to an individual in dealing with difficulties and overcoming them?

- a) adaptation
- b) vulnerability
- c) coping skills
- d) stress reactions

Answer: c Page: 22 Level: Medium Type: Factual

1-76. _____ data examines the number of new cases of a condition while _____ data examines the frequency of occurrence of a condition.

- a) incidence; raw
- b) incidence; prevalence
- c) survey; incidence
- d) prevalence; incidence

Answer: b Page: 23 Level: Difficult Type: Factual

1-77. Epidemiologists are primarily interested in the

- a) treatment of illnesses.
- b) use of experimental methods.
- c) occurrence of illnesses in a population.
- d) causes of stigmatization among mental patients.

Answer: c Page: 23 Level: Medium Type: Conceptual

1-78. During a class discussion at the local high school, one of the students says his father is an epidemiologist. Which of the following is most likely to be one of the tasks this man has been working on lately?

- a) studying rates of alcoholism on campuses of different sizes
- b) designing packaging to increase the sale of alcoholic beverages to the public
- c) investigating the effects of alcohol consumption on interpersonal communication
- d) determining how the type of music in a bar influences the amount of alcohol sold

Answer: a Page: 23 Level: Difficult Type: Conceptual

1-79. Which of the following is the best example of the type of data that an epidemiologist might use?

- a) a community's hospital records
- b) results of a person's psychological testing
- c) surveys about attitudes toward mental illness
- d) changes in symptoms over the course of therapy

Answer: a Page: 23 Level: Medium Type: Conceptual

1-80. A researcher uses interviews to determine the rate of alcoholism among African Americans, European Americans, and Native Americans. What type of research is this researcher using?

- a) a longitudinal study
- b) naturalistic observation
- c) an epidemiological study
- d) a quasi-experimental study

Answer: c Page: 23 Level: Difficult Type: Conceptual

1-81. In the town of Passivity, three people had anxiety disorders in the past but not now. Four people developed anxiety disorders six years ago, and continue to have anxiety disorders now. Which of the following might an epidemiologist write in her report concerning the rate of anxiety disorders in this community during the last 12 months?

- a) incidence = 4
- b) prevalence = 7
- c) prevalence = 4
- d) lifetime prevalence = 10

Answer: c Page: 23 Level: Difficult Type: Conceptual

1-82. What term do we use for data that describe the frequency of a disorder at a particular point in time?

- a) incidence
- b) prevalence
- c) longitudinal
- d) experimental

Answer: b Page: 23 Level: Medium Type: Factual

1-83. Which of the following is not true with regard to risk factors?

- a) do not include a genetic defect
- b) includes circumstances that make an individual more likely to develop a disorder
- c) change with relation to a developmental phase
- d) serve as early warning signs

Answer: a Page: 23 Level: Medium Type: Factual

1-84. What is the incidence of an illness?

- a) how deadly the illness is
- b) how contagious the illness is
- c) the number of new cases of the illness
- d) the number of people who have ever had the illness

Answer: c Page: 23 Level: Medium Type: Factual

1-85. An epidemiologist studied depression in a community of 100 people. At the beginning of the study, she found that 10 people already qualified for the diagnosis. By the end of the study, 10 new cases had developed. What is the incidence rate of depression in this community during the study?

- a) 100%
- b) 20%
- c) 10%
- d) 1%

Answer: c Page: 23 Level: Difficult Type: Conceptual

1-86. A clinical psychologist is reviewing Ted's case file. As she reads the file, she finds a notation concerning a "risk factor." Based on this notation, which of the following is she likely to conclude?

- a) Ted engages in behavior that the staff considers to be risky.
- b) Ted has experienced a complication of his current mental illness.
- c) Ted is unable to make decisions for himself as a result of his mental illness.
- d) Ted has a characteristic that increases the likelihood of exhibiting symptoms of a disorder.

Answer: d Page: 24 Level: Difficult Type: Conceptual

1-87. A television health reporter focused her last segment on the finding that children of alcoholics exhibit a higher-than-average rate of alcoholism. What term was she likely to use to describe being the child of an alcoholic?

- a) cause
- b) stigma
- c) incidence
- d) risk factor

Answer: d Page: 24 Level: Difficult Type: Conceptual

1-88. Which of these individuals exhibits a significant risk factor for violent behavior?

