

CHAPTER 2

DIAGNOSIS AND TREATMENT

Multiple Choice

1. Which of the following terms reflects the view that the people in treatment collaborate with those who treat them?
 - a. “patient”
 - b. “inmate”
 - c. “recipient”
 - d. “client”Answer: d
Difficulty: Easy
Objective: 02-01
Blooms: Remember
2. Which of the following expressions best reflects respect for the individual?
 - a. psychotic patient
 - b. schizophrenic client
 - c. psychopathic deviate
 - d. person with schizophreniaAnswer: d
Difficulty: Easy
Objective: 02-01
Blooms: Remember
3. The degree awarded to individuals who receive their training in clinical psychology from professional schools is a (n)
 - a. MSW.
 - b. CAC.
 - c. PsyD.
 - d. DO.Answer: c
Difficulty: Easy
Objective: 02-01
Blooms: Remember
4. Clinical psychologists have earned either a PhD or a (n)
 - a. PsyD.
 - b. MSW.
 - c. MD.
 - d. DSW.Answer: a
Difficulty: Easy
Objective: 02-01

Blooms: Remember

5. What kind of training do clinical psychologists have?
- a. PhD or PsyD in clinical psychology
 - b. MD with advanced training in psychological disorders
 - c. MSW with three years of residency
 - d. MS in psychology with a behavior management certificate
- Answer: a
Difficulty: Easy
Objective: 02-01
Blooms: Remember
6. Medical doctors with advanced training in treating psychological disorders are referred to as
- a. psychologists.
 - b. neurologists.
 - c. psychiatrists.
 - d. clinicians.
- Answer: c
Difficulty: Easy
Objective: 02-01
Blooms: Remember
7. Dr. Reed has a PhD in clinical psychology and was trained in administering psychological tests. Dr. Davis has an MD with advanced training in treating psychological disorders and can prescribe medications. From the given information, we can infer that
- a. Dr. Reed is a psychiatrist and Dr. Davis is a psychologist.
 - b. Dr. Reed is a psychologist and Dr. Davis is a psychiatrist.
 - c. Dr. Reed is a psychologist and Dr. Davis is a neurologist.
 - d. Dr. Reed is a social worker and Dr. Davis is a psychologist.
- Answer: b
Difficulty: Medium
Objective: 02-01
Blooms: Apply
8. Which of the following is an individual without a graduate-level training in psychology who can also play a critical role in mental health services?
- a. family therapist
 - b. recreational therapist
 - c. counseling psychologist
 - d. psychiatrist
- Answer: b
Difficulty: Easy
Objective: 02-01
Blooms: Remember
9. The publication that contains descriptions of the various psychological disorders is called the

- a. International Manual of Mental Diseases.
- b. Physicians' Desk Reference.
- c. Diagnostic and Statistical Manual of Mental Disorders.
- d. American Psychological Association's Mental Disorders Handbook.

Answer: c

Difficulty: Easy

Objective: 02-02

Blooms: Remember

10. The consistency of measurements or diagnoses is referred to as
- a. reliability.
 - b. validity.
 - c. the base rate.
 - d. a correlation.

Answer: a

Difficulty: Easy

Objective: 02-02

Blooms: Remember

11. Ralph has been sad and listless for three years. He cannot sleep and has lost his appetite. Using a diagnostic system, one clinician arrives at a diagnosis of depression. Using the exact same diagnostic system, another clinician arrives at a diagnosis of schizophrenia. What is the problem with this system?
- a. It lacks effectiveness.
 - b. It lacks universality.
 - c. It lacks reliability.
 - d. It lacks validity.

Answer: c

Difficulty: Medium

Objective: 02-02

Blooms: Apply

12. Which of the following refers to the extent to which a diagnosis or rating accurately characterizes a person's psychological status?
- a. reliability
 - b. validity
 - c. precision
 - d. significance

Answer: b

Difficulty: Easy

Objective: 02-02

Blooms: Remember

13. The purpose of a diagnostic manual is to provide
- a. consistent diagnoses across people based on the presence or absence of a set of specific symptoms.
 - b. a clinician with a statistical model derived from data of different patients.
 - c. a list of names and contacts of mental patients who have been correctly diagnosed and successfully treated.
 - d. elaborate studies and documents of mentally retarded patients who have also had physical

disabilities.

