

Chapter 01: What Is Abnormal Psychology?

1. Who is affected by abnormal behaviour?

- A) virtually everyone
- B) only those who are related to the mentally ill or who work in treating the mentally ill
- C) only those who are related to the mentally ill
- D) only those who are mentally ill themselves

Difficulty: 1

QuestionID: 01-02

Page-Reference: 2

Skill: Factual

Answer: A) virtually everyone

2. How many Canadians will experience a psychological disorder at some time in their lives?

- A) 15%
- B) 22%
- C) 33%
- D) 45%

Difficulty: 1

QuestionID: 01-03

Page-Reference: 2

Skill: Factual

Answer: C) 33%

3. Which of the following statements about psychological disorders is CORRECT?

- A) Psychological disorders are most common among adolescents.
- B) Rates of depression and anxiety are significantly lower among gay, lesbian, and bisexual individuals.
- C) Most people seek the help of a clinical psychologist or psychiatrist
- D) Psychological disorders can be defined as abnormal behaviour patterns that involve a disturbance of psychological functioning

Difficulty: 2

QuestionID: 01-04

Page-Reference: 2

Skill: Conceptual

Answer: D) Psychological disorders can be defined as abnormal behaviour patterns that involve a disturbance of psychological functioning

4. _____ psychology is the branch of the science of psychology that addresses the description, causes, and treatment of abnormal behaviour patterns

- A) Counselling
- B) Forensic
- C) Social
- D) Abnormal

Difficulty: 1

QuestionID: 01-05

Page-Reference: 2

Skill: Factual

Answer: D) Abnormal

5. The _____ model considers abnormal behaviour patterns to be symptoms of underlying mental illnesses or disorders.

- A) medical
- B) behavioural
- C) sociocultural
- D) applied

Difficulty: 1

QuestionID: 01-06

Page-Reference: 2

Skill: Factual

Answer: A) medical

6. The authors of your text prefer to use the term *psychological disorder* rather than *mental disorder* for each of the following reasons EXCEPT _____.

- A) the term *psychological disorder* puts the study of abnormal behaviour squarely within the purview of the field of psychology
- B) the term *mental disorder* is generally associated with the medical model
- C) the term *mental disorder* reinforces the distinction between mental and physical phenomena
- D) the term *mental disorder* implies some type of serious illness, whereas the term *psychological disorder* does not

Difficulty: 2

QuestionID: 01-07

Page-Reference: 2

Skill: Factual

Answer: D) the term *mental disorder* implies some type of serious illness, whereas the term *psychological disorder* does not

7. Which of the following is NOT one of the criteria discussed in the text for judging a behaviour as abnormal?

- A) The behaviour involves faulty perception or interpretation of reality.
- B) The behaviour is dangerous.
- C) The behaviour is immoral.
- D) The behaviour is unusual.

Difficulty: 2

QuestionID: 01-08

Page-Reference: 3-6

Skill: Conceptual

Answer: C) The behaviour is immoral.

8. Cultural differences in identifying behaviour that is abnormal include all of the following EXCEPT

- A) communicating with the spirits of ancestors is generally considered normal in Aboriginal culture, but not in Western culture
- B) physical symptoms associated with anxiety are the same across cultures
- C) Rates of schizophrenia appear similar among the countries
- D) In Western society, models based on medical disease and psychological factors dominate explanations of abnormal behaviour, whereas in traditional cultures, concepts of supernatural causes are most often given

Difficulty: 2

QuestionID: 01-09

Page-Reference: 5-6

Skill: Conceptual

Answer: B) physical symptoms associated with anxiety are the same across cultures

9. In judging whether or not a person's behaviour is socially unacceptable or violates social norms, clinicians must take into account _____.

- A) ideas of persecution
- B) cultural differences
- C) universal truths
- D) subjects' expectations

Difficulty: 2

QuestionID: 01-10

Page-Reference: 3-6

Skill: Factual

Answer: B) cultural differences

10. In judging whether or not a person's behaviour is socially unacceptable or violates social norms, clinicians must take into account each of the following EXCEPT _____.

- A) subjects' expectations
- B) cultural differences
- C) generational differences
- D) nonconformity issues

Difficulty: 2

QuestionID: 01-11

Page-Reference: 3-6

Skill: Factual

Answer: A) subjects' expectations

11. Andrew has recurring delusions that he is the King of England. He also hallucinates that the Queen is next to him, and he talks to her throughout the day. Which criterion of abnormal behaviour most closely matches his behaviour?