- a) Bob who is depressed
- b) Frank who has an anxiety disorder
- c) George who is dependent on alcohol
- d) Harry who has an adjustment disorder

Answer: c Page: 24 Level: Difficult Type: Conceptual

1-89. Which of the following factors is associated with higher rates of diagnosed mental disorders?

- a) older age
- b) higher income
- c) less education
- d) being widowed

Answer: c Page: 24 Level: Medium Type: Conceptual

1-90. Personal unhappiness, concerns of others, and legal problems are:

- a) factors in epidemiological research
- b) factors for family intervention
- c) reasons people seek professional help
- d) factors researchers should consider studying the effects of psychosocial interventions

Answer: c Page: 24 Level: Medium Type: Factual

1-91. Which of the following is the most significant influence on the increased use of community-based outpatient treatment for psychological disorders in recent years?

- a) use of antipsychotic drugs
- b) changes in health insurance
- c) lower incidence of schizophrenia
- d) concerns about the availability of housing

Answer: a Page: 26 Level: Medium Type: Factual

1-92. What is deinstitutionalization?

- a) decreased use of medications
- b) elimination of involuntary commitment
- c) discharge of many hospitalized patients
- d) renovations to make hospitals more homelike

Answer: c Page: 26 Level: Easy Type: Factual

1-93. What degree does a psychiatrist hold?

- a) M.D.
- b) Ph.D.
- c) Ed.D.
- d) Psy.D.

Answer: a Page: 27 Level: Medium Type: Factual

1-94. Frank described some symptoms of depression he has been experiencing during the past six months. He said his therapist had prescribed a medication to treat the symptoms. Based on this description, you conclude that Frank's therapist is trained as a

- a) podiatrist.
- b) psychiatrist.
- c) social worker.
- d) clinical psychologist.

Answer: b Page: 27 Level: Medium Type: Conceptual

1-95. What is the primary difference between psychiatrists and clinical psychologists?

- a) Psychiatrists are physicians.
- b) Psychologists prescribe medication.
- c) Only psychologists have training in treating psychoses.
- d) Psychiatrists are mainly involved in research, not treatment.

Answer: a Page: 27 Level: Medium Type: Conceptual

1-96. Dan is excited because today is the day his mom visits class to tell the students about her job as a clinical psychologist. After Dan's mom leaves, the teacher asks each of the students to summarize the responsibilities of a clinical psychologist. Which of the following responses is most accurate?

- a) to work as a hospital administrator
- b) to diagnose and treat personality disorders
- c) to prescribe medications and administer shock therapy
- d) to treat patients with somatic therapies and administer intelligence tests

Answer: b Page: 27 Level: Difficult Type: Conceptual

1-97. What is the primary concern of psychiatric social workers?

- a) psychological testing
- b) pharmacological treatments
- c) influence of the home environment
- d) assisting patients to qualify for welfare

Answer: c Page: 27 Level: Medium Type: Factual

1-98. Which clinician is most likely to address patients' aptitudes and to help them prepare vocationally to return to the community?

- a) psychiatrist
- b) clinical psychologist
- c) clinical social worker
- d) counseling psychologist

Answer: d Page: 27 Level: Medium Type: Conceptual

1-99. All of the following are important steps in seeking help for mental illness except:

- a) recognition
- b) decision – making
- c) availability
- d) cost

Answer: d Page: 28 Level: Medium Type: Factual

1-100. Which of the following was an important part of the foundation of abnormal psychology?

- a) mapping the human genome
- b) drug therapy outcome studies
- c) in-depth studies of deviant people
- d) physiological research on brain dysfunction

Answer: c Page: 28 Level: Medium Type: Factual

1-101. What are the first steps in the scientific process?

- a) testing and application
- b) observing and describing
- c) interpreting and theorizing
- d) hypothesis generation and testing

Answer: b Page: 28 Level: Medium Type: Factual

1-102. If Dr. Jones joins a punk-rock band to study the youth subculture, what type of research is he using?

- a) follow-up study
- b) cross-sectional study
- c) participant observation
- d) epidemiological research

Answer: c Page: 29 Level: Medium Type: Factual

1-103. Under which condition is the reliability among several observers likely to be highest?