Answer: a

Difficulty: Easy

Objective: 02-02

Blooms: Remember

14. The diagnoses contained in the current *DSM-5* more closely correspond to those included in the
- a. Physician's Desk Reference.
 - b. International Manual of Mental Diseases.
 - c. *DSM-II*.
 - d. International Classification of Diseases.

Answer: d

Difficulty: Easy

Objective: 02-02

Blooms: Remember

15. An axis is a class of information in *DSM-IV* regarding
- a. one aspect of an individual's functioning.
 - b. a list of individuals suffering from schizophrenia.
 - c. the treatment of physical disabilities.
 - d. the number of cases pending with incorrect diagnosis.

Answer: a

Difficulty: Easy

Objective: 02-02

Blooms: Remember

16. The *DSM-5* adheres to the
- a. psychoanalytic model.
 - b. behavioral model.
 - c. societal model.
 - d. medical model.

Answer: d

Difficulty: Easy

Objective: 02-02

Blooms: Remember

17. The number of axes the *DSM-IV-TR* utilized along which clients were evaluated is
- a. 2
 - b. 5
 - c. 7
 - d. 10

Answer: b

Difficulty: Easy

Objective: 02-02

Blooms: Remember

18. A man arrives one hour late for work every day because he is compelled to read every street sign on the road to his workplace. Which of the following components of a mental disorder is exemplified by this scenario?
- a. behavioral syndrome

- b. impairment in life
- c. impulse-control
- d. anxiety

Answer: c

Difficulty: Medium

Objective: 02-02

Blooms: Apply

19. Which of the following is a somatic symptom disorder?

- a. illness anxiety disorder
- b. binge eating disorder
- c. anorexia nervosa
- d. kleptomania

Answer: a

Difficulty: Easy

Objective: 02-02

Blooms: Remember

20. Disorders in which the normal integration of consciousness, memory, sense of self, or perception is disrupted are known as

- a. adjustment disorders.
- b. anxiety disorders.
- c. dissociative disorders.
- d. impulse-control disorders.

Answer: c

Difficulty: Easy

Objective: 02-02

Blooms: Remember

21. Which of the following terms is used to refer to various forms of behavior that involve disturbed sleep patterns?

- a. depression
- b. neurosis
- c. delusion
- d. insomnia

Answer: d

Difficulty: Easy

Objective: 02-02

Blooms: Remember

22. Which of the following disorders is characterized by disruption of normal integration of consciousness or perception?

- a. dissociative disorder
- b. bipolar disorder
- c. somatic symptom disorder
- d. major depressive disorder

Answer: a

Difficulty: Easy

Objective: 02-02

Blooms: Remember

23. Which of the following is characterized by a consistently sad mood?
- a. manic-depression
 - b. bipolar disorder
 - c. schizophrenia
 - d. major depressive disorder
- Answer: d
Difficulty: Easy
Objective: 02-02
Blooms: Remember
24. The disorders which involve impairment in thought processes caused by medical conditions are called
- a. neurocognitive disorders.
 - b. psychotic disorders.
 - c. schizophrenic disorders.
 - d. prognostic disorders.
- Answer: a
Difficulty: Easy
Objective: 02-02
Blooms: Remember
25. Which of the following disorders is NOT used in the DSM-5?
- a. bipolar disorder
 - b. major depressive disorder
 - c. schizophrenia
 - d. neurosis
- Answer: d
Difficulty: Easy
Objective: 02-02
Blooms: Remember
26. The potential loss of his job has caused RJ to become deeply despondent. For the past six months, he has begun drinking heavily and spending money irresponsibly. RJ is likely to be diagnosed with a(n)
- a. impulse control disorder.
 - b. personality disorder.
 - c. adjustment disorder.
 - d. clinical disorder.
- Answer: c
Difficulty: Medium
Objective: 02-02
Blooms: Apply
27. Axis II of the *DSM-IV-TR* contained
- a. clinical disorders.
 - b. personality disorders and mental retardation.
 - c. organic brain disorders.
 - d. substance abuse disorders.
- Answer: b

Difficulty: Easy
Objective: 02-02
Blooms: Remember

28. Joey is diagnosed as having mental retardation. Which *DSM-IV-TR* Axis does this diagnosis appear on?
- a. III
 - b. IV
 - c. V
 - d. II

Answer: d
Difficulty: Medium
Objective: 02-02
Blooms: Apply

29. Which *DSM-IV-TR* Axis rated the client's overall level of functioning?
- a. Axis I
 - b. Axis II
 - c. Axis IV
 - d. Axis V