- A) severe mental distress
- B) self-defeating behaviour
- C) socially unacceptable behaviour
- D) faulty perception of reality

Difficulty: 2

QuestionID: 01-12

Page-Reference: 3-6

Skill: Applied

Answer: D) faulty perception of reality

12. Seeing things and hearing voices that are not present are considered _____.

- A) delusions
- B) compulsions
- C) hallucinations
- D) obsessions

Difficulty: 1

QuestionID: 01-13

Page-Reference: 3-4

Skill: Factual

Answer: C) hallucinations

13. Celine has recurring visions of demons chasing her around her house. She also hears them telling her, "We have come for you!" She is experiencing _____.

- A) delusions
- B) compulsions
- C) hallucinations
- D) obsessions

Difficulty: 2

QuestionID: 01-14

Page-Reference: 3-4

Skill: Applied

Answer: C) hallucinations

14. Unfounded ideas or false beliefs that have no basis in fact are considered _____.

- A) delusions
- B) compulsions
- C) hallucinations
- D) obsessions

Difficulty: 1

QuestionID: 01-15

Page-Reference: 3-4

Skill: Factual

Answer: A) delusions

15. Alexander believes that aliens from outer space are working together with the CIA in an elaborate plot to brainwash him with secret messages transmitted through static on his television. His beliefs are most likely what psychologists would call _____.

- A) delusions
- B) compulsions
- C) hallucinations
- D) obsessions

Difficulty: 2

QuestionID: 01-16

Page-Reference: 3-4

Skill: Applied

Answer: A) delusions

16. Abigail is suffering from a combination of chronic anxiety and depression. Which criterion of abnormal behaviour most closely matches her symptoms?

- A) severe mental distress
- B) self-defeating behaviour
- C) unusual behaviour
- D) faulty perception of reality

Difficulty: 2

QuestionID: 01-17

Page-Reference: 3-5

Skill: Conceptual

Answer: A) severe mental distress

17. Sigi is an alcoholic and an obsessive gambler. He has lost his wife, family, and job because of his drinking and gambling. Which criterion of abnormal behaviour most closely matches his symptoms?

- A) severe mental distress
- B) self-defeating behaviour
- C) faulty perception of reality
- D) dangerous behaviour

Difficulty: 3

QuestionID: 01-18

Page-Reference: 3-5

Skill: Applied

Answer: B) self-defeating behaviour

18. Megan has an intense fear of going to the mall to shop, to concerts, or to any other place in which there may be large crowds of people. Her fears are best described as _____.

- A) claustrophobia
- B) delusional disorder
- C) agoraphobia
- D) conversion disorder

Difficulty: 2

QuestionID: 01-19

Page-Reference: 3-5

Skill: Applied

Answer: C) agoraphobia

19. Tosha has attempted suicide several times and insists she will make another attempt when she has an opportunity. Which criterion of abnormal behaviour most closely matches her behaviour?

- A) dangerous behaviour
- B) self-defeating behaviour
- C) socially unacceptable behaviour
- D) faulty perception of reality

Difficulty: 2

QuestionID: 01-20

Page-Reference: 3-5

Skill: Applied

Answer: A) dangerous behaviour

20. Physical aggression is considered _____.

- A) abnormal in sports
- B) abnormal in combat
- C) normal in most circumstances
- D) normal in sports, even for adolescents

Difficulty: 2

QuestionID: 01-21

Page-Reference: 5

Skill: Factual

Answer: D) normal in sports, even for adolescents

21. Which of the following statements is NOT true?

- A) Behaviour that is considered normal in one culture may be deemed abnormal in another.
- B) Abnormal behaviour patterns take similar forms across all cultures.
- C) Concepts of health and illness may have different meanings in different cultures.
- D) The very words that Western cultures use to describe mental disorders may have different meanings in other cultures.

Difficulty: 2

QuestionID: 01-22

Page-Reference: 5-6

Skill: Conceptual

Answer: B) Abnormal behaviour patterns take similar forms across all cultures.

22. Which of the following statements about behaviour is correct?

- A) Most behaviours are on a continuum from normal to abnormal.
- B) Most behaviours have a clear threshold indicating when it is abnormal
- C) Most behaviours are classified as either normal or abnormal, with no indication of severity
- D) Once you have experienced a symptom of a disorder, you have reached the criteria for abnormal behaviour

Difficulty: 2

QuestionID: 01-23

Page-Reference: 6-7

Skill: Conceptual

Answer: A) Most behaviours are on a continuum from normal to abnormal.