- a) the ratings are subjective
- b) each rater has a unique frame of reference
- c) different raters emphasize different behaviors
- d) the observations do not require the drawing of inferences

Answer: d Page: 29 Level: Difficult Type: Conceptual

1-104. Which of the following is an example of the type of observational data called consequences of a behavior?

- a) Staff members avoid contact with Juan when he is depressed.
- b) Juan is most likely to become depressed in the evening and at night.
- c) Juan reports that he is very angry when staff members do not talk with him.
- d) Staff members tend to spend most of their time in conversation with each other.

Answer: a Page: 29 Level: Difficult Type: Conceptual

1-105. Which of these is an example of participant observation?

- a) joining a group to see what it is like
- b) having one group observe another group
- c) having two people observe the same group
- d) asking group members to describe their own behavior

Answer: a Page: 29 Level: Difficult Type: Conceptual

1-106. In which situation is the reliability of an observation likely to be greatest?

- a) The ratings require inference.
- b) A series of self-observations are used.
- c) The observation depends on experience.
- d) Explicit definitions of the observed behavior are used.

Answer: d Page: 29 Level: Difficult Type: Conceptual

1-107. In order for a theory to be useful, it must be

- a) correlated.
- b) testable and refutable.
- c) descriptive, not predictive.
- d) supported by experimental research.

Answer: b Page: 30 Level: Medium Type: Factual

1-108. In an experiment on the relationship between anxiety and eating behavior, some participants are induced to experience high anxiety and some participants are induced to experience low anxiety. The amount of food they eat is then measured. What is the independent variable in this study?

- a) amount of food eaten
- b) number of participants
- c) level of induced anxiety
- d) the participants' weight

Answer: c Page: 31 Level: Difficult Type: Conceptual

1-109. One step in the scientific process is making an educated guess that states a predicted relationship between events or variables. What is this step called?

- a) conducting a study
- b) defining the variables
- c) developing a specific hypothesis
- d) specifying the topic as clearly as possible

Answer: c Page: 31 Level: Medium Type: Factual

1-110. What is an educated guess that states a predicted relationship between events or variables?

- a) theory
- b) hypothesis
- c) inferential statistic
- d) independent variable

Answer: b Page: 31 Level: Easy Type: Factual

1-111. What is the dependent variable in an experiment on the relationship between achievement motivation and persistence in problem-solving among 120 elementary-school children?

- a) number of participants
- b) achievement motivation
- c) the problem to be solved
- d) persistence in problem solving

Answer: d Page: 31 Level: Medium Type: Conceptual

1-112. A researcher surveys the students in a university sorority and finds that 50% of them know someone with bulimia. What type of statistic is this researcher using?

- a) inferential
- b) significant
- c) descriptive
- d) correlational

Answer: c Page: 31 Level: Medium Type: Conceptual

1-113. The homework assignment in statistics involves determining if two scores are significantly different, by determining the statistical probability that the difference could be due to chance. When you describe the assignment to your friend who has already taken the course, she immediately recognizes it as one involving

- a) inferential statistics.
- b) descriptive statistics.
- c) correlational statistics.
- d) experimental statistics.

Answer: a Page: 31 Level: Difficult Type: Conceptual

1-114. A researcher finds more health problems among the poor, and fewer health problems among the rich. From these results, what could this researcher conclude with the most confidence?

- a) Poor health causes poverty.
- b) Poverty causes poor health.
- c) Poverty is an independent variable.
- d) Poor health and poverty are correlated.

Answer: d Page: 32 Level: Medium Type: Conceptual

1-115. The correlation between scores on a measure of tranquility and age at death is $+0.52$. What could we conclude from this correlation coefficient?

- a) People with high tranquility scores live longer.
- b) People who have high tranquility scores die younger.
- c) People with who have low tranquility scores die older.
- d) People who have low tranquility scores die 52% sooner than those with high tranquility scores.

Answer: a Page: 32 Level: Difficult Type: Conceptual

1-116. What is the aim of an assessment study?

- a) to contrast several theory-generated hypotheses
- b) to vary experimental conditions to test the hypothesis
- c) to provide an objective account of behavior at a given time
- d) to gather information under standard, laboratory conditions

Answer: c Page: 32 Level: Medium Type: Factual

1-117. In what type of study are participants observed at several time points?