Answer: d
Difficulty: Easy
Objective: 02-02
Blooms: Remember

30. Heather has been diagnosed as having schizophrenia. Six months ago Heather's symptoms were rather mild but now they are severe. On which Axis would this information appear in a *DSM-IV-TR* diagnosis?
- a. Axis IV
 - b. Axis VI
 - c. Axis V
 - d. Axis III

Answer: c
Difficulty: Medium
Objective: 02-02
Blooms: Apply

31. Recurrent patterns of abnormal behavior that are limited to specific societies or cultural areas are defined as
- a. mood disorders.
 - b. comorbid disorders.
 - c. culture-bound syndromes.
 - d. sociocultural criteria.

Answer: c
Difficulty: Easy
Objective: 02-02
Blooms: Remember

32. Mr. Kang, a recent immigrant from China, is overwhelmed and distressed by the untimely death of his wife. His co-workers are concerned about his mental health because he believes he is in

constant contact with her and can be seen talking to her on a regular basis. It is not likely that Mr. Kang would be diagnosed as having a mental disorder because his behavior

- a. is an acceptable and culturally sanctioned response in his particular culture.
- b. reflects a documented behavioral/psychological syndrome.
- c. is not associated with his present distress and impairment.
- d. cannot be explained using the medical model.

Answer: a

Difficulty: Hard

Objective: 02-02

Blooms: Apply

33. Which of the following is true?
- a. Psychologists are in the business of handing out medication.
 - b. Louisiana became the first state to approve prescription privileges to psychologists.
 - c. Homicidal behavior can be attributed to a culture-bound syndrome.
 - d. Therapeutic work is effective only if the client has almost fully recovered.

Answer: c

Difficulty: Easy

Objective: 02-02

Blooms: Remember

34. Mrs. Waltham is 75 years old and has been brought in for treatment by her daughter. Her daughter claims that Mrs. Waltham has not only become forgetful, but has begun fabricating stories about how she is a Bavarian princess who must return to her homeland to help the king. The clinician automatically diagnoses Mrs. Waltham as having schizophrenia. What important information has the clinician obviously ignored in making this diagnosis?
- a. occupational status
 - b. client's age
 - c. prevalence of this disorder
 - d. client's gender

Answer: b

Difficulty: Medium

Objective: 02-04

Blooms: Understand

35. The first step for a clinician in the diagnostic process involves
- a. ruling out differential diagnoses.
 - b. planning a treatment strategy.
 - c. gaining a clear description of the client's symptoms.
 - d. commencing the treatment program.

Answer: c

Difficulty: Easy

Objective: 02-04

Blooms: Remember

36. According to the original National Comorbidity Survey, which of the following types of disorders was most commonly comorbid with other psychiatric diagnoses?
- a. the schizophrenias
 - b. drug and alcohol abuse
 - c. anxiety disorders

d. mood disorders

Answer: b

Difficulty: Easy

Objective: 02-04

Blooms: Remember

37. Multiple diagnostic conditions that occur simultaneously within the same individual are referred to as
- a. comorbid disorders.
 - b. culture-bound syndromes.
 - c. differential diagnoses.
 - d. primary diagnoses.

Answer: a

Difficulty: Easy

Objective: 02-04

Blooms: Remember

38. Martin was recently diagnosed with bipolar disorder. He has also struggled for years with alcoholism, so in addition to his therapy sessions, his therapist recommends that he attend Alcoholics Anonymous meetings. Based on this information, we can say that Martin
- a. has an impulse-control disorder.
 - b. has a somatoform disorder.
 - c. has comorbid psychiatric conditions.
 - d. has a therapist who works in a CMHC.

Answer: c

Difficulty: Medium

Objective: 02-04

Blooms: Apply

39. The process of ruling out possible alternative diagnoses is called a(n)
- a. differential diagnosis.
 - b. compound diagnosis.
 - c. assessment of functioning.
 - d. multiaxial diagnosis.

Answer: a

Difficulty: Easy

Objective: 02-04

Blooms: Remember

40. Dr. Richards is treating Joey who is suffering from extreme anxiety. Dr. Richards finds that his patient's symptoms could also be suggestive of a substance-abuse disorder or a serious impulse-control problem. In this case, Dr. Richards should
- a. consider a principal diagnosis treatment.
 - b. undertake a differential diagnosis treatment.
 - c. transfer Joey to a halfway house.
 - d. declare a simple case of dissociative identity disorder.