23. The arrival of European settlers resulted in the estimated _____ % decline in Indigenous populations.

- A) 10
- B) 25
- C) 50
- D) 90

Difficulty: 2

QuestionID: 01-24

Page-Reference: 7

Skill: Factual

Answer: D) 90

24. Canadian Indigenous healing and wellness promotion places a high value on _____.

- A) balance between the interconnected physical, mental, emotional, and spiritual aspects of life
- B) a one-size-fits-all approach to treatment and counselling
- C) cultural assimilation
- D) fostering dependency on government support

Difficulty: 2

QuestionID: 01-25

Page-Reference: 7

Skill: Conceptual

Answer: A) balance between the interconnected physical, mental, emotional, and spiritual aspects of life

25. Canadian Indigenous peoples have higher rates of all of the following EXCEPT

- A) depression
- B) anxiety
- C) suicide
- D) mental health resources

Difficulty: 1

QuestionID: 01-26

Page-Reference: 7

Skill: Factual

Answer: D) mental health resources

26. Canada's indigenous population is

- A) the slowest growing segment of the population
- B) concentrated in south-eastern Canada
- C) more than 1.4 million people
- D) mostly living in rural area

Difficulty: 1

QuestionID: 01-27

Page-Reference: 7

Skill: Factual

Answer: C) more than 1.4 million people

27. All of the following are significant factors that have negatively impacted the mental health of indigenous people EXCEPT

- A) intergenerational mental health
- B) residential schooling
- C) Indian Residential Schools Resolution Health Support Program
- D) cultural identity

Difficulty: 2

QuestionID: 01-28

Page-Reference: 7

Skill: Conceptual

Answer: C) Indian Residential Schools Resolution Health Support Program

28. Until the Age of Enlightenment, most Western societies attributed most mental illnesses to _____.

- A) natural causes
- B) poor child-rearing practices
- C) demonology
- D) psychic abilities

Difficulty: 1

QuestionID: 01-29

Page-Reference: 8-10

Skill: Conceptual

Answer: C) demonology

29. Throughout much of history in Western societies, abnormal behaviour was often taken as a sign of _____.

- A) psychic powers
- B) biological imbalances
- C) spiritual enlightenment

D) demonic possession

Difficulty: 2

QuestionID: 01-30

Page-Reference: 8-10

Skill: Factual

Answer: D) demonic possession

30. The process of cutting a hole in the skull to provide a pathway for demons to leave a possessed person's body is called _____.

- A) exorcism
- B) trephining
- C) purging
- D) expurgating

Difficulty: 2

QuestionID: 01-31

Page-Reference: 8

Skill: Conceptual

Answer: B) trephining

31. Ramone visits a psychiatrist to seek treatment for recurring nightmares and hallucinations. His therapist tells him that he has been possessed by evil spirits. His therapist is using the _____ model to explain his symptoms.

- A) eclectic
- B) medical
- C) psychoanalytic
- D) demonological

Difficulty: 3

QuestionID: 01-32

Page-Reference: 8

Skill: Applied

Answer: D) demonological

32. Before Hippocrates, the ancient Greeks believed that abnormal behaviour, or madness, resulted from _____.

- A) natural forces
- B) demonic possession
- C) punishment by the gods
- D) psychic powers

Difficulty: 1

QuestionID: 01-33

Page-Reference: 9

Skill: Factual

Answer: C) punishment by the gods

33. The celebrated ancient Greek physician who argued that illnesses of the body and mind resulted from natural causes rather than the wrath of the gods was _____.

- A) Socrates
- B) Hippocrates

- C) Plato
- D) Aristotle

Difficulty: 1

QuestionID: 01-34

Page-Reference: 9

Skill: Factual

Answer: B) Hippocrates

34. The idea that the health of the body depends on a balance of four bodily fluids, or humours, was first proposed by _____.

- A) Galen
- B) Hippocrates
- C) Socrates
- D) Plato

Difficulty: 2

QuestionID: 01-35

Page-Reference: 9

Skill: Factual

Answer: B) Hippocrates

35. According to Hippocrates, abnormal behaviour results from _____.

- A) biological imbalances
- B) angering the gods
- C) demonic possession
- D) spiritual deprivation

Difficulty: 1

QuestionID: 01-36

Page-Reference: 9

Skill: Factual

Answer: A) biological imbalances

36. According to Hippocrates, each of the following EXCEPT _____ is a bodily fluid important to physical and mental health.