- a) longitudinal study
- b) experimental study
- c) cross-sectional study
- d) epidemiological study

Answer: a Page: 33 Level: Easy Type: Conceptual

1-118. What are some of the limitations of longitudinal research?

- a) expensive and time-consuming
- b) relies on retrospective ratings and is correlational
- c) does not test a specific hypothesis and is subjective
- d) makes assessments at one point only and is correlational

Answer: a Page: 33 Level: Difficult Type: Conceptual

1-119. What is one of the limitations of assessment studies?

- a) They are correlational.
- b) They rely on self-observations.
- c) They involve experimental manipulation.
- d) They provide no information about diagnosis.

Answer: a Page: 33 Level: Medium Type: Factual

1-120. Follow-up studies are most similar to

- a) longitudinal studies.
- b) assessment studies.
- c) experimental studies.
- d) cross-sectional studies.

Answer: a Page: 33 Level: Medium Type: Conceptual

1-121. A hospital clinician contacts persons who had been discharged from the hospital 5 years earlier, to see if they were re-hospitalized during that period. What type of research study is represented by the clinician's work?

- a) case study
- b) follow-up study
- c) longitudinal study
- d) correlational study

Answer: b Page: 33 Level: Medium Type: Conceptual

1-122. A longitudinal study assesses people during what time frame?

- a) one time point only
- b) during lengthy testing sessions
- c) at several different time points
- d) after an experimental manipulation

Answer: c Page: 33 Level: Medium Type: Conceptual

1-123. Which of these is an example of a cross-sectional study?

- a) a public opinion poll
- b) an experimental manipulation
- c) administering IQ tests to students every 3 years
- d) contacting people several years after the end of treatment

Answer: a Page: 33 Level: Difficult Type: Conceptual

1-124. What additional ingredient sets experimental studies apart from assessment studies?

- a) use of animals
- b) use of retrospective data
- c) manipulation of variables
- d) observation and assessment of behavior

Answer: c Page: 33 Level: Medium Type: Conceptual

1-125. Which scientific method involves the manipulation of variables?

- a) case study
- b) experiment
- c) follow-up study
- d) correlational study

Answer: b Page: 33 Level: Difficult Type: Conceptual

1-126. Hypothesis-testing experiments involve

- a) intensive case studies.
- b) making predictions based on theory.
- c) manipulation of the dependent variable.
- d) development of practical treatment techniques.

Answer: b Page: 34 Level: Difficult Type: Conceptual

1-127. If Dr. Raymond designs a study to assess the effectiveness of social skills training for patients with schizophrenia, what type of research is he conducting?

- a) a correlational study
- b) an epidemiological study
- c) a behavior-change experiment
- d) a hypothesis-testing experiment

Answer: c Page: 34 Level: Difficult Type: Conceptual

1-128. What is the most scientifically sound method of conducting a clinical trial?

- a) eliminating placebo conditions
- b) allowing subjects to volunteer for the control group
- c) conducting a case study of an experimental treatment
- d) randomly assigning participants to control and treatment groups

Answer: d Page: 35 Level: Difficult Type: Conceptual

1-129. What is a clinical trial?

- a) an assessment battery
- b) a difficult therapy case
- c) a study of treatment effectiveness
- d) a licensing procedure for clinical psychologists

Answer: c Page: 35 Level: Medium Type: Factual

1-130. A psychologist compares groups of patients who receive social skills training to similar groups of patients who do not receive social skills training. Patients at several hospitals are studied. This research is an example of a

- a) correlation.
- b) case study.
- c) clinical trial.
- d) cross-sectional study.

Answer: c Page: 35 Level: Medium Type: Conceptual

1-131. What is one reason that animals are used in experiments to help answer questions about humans?

- a) Animals do not feel pain.
- b) Animals are easier to study because of shorter life spans.
- c) There is no risk that animals will become addicted to drugs.
- d) The brain chemistry of animals is almost identical to humans.

Answer: b Page: 35 Level: Medium Type: Conceptual

1-132. Why are clinical trials often held in more than one clinic at a time?

- a) to promote randomization
- b) to increase generalizability
- c) to eliminate placebo effects
- d) to control expectation effects

Answer: b Page: 35 Level: Medium Type: Conceptual

1-133. Under what circumstances has animal research revealed that monkeys show the most disturbed behavior?