Answer: b

Difficulty: Medium

Objective: 02-04

Blooms: Apply

41. An analysis of the client's development and the factors that may have influenced the client's current emotional state is called a
- a. diagnosis.
 - b. prognosis.
 - c. classification.
 - d. case formulation.
- Answer: d
Difficulty: Easy
Objective: 02-04
Blooms: Remember
42. Dr. Burns is analyzing his client's personal history in an attempt to identify the factors that may have produced his psychotic behavior. Dr. Burns is creating a(n)
- a. assessment of global functioning.
 - b. final diagnosis.
 - c. case formulation.
 - d. treatment regimen.
- Answer: c
Difficulty: Medium
Objective: 02-04
Blooms: Apply
43. Jenny has received a diagnosis of major depressive disorder. What might give you a more complete picture of this client's condition?
- a. a primary diagnosis
 - b. her case formulation
 - c. her long-term prognosis
 - d. the clinician's theoretical perspective
- Answer: b
Difficulty: Medium
Objective: 02-04
Blooms: Apply
44. Which of the following supports the argument in favor of prescription privileges for psychologists?
- a. Psychiatrists receive medical training unlike psychologists.
 - b. Psychologists work as a team with psychiatrists to deal with disorders like schizophrenia.
 - c. Normal physicians have a broader knowledge base than psychologists.
 - d. Psychologists can integrate medication into psychotherapy.
- Answer: d
Difficulty: Easy
Objective: 02-05
Blooms: Remember
45. The outline for how therapy should take place is known as
- a. the treatment plan.
 - b. the case formulation.
 - c. the primary diagnosis.

d. psychoanalytic treatment.

Answer: a

Difficulty: Easy

Objective: 02-05

Blooms: Remember

46. Which of the following is the proper sequence for treating a client's condition?

- a. short-term goals, immediate goals, long-term goals
- b. long-term goals, short-term goals, immediate goals
- c. immediate goals, long-term goals, short-term goals
- d. immediate goals, short-term goals, long-term goals

Answer: d

Difficulty: Easy

Objective: 02-05

Blooms: Remember

47. Which of the following is an immediate goal in treatment planning of a client who is severely depressed?

- a. establish a working relationship between the clinician and the client
- b. admit the client into a mental hospital
- c. develop a strategy for coping with the symptoms
- d. take the client off the medication

Answer: b

Difficulty: Easy

Objective: 02-05

Blooms: Remember

48. Donna's clinician has recommended electroconvulsive therapy in an attempt to control her drastic suicidal impulses. What stage of treatment is she in?

- a. immediate goal
- b. assessment of objectives
- c. assessment of current functioning
- d. formulation of development strategy

Answer: a

Difficulty: Medium

Objective: 02-05

Blooms: Apply

49. Roger is in the stage of therapy where he and his therapist are working on altering his long-standing patterns of dependent behavior. What phase of therapy is Roger in?

- a. immediate management
- b. assessment of objectives
- c. management of short-term goals
- d. management of long-term goals

Answer: d

Difficulty: Medium

Objective: 02-05

Blooms: Apply

50. After a final diagnosis is made and a case formulation is constructed, what is the next step in

treating a client?
a. administration of medication
b. deciding on a treatment site
c. evaluation of the therapeutic outcome
d. designing a treatment plan

Answer: d

Difficulty: Easy

Objective: 02-05

Blooms: Remember

51. If a client needs intensive supervision, but not actual hospital care, a clinician might suggest a
- a. community mental health center (CMHC).
 - b. halfway house.
 - c. psychiatric hospital.
 - d. specialized inpatient treatment center.

Answer: d

Difficulty: Easy

Objective: 02-05

Blooms: Remember

52. What treatment site is usually recommended by a clinician when clients present a risk of harming themselves or others?
- a. community mental health center
 - b. psychiatric hospital
 - c. halfway house
 - d. outpatient treatment center

Answer: b

Difficulty: Easy

Objective: 02-05

Blooms: Remember

53. An outpatient clinic that provides psychological services on a sliding fee scale and serves individuals who live in a certain geographic region is called a (n)
- a. halfway house.
 - b. psychiatric hospital.
 - c. community mental health center.
 - d. asylum.