- A) phlegm
- B) blood
- C) green bile
- D) black bile

Difficulty: 2

QuestionID: 01-37

Page-Reference: 9

Skill: Factual

Answer: C) green bile

37. Zorba is constantly depressed. According to Hippocrates's theory, Zorba has an excess of _____.

- A) phlegm
- B) blood
- C) green bile
- D) black bile

Difficulty: 3

QuestionID: 01-38

Page-Reference: 9

Skill: Applied

Answer: D) black bile

38. Mini is cheerful, confident, and optimistic. According to Hippocrates's theory, Mini has an excess of _____.

- A) phlegm
- B) blood
- C) yellow bile
- D) black bile

Difficulty: 3

QuestionID: 01-39

Page-Reference: 9

Skill: Applied

Answer: B) blood

39. Kristin is quick-tempered, or choleric. According to Hippocrates's theory, Kristin has an excess of _____.

- A) phlegm
- B) blood
- C) yellow bile
- D) black bile

Difficulty: 3

QuestionID: 01-40

Page-Reference: 9

Skill: Applied

Answer: C) yellow bile

40. A person who is cheerful, confident, and optimistic is said to be _____.

- A) sanguine
- B) choleric
- C) phlegmatic
- D) melancholic

Difficulty: 2

QuestionID: 01-41

Page-Reference: 9

Skill: Conceptual

Answer: A) sanguine

41. A person who is lethargic and sluggish with little or no energy is said to be _____.

- A) sanguine
- B) choleric
- C) phlegmatic
- D) melancholic

Difficulty: 2

QuestionID: 01-42

Page-Reference: 9

Skill: Conceptual

Answer: C) phlegmatic

42. A person who is quick-tempered, or bilious, is said to be _____.

- A) sanguine
- B) choleric
- C) phlegmatic
- D) melancholic

Difficulty: 2

QuestionID: 01-43

Page-Reference: 9

Skill: Conceptual

Answer: B) choleric

43. A person who is chronically sad and depressed is said to be _____.

- A) sanguine
- B) choleric
- C) phlegmatic
- D) melancholic

Difficulty: 2

QuestionID: 01-44

Page-Reference: 9

Skill: Conceptual

Answer: D) melancholic

44. Hippocrates diagnoses one of his patients as suffering from an excess of blood. The patient is probably _____.

- A) lethargic and sluggish
- B) quick-tempered
- C) confident and optimistic
- D) sad and depressed

Difficulty: 3

QuestionID: 01-45

Page-Reference: 9

Skill: Applied

Answer: C) confident and optimistic

45. Hippocrates diagnoses one of his patients as suffering from an excess of phlegm. The patient is probably _____.

- A) lethargic and sluggish
- B) quick-tempered
- C) confident and optimistic
- D) sad and depressed

Difficulty: 3

QuestionID: 01-46

Page-Reference: 9

Skill: Applied

Answer: A) lethargic and sluggish

46. Hippocrates diagnoses one of his patients as suffering from an excess of yellow bile. The patient is probably _____.

- A) lethargic and sluggish
- B) quick-tempered
- C) confident and optimistic
- D) sad and depressed

Difficulty: 3

QuestionID: 01-47

Page-Reference: 9

Skill: Applied

Answer: B) quick-tempered

47. Hippocrates diagnoses one of his patients as suffering from an excess of black bile. The patient is probably _____.

- A) lethargic and sluggish
- B) quick-tempered
- C) confident and optimistic
- D) sad and depressed

Difficulty: 3

QuestionID: 01-48

Page-Reference: 9

Skill: Applied

Answer: D) sad and depressed

48. Hippocrates's view that abnormal behaviour could result from biological imbalances forms the basis of today's _____ model.

- A) medical
- B) eclectic
- C) psychoanalytic
- D) phenomenological

Difficulty: 2

QuestionID: 01-49

Page-Reference: 9

Skill: Conceptual

Answer: A) medical

49. Which of the following is NOT one of the three main categories used by Hippocrates and Galen to classify abnormal behaviour?

- A) malleus
- B) mania
- C) melancholia
- D) phrenitis