- a) when they are raised in isolation
- b) when they are raised by humans
- c) when they do not show innate fear
- d) when they do not have any siblings

Answer: a Page: 35 Level: Medium Type: Conceptual

1-134. If young monkeys are raised in isolation until the age of 6 months, they are likely to show improvements in their disturbed behavior when they

- a) are reunited with their mothers.
- b) are reunited with same-age peers.
- c) spend time with younger, clingy infants.
- d) spend time with older, more aggressive peers.

Answer: c Page: 35 Level: Medium Type: Factual

1-135. Young monkeys who are separated from their mothers often exhibit behaviors that are similar to those observed in humans diagnosed with

- a) psychosis.
- b) depression.
- c) identity confusion.
- d) personality disorder.

Answer: b Page: 35 Level: Medium Type: Factual

1-136. Double-blind studies are designed to reduce

- a) eye strain.
- b) side effects.
- c) animal research.
- d) expectation effects.

Answer: d Page: 37 Level: Easy Type: Factual

1-137. A television reporter wants to report on treatments for insomnia. After consulting with experts, she decides to discuss drug and behavioral treatments. Which of the following statements is the most accurate conclusion on the effectiveness of these treatments?

- a) "Neither treatment is very effective in alleviating insomnia."
- b) "Both treatments are equally effective in long-term studies of effectiveness."
- c) "Both treatments are effective in the short term, but behavioral treatments are more effective in the long run."
- d) "Both treatments are relatively ineffective in the short term, but drug treatments are effective with long-term use."

Answer: c Page: 37 Level: Difficult Type: Conceptual

1-138. You are assigned the task of finding the root meaning of the word placebo. When you look it up you find that the word derives from

- a) a Latin word meaning "I shall please."
- b) a Greek word meaning to "assist in treatment."
- c) an African word meaning "to alleviate suffering."
- d) a Hebrew expression reflecting concern for healing.

Answer: a Page: 37 Level: Medium Type: Factual

1-139. What do we call the experimental prediction that groups do not really differ from one another?

- a) null hypothesis
- b) inferential hypothesis
- c) dependent hypothesis
- d) confounding hypothesis

Answer: a Page: 38 Level: Difficult Type: Factual

1-140. You are a member of a research team that is beginning a study of the effectiveness of a new drug called Focus on the symptoms of attention deficit disorder. One of the researchers asked you to describe the null hypothesis for this study. What will you say?

- a) "The null hypothesis states that the drug's effect will not differ from no treatment."
- b) "The null hypothesis states that the dependent variable in this research must be objectively measured."
- c) "The null hypothesis means the researchers must be blind to the identity of the individuals that are receiving the drug."
- d) "The null hypothesis means there are no differences in demographic characteristics between the control and the experimental groups."

Answer: a Page: 38 Level: Difficult Type: Conceptual

1-141. What is the arithmetic average of a group of scores?

- a) mean
- b) mode
- c) range
- d) median

Answer: a Page: 38 Level: Easy Type: Factual

1-142. In a group of scores, the median is the score that is

- a) highest.
- b) in the middle.
- c) most common.
- d) the arithmetic average.

Answer: b Page: 38 Level: Easy Type: Factual

1-143. The effects of a placebo condition depend on

- a) expectations.
- b) the therapist's training.
- c) the treatment drug's chemical activity.
- d) whether or not there was random assignment.

Answer: a Page: 37 Level: Easy Type: Factual

1-144. Which of the following is likely to affect the internal validity of research?

- a) whether the subjects are debriefed
- b) whether the subjects are randomly assigned
- c) whether the hypothesis is relevant to the theory
- d) whether the results are generalizable to other groups

Answer: b Page: 37 Level: Difficult Type: Conceptual

1-145. You are asked to evaluate a research study on a number of important issues, including external validity. When you read the research report to evaluate this particular issue, you will look for information that will help you decide which of the following?

- a) level of statistical significance used in the data analysis
- b) degree of objectivity evident in the measures used in the research
- c) whether the reported results can be generalized beyond this study
- d) presence of random assignment of participants to various conditions

Answer: c Page: 37 Level: Difficult Type: Conceptual

1-146. The mean, median, and mode are all measures of

- a) inference.
- b) variability.
- c) clinical ratings.
- d) central tendency.

Answer: d Page: 38 Level: Medium Type: Factual

1-147. What is the most commonly used measure of variability?