Answer: c

Difficulty: Easy

Objective: 02-05

Blooms: Remember

54. Which of the following treatment sites are recommended by clinicians for children who need constant monitoring due to severe behavioral disturbances?
- a. specialized inpatient treatment centers
 - b. outpatient treatment centers
 - c. psychiatric hospitals
 - d. halfway houses

Answer: a

Difficulty: Easy

Objective: 02-05
Blooms: Remember

55. Rob is receiving treatment for his psychological disorder from a private therapist in his neighbourhood. It is most likely that Rob is going to a
- a. community mental health center.
 - b. halfway house.
 - c. psychiatric hospital.
 - d. psychoanalytic institute.

Answer: a
Difficulty: Medium
Objective: 02-05
Blooms: Apply

56. Deinstitutionalized clients coming out of the hospital who are not yet ready for independent living often move into
- a. CMHCs.
 - b. psychiatric hospitals.
 - c. outpatient clinics.
 - d. halfway houses.

Answer: d
Difficulty: Easy
Objective: 02-05
Blooms: Remember

57. Structured programs in a community treatment facility that provide activities similar to those provided in a psychiatric hospital are called
- a. day treatment programs.
 - b. employee assistance programs.
 - c. assertive community treatment.
 - d. recovery programs.

Answer: a
Difficulty: Easy
Objective: 02-05
Blooms: Remember

58. Michelle, who is recovering from schizophrenia, is being released from the psychiatric hospital because her symptoms are under control. Michelle's living skills, however, are still inadequate since she has been institutionalized for quite some time. What will her therapist most likely suggest?

- a. placement in an asylum
- b. readmission to the psychiatric hospital
- c. placement in a halfway house
- d. admission to a sanitarium

Answer: c
Difficulty: Medium
Objective: 02-05
Blooms: Apply

59. James is a person with schizophrenia who has delusions that the CIA is after him. He has been

brought to a psychologist by the police after being arrested for assaulting an elderly woman whom he claimed was trying to kill him. Assuming that testing reveals that he truly is psychotic, where will the psychologist recommend that he be sent?

- a. a CMHC
- b. a day treatment program
- c. a halfway house
- d. a psychiatric hospital

Answer: d

Difficulty: Medium

Objective: 02-05

Blooms: Apply

60. Programs which provide confidential settings in the workplace where individuals can seek treatment in the form of counseling, assistance with substance abuse, and family treatment are known as

- a. employee assistance programs.
- b. day treatment programs.
- c. unemployment benefit programs.
- d. special employee programs.

Answer: a

Difficulty: Easy

Objective: 02-05

Blooms: Remember

61. David is a junior at the local high school. The school's administration believes that his recent emotional outbursts during class may be due to problems in his home life. Who might be best suited to deal with this situation?

- a. the principal
- b. a guidance counselor
- c. a psychiatrist
- d. an EAP counselor

Answer: b

Difficulty: Medium

Objective: 02-05

Blooms: Remember

62. The form in which psychotherapy is offered (e.g., individual psychotherapy versus group therapy) is referred to as its

- a. modality.
- b. milieu.
- c. mechanism.
- d. delivery mode.

Answer: a

Difficulty: Easy

Objective: 02-05

Blooms: Remember

63. Shelley is being treated by a therapist along with her parents and siblings. Which form of therapy is this most likely to be?

- a. group therapy

- b. family therapy
- c. milieu therapy
- d. social therapy

Answer: b

Difficulty: Easy

Objective: 02-05

Blooms: Understand

64. Which of the following treatment processes is specific to psychiatric hospitals and is based on the premise that the environment is a major component of the treatment?

- a. group therapy
- b. traditional psychotherapy
- c. family therapy
- d. milieu therapy

Answer: d

Difficulty: Easy

Objective: 02-05

Blooms: Remember

65. A treatment approach used in an inpatient psychiatric facility in which all facets of the environment are components of the treatment is referred to as

- a. psychoanalytic therapy.
- b. person-centered therapy.
- c. milieu therapy.
- d. group therapy.

Answer: c

Difficulty: Easy

Objective: 02-05

Blooms: Remember

66. Shelly meets twice a week with a number of individuals who have problems similar to hers. They openly share their problems with others in a trusting, receptive environment which also facilitates improvement of their interpersonal skills. Shelly is participating in

- a. milieu therapy.
- b. group therapy.
- c. dynamic therapy.
- d. social therapy.

Answer: b

Difficulty: Medium

Objective: 02-05

Blooms: Apply

67. Ryan has been in trouble with the law for shoplifting and vandalism. His therapist has asked that Ryan's family participate in his therapy sessions. What therapy modality is Ryan's therapist employing?

- a. group therapy
- b. family therapy
- c. milieu therapy
- d. dynamic therapy

Answer: b

Difficulty: Medium
Objective: 02-05
Blooms: Apply

68. What is the current trend with regard to theoretical perspectives and treatment of psychological disorders?
- a. the person-centered theory
 - b. the psychodynamic theory
 - c. the object relations theory
 - d. the principles of evidence-based practice

Answer: d

Difficulty: Easy

Objective: 02-05

Blooms: Remember

69. Integration of the best available proof offered by research and clinical expertise in the context of a client's life characterizes
- a. evidence-based practice in psychology.
 - b. the results of the Epidemiological Catchment Area study.
 - c. the results of the National Comorbidity Survey.
 - d. data on the prevalence of disorders in minority populations.

Answer: a

Difficulty: Easy

Objective: 02-05

Blooms: Remember

70. Clinical decision-making that integrates the best available research evidence and clinical expertise in the context of the cultural background, preferences, and characteristics of clients is called
- a. comorbid decision-making.
 - b. evidence-based practice in psychology.
 - c. integrative expertise.
 - d. combinatory thinking.

Answer: b

Difficulty: Easy

Objective: 02-05

Blooms: Remember

71. The idea that clinicians should adapt their knowledge of state-of-the-art research findings to different clients' particular backgrounds, needs, and prior experiences is called
- a. integrative choice in psychology.
 - b. the adaptation model.
 - c. evidence-based practice in psychology.
 - d. mental health parity.

Answer: c

Difficulty: Easy

Objective: 02-05

Blooms: Remember

72. Dr. Patel likes to stay on the cutting edge of research in her psychotherapy practice. She also feels strongly about recognizing the influences of a client's cultural background, personal preferences, and characteristics on the therapy process. We refer to clinical decision-making that takes all of these areas under consideration as
- a. adaptation therapy.
 - b. evidence-based practice.
 - c. combinatory counseling.
 - d. concatenation counseling.
- Answer: b
Difficulty: Medium
Objective: 02-05
Blooms: Apply
73. Which of the following is NOT a role of a good clinician while treating his/her client?
- a. to infuse a deep personal interest in the matter
 - b. to show a sense of respect toward the problem of the client
 - c. to judge the present condition by taking into account all available information regarding the client
 - d. to forcefully insert his/her own thoughts regarding the issue into the client's mind
- Answer: d
Difficulty: Easy
Objective: 02-06
Blooms: Remember
74. What is the most crucial determinant of whether or not therapy will succeed?
- a. the clinician's theoretical perspective
 - b. the severity of the client's problem
 - c. the quality of the client-clinician relationship
 - d. the duration of the client's symptoms
- Answer: c
Difficulty: Easy
Objective: 02-06
Blooms: Remember
75. Which of the following types of information are people LEAST comfortable revealing to professionals?
- a. emotional
 - b. financial
 - c. legal
 - d. medical
- Answer: a
Difficulty: Easy
Objective: 02-06
Blooms: Remember
76. Brian is a high-school student and has suffered major depression in the last six months. If a psychiatrist is consulted at this time, it is likely that Brian will face most difficulty in revealing the reason for his depression which is largely due to the separation of his parents because of:
- a. the financial nature of his problem.
 - b. legal implications.

- c. the emotional nature of his problem.
- d. technical complications.

Answer: c

Difficulty: Medium

Objective: 02-06

Blooms: Apply

77. Despite the best treatment some patients seem unwilling to change because
- a. most of the time clinicians fail to make a proper primary diagnosis.
 - b. chances are that they have become accustomed to living with their symptoms.
 - c. recent data reveals that short-term goals are more successfully achieved than long-term goals of treatment.
 - d. modern medical science is not equipped to deal with major mental disorders.