- a) mode
- b) median
- c) frequency
- d) standard deviation

Answer: d Page: 38 Level: Medium Type: Factual

1-148. Which of the following is a measure of how much a group of scores vary from their own mean?

- a) mode
- b) median
- c) central tendency
- d) standard deviation

Answer: d Page: 38 Level: Medium Type: Factual

1-149. What is the basis for determining whether a statistical result is significant?

- a) likely level of external validity
- b) practical importance of the research findings
- c) probability that the results are due to chance
- d) judgment of the appropriateness of the statistical tests used

Answer: c Page: 38 Level: Difficult Type: Factual

1-150. Which correlation coefficient describes a situation in which there is no systematic relationship between two variables?

- a) .00
- b) 0.5
- c) -1.0
- d) +1.0

Answer: a Page: 38 Level: Medium Type: Factual

1-151. A researcher observes the following pattern in a large sample of overweight people: the higher the person's weight, the less physical activity they engage in. What type of relationship is this?

- a) causal
- b) null result
- c) negative correlation
- d) statistically significant

Answer: c Page: 38 Level: Medium Type: Conceptual

1-152. A correlational study of weight and heart disease found that people with higher weight show higher rates of heart disease. Which of the following correlation coefficients might describe this relationship?

- a) .00
- b) -.26
- c) +.57
- d) -.90

Answer: c Page: 38 Level: Medium Type: Conceptual

1-153. A confound is something that

- a) decreases sample size.
- b) increases internal validity.
- c) makes results clearer and easier to understand.
- d) obscures the relationship between two variables.

Answer: d Page: 38 Level: Medium Type: Factual

1-154. What do expectancy effects influence?

- a) random assignment
- b) what hypotheses are tested
- c) how an observer rates a participant
- d) how a participant behaves in the laboratory

Answer: c Page: 38 Level: Medium Type: Factual

1-155. One threat to a study's validity is the possibility of reactivity, which refers to the tendency for participant to change their behavior when they

- a) want to sabotage the study.
- b) realize they are being observed.
- c) are told the results are confidential.
- d) receive excessive compensation for their efforts.

Answer: b Page: 38 Level: Medium Type: Factual

1-156. Paul volunteers for a study on attitudes about dating. When he arrives at the laboratory, he notices a book on the researcher's desk called Nonverbal Communication in Dating Couples. Paul concludes that the study is about nonverbal communication, and in his answers to questions he tries to be helpful by emphasizing his skills in this area. The way Paul responded to the questions is an example of a threat to validity called

- a) reactivity.
- b) expectancy effects.
- c) demand characteristics.
- d) nonrandom assignment.

Answer: b Page: 39 Level: Difficult Type: Conceptual

1-157. Professor Harrison has designed an experiment on memory for traumatic events. He must submit his research for approval by a university committee. What question is the committee most likely to ask Professor Harrison concerning his proposed research?

- a) "Will this research provide practical benefits to society?"
- b) "Will you debrief the participants before the research has been conducted?"
- c) "What theoretical perspective formed the basis for this proposed research?"
- d) "Is there a potential for any physical or psychological harm to the participants?"

Answer: d Page: 39 Level: Difficult Type: Factual

1-158. A group of college students volunteered to take part as participants in research conducted by members of the Psychology Department. The students did not know that the experiment would involve deception. What is most likely to happen after the experiment is completed?

- a) The students will be sworn to secrecy in order to continue the research.
- b) The researchers must explain the experimental procedures to the students.
- c) The students will be told that they have the right to file a civil lawsuit in the court.
- d) The researchers must compensate the students for the use of deception by offering them a financial reward.

Answer: b Page: 39 Level: Medium Type: Conceptual

Essay Questions

1-159. What occurred during the Reform Movement in the U.S. in the 1800s?

Answer: Benjamin Rush admitted mental patients to regular hospitals and wrote the first American textbook on psychiatry; he also recommended and used medical treatments for the mentally ill. Dorothea Dix argued for and oversaw the building of many new psychiatric hospitals. Clifford Beers wrote about his experiences as a mental patient to bring attention to inhumane treatment, and founded the National Committee on Mental Hygiene.

Pages: 17- 19 Level: Medium Type: Factual

1-160. Describe the three important determinants of resilience.