Answer: b

Difficulty: Easy

Objective: 02-06

Blooms: Remember

True and False

78. Occupational therapists are professionals with a master's degree in psychology.
- Answer: False
- Difficulty: Easy
- Objective: 02-01
- Blooms: Remember
79. Current diagnostic manuals are based on statistical research and findings.
- Answer: False
- Difficulty: Easy
- Objective: 02-02
- Blooms: Remember
80. Mental retardation falls under Axis II of the *DSM-IV-TR*.
- Answer: True
- Difficulty: Easy
- Objective: 02-02
- Blooms: Remember
81. The American Psychiatric Association has revised the *DSM* because of reliability and validity difficulties.
- Answer: True
- Difficulty: Easy
- Objective: 02-02
- Blooms: Remember
82. Axis IV rated the client's psychosocial stresses.
- Answer: True
- Difficulty: Easy
- Objective: 02-02

Blooms: Remember

83. Axis II of the *DSM-IV-TR* contained diagnoses of personality disorders and what was then called mental retardation.
Answer: True
Difficulty: Easy
Objective: 02-02
Blooms: Remember
84. According to ICD-10 Z codes, death of a significant family member is an example of problems with a primary support group.
Answer: True
Difficulty: Easy
Objective: 02-03
Blooms: Remember
85. When planning a treatment, it is important to consider the short-term goals of therapy first.
Answer: False
Difficulty: Easy
Objective: 02-05
Blooms: Remember
86. Community mental health centers are inpatient clinics that provide psychological services on a sliding fee scale.
Answer: False
Difficulty: Easy
Objective: 02-05
Blooms: Remember
87. Clinicians should ideally combine the best elements of various theoretical perspectives when treating a client's illness rather than adhering to one particular theoretical model.
Answer: True
Difficulty: Easy
Objective: 02-05
Blooms: Remember
88. In family therapy, the clinician identifies the person in the concerned family as the "patient".
Answer: False
Difficulty: Easy
Objective: 02-05
Blooms: Remember
89. Strict use of evidence-based treatments will invariably result in desired therapeutic outcomes.
Answer: False
Difficulty: Easy
Objective: 02-05
Blooms: Remember

90. The client must be willing to open up and share extremely personal and detailed information with the clinician if therapy is to succeed.
Answer: True
Difficulty: Easy
Objective: 02-06
Blooms: Remember

Matching (Set A)

91. Match the term with the appropriate definition or description.
Reliability:: the consistency of measurements or diagnoses
Psychotic disorder:: term used to refer to various forms of behavior involving a loss of contact with reality
Insomnia:: disorders involving disturbed sleep patterns
Axis I:: contained major “syndromes,” or illness clusters
Axis V:: rated the client’s overall level of functioning
Differential diagnosis:: the process of ruling out possible alternative diagnoses
Case formulation:: an analysis of the client’s development and the factors that might have influenced his or her current status
Halfway house:: setting designed for those clients who have been discharged from psychiatric facilities who are not yet ready for independent living
92. Match the term with the appropriate definition or description.
Psychiatrist:: medical doctor with advanced training in treating people with psychological disorders
Validity:: diagnoses that represent real and distinct phenomena
Adjustment disorder:: the result of a reaction to life events that are more extreme than would be expected
Comorbidity:: the extent to which psychiatric disorders coexist
Axis III:: was used to note the client’s medical conditions.
Axis IV:: rated the client’s psychosocial stresses
Culture-bound syndromes:: recurrent patterns of abnormal behavior limited to specific societies
Community mental health center:: outpatient clinic which provides services on a sliding scale
Milieu therapy:: the provision of an environment where a team of professionals works with the client

Fill-in-the-Blanks

93. A person seeking psychological treatment is known as a _____.
Answer: client
Difficulty: Easy
Objective: 02-01
Blooms: Remember
94. When diagnoses represent real and distinct clinical phenomena, they are said to have _____.
Answer: validity
Difficulty: Easy
Objective: 02-02
Blooms: Remember

95. Axis III is reserved for information on any _____ that the client might have.
Answer: general medical conditions
Difficulty: Easy
Objective: 02-02
Blooms: Remember
96. Conditions that are specific to certain cultures are referred to as _____ syndromes.
Answer: culture-bound
Difficulty: Easy
Objective: 02-02
Blooms: Remember
97. Psychiatric disorders are said to be _____ when a client has two or more at the same time.
Answer: comorbid
Difficulty: Easy
Objective: 02-04
Blooms: Remember
98. Programs designed for formerly hospitalized patients who do not need hospitalization but require some structured activity are referred to as _____ programs.
Answer: day treatment
Difficulty: Easy
Objective: 02-05
Blooms: Remember
99. _____ refers to the form in which psychotherapy is offered.
Answer: Modality
Difficulty: Easy
Objective: 02-05
Blooms: Remember
100. The type of therapy in which a team of treating professions work together in a new setting to improve the client's mental health is called _____ therapy.
Answer: milieu
Difficulty: Easy
Objective: 02-05
Blooms: Remember

Essays

101. What are some of the differences in how psychiatrists and clinical psychologists are trained? What do clinical psychologists do that psychiatrists do not typically do and vice versa?

Answer: Psychiatrists are medical doctors who specialize in the treatment of mental disorders and receive their training in medical school. Clinical psychologists, on the other hand, receive graduate training in clinical psychology and earn either a PhD or a PsyD. Psychiatrists can prescribe medications, whereas clinical psychologists administer psychological tests.

Difficulty: Easy

Objective: 02-01
Blooms: Remember

102. Briefly discuss how the task forces have determined the structure of *DSM-5*.

Answer: The DSM-5 task force decided to eliminate the DSM-IV-TR multiaxial system and instead follow the system in use by the World Health Organization's International Classification of Diseases (ICD). The task forces also considered using a dimensional model instead of the categorical model represented by DSM-IV-TR. However, in the end, they chose not to do so. The current organization begins with neurodevelopmental disorders and then proceeds through "internalizing" disorders (characterized by anxiety, depressive, and somatic symptoms) to "externalizing" disorders (characterized by impulsive, disruptive conduct and substance use symptoms). The hope is that eventually there will be new research allowing future diagnostic manuals to be based on underlying causes rather than symptoms alone.

Difficulty: Easy
Objective: 02-02
Blooms: Remember

103. Distinguish between the categorical approach utilized by the *DSM-IV-TR* and the dimensional approach of DSM-5.

Answer: The DSM-IV organized diagnoses using five separate axes. It defined an **axis** as a category of information regarding one dimension of an individual's functioning. The **multiaxial system** in the DSM-IV-TR was intended to allow professionals to characterize clients in a multidimensional way. The DSM-5 task force decided to eliminate the DSM-IV-TR multiaxial system and instead follow the system in use by the World Health Organization's International Classification of Diseases (ICD). DSM-5 contains a "Section III," which includes assessment measures and diagnoses not considered well-established enough to be part of the main system. These diagnoses may become incorporated into the next edition of DSM-5 or a "DSM-5.1," should clinical and research data support their inclusion.

Difficulty: Medium
Objective: 02-02
Blooms: Analysis

104. Briefly identify and describe the types of information which appeared on each of the axes of a *DSM-IV-TR* diagnosis.

Answer: Axis I of the *DSM-IV-TR* contained major "syndromes," or illness clusters. Axis II contained diagnoses of personality disorders and what was then called mental retardation. Axis III was used to note the client's medical conditions. Axis IV rated the client's psychosocial stresses, and Axis V rated the client's overall level of functioning.

Difficulty: Medium
Objective: 02-02
Blooms: Remember

105. What are some of the reasons why it is important to consider a client's cultural background when attempting to diagnose his/her condition?

Answer: First, the client may not have a good command of the clinician's language and so the clinician may not develop a good sense of the client's problem. Second, some mental disorders

are culture-specific (e.g., culture-bound syndromes). Third, individuals from different cultures may interpret certain events as being very serious or frivolous based on the particular significance of the event in their native culture. And finally, differing social norms and social conventions may cause conflict in the therapy situation.

Difficulty: Hard

Objective: 02-04

Blooms: Understand

106. Identify the relevant factors to consider when planning a treatment.

Answer: When planning a treatment, one must consider: the immediate, short-term, and long-term goals of treatment; possible treatment sites, such as psychiatric hospitals or CMHCs; the modality of the treatment, that is, whether the therapy will be provided in one-on-one situations or in group or family settings; and, the theoretical perspective on which the treatment will be based.

Difficulty: Easy

Objective: 02-05

Blooms: Understand

107. Discuss the skills that a clinician needs to develop in order to effectively treat a client's condition.

Answer: In addition to being able to apply various therapeutic techniques, clinicians also need to be able to scan the interaction between clients and themselves. The relationship that develops between the client and clinician can provide clues to dysfunctional ways in which the client interacts with other people in his/her life.

Difficulty: Medium

Objective: 02-06

Blooms: Understand