Answer: (1) Temperamental factors: activity level and responsiveness to others; (2) family factors: warmth, cohesion, and caring; (3) external support: neighbors, parents, friends, and clergy who are supportive and actively want to help.

Pages: 21 – 22 Level: Easy Type: Factual

1-161. What has epidemiological research found concerning the risk factors for committing violent acts by individuals with mental disorders?

Answer: Only a small minority of all people who commit violent acts have a psychotic disorder, and overall they are responsible for relatively little violent crime. However, a statistical connection exists between psychosis (particularly schizophrenia) and violence as well as between violence and drug and alcohol-related disorders. Research shows that the presence of delusions and/or hallucinations may provide individuals with a rationale for violence because of the need to counterattack.

Pages: 22 – 24 Level: Medium Type: Factual

1-162. What are some of the factors associated with rates of diagnosed mental disorder?

Answer: Age: younger people have higher rates; marital status: separated, divorced, and single people have higher rates than married and widowed people; education: less educated people have higher rates; personal income: the lower the income, the higher the rates; employment status: unemployed people have higher rates; contact with friends: lack of social contacts is associated with relatively higher rates; satisfaction with relationships with friends and relatives: the greater the satisfaction, the lower the rates of mental disorders; marital happiness: the greater the degree of marital happiness, the lower the rates.

Pages: 22 – 26 Level: Medium Type: Factual

1-163. What are the functions and characteristics of a good theory?

Answer: Good theories are able to incorporate many existing facts, observations, and relationships within a single, broad explanatory framework. Additional hypotheses may lead to new observations. In this way, theories provide a foundation on which to build knowledge. If new observations do not support the theory, it can be modified or discarded. However, it will still have served a valuable function by leading to the discovery of new knowledge and to the development of an even better and more inclusive theory. In order for a theory to be useful it must be capable of being tested and refuted. It should be able to specify the types of relationships that are not possible as well as those that are.

Pages: 29 – 31 Level: Medium Type: Factual

1-164. What are the limitations of a longitudinal design?

Answer: Can be costly and time-consuming; the researcher may not live to see the results; the methodology may be outdated by the end of the study; the sample may change in unpredictable ways over time.

Page: 33 Level: Medium Type: Factual

1-165. Compare demand characteristics and expectancy effects.

Answer: Both are threats to validity in research. Demand characteristics influence how a research participant responds; expectancy effects influence an observer's ratings.

Pages: 38 – 39 Level: Medium Type: Factual

True/False

1-166. People who present with serious mental health issues can function in an adequate manner in some aspects of their lifestyle.

Answer: True Page: 5 Level: Medium Type: Factual

1-167. A person may be able to return to some level of normal functioning and a somewhat distress-free lifestyle is the cause if the cause of the problem can be identified.

Answer: True Page: 5 Level: Medium Type: Factual

1-168. Abnormal psychology examines the concept of “differentness.” The spectrum of “differentness” is narrow in scope when compared to other areas of psychology.

Answer: True Page: 5 Level: Easy Type: Factual

1-169. The text discussed Nancy Raines experience of being raped. Being able to identify external triggers can assist clinicians in explaining and treating mental health issues.

Answer: True Page: 7 Level: Easy Type: Factual

1-170. Adaptation is a person’s ability, or conversely, inability to modify behaviors in response to environmental requirements in many facets of life.

Answer: True Page: 8 Level: Easy Type: Factual

1-171. A recurring theme in the history of abnormal behavior is the belief that people behave strangely because their minds have an organic defect.

Answer: False Page: 11 Level: Medium Type: Factual

1-172. The Egyptians, Mesopotamians, and Hebrews believed the seat of the mind to be in the heart.

Answer: True Page: 12 Level: Easy Type: Factual

1-173. St. Augustine made an important contribution to abnormal psychology through introspective and emotional exploration.

Answer: True Page: 13 Level: Easy Type: Factual

1-174. Many literary developments sent to exemplify the long-standing conflict between psychological and physical explanations of abnormal behavior. However, it was not until the 19th century that demons and the supernatural were rejected as the causes of abnormal behavior.

Answer: False Page: 15 Level: Medium Type: Factual

1-175. A major focus of the twentieth century was the recognition of research to identify causes of maladaptive behavior.

Answer: True Page: 19 Level: Easy Type: F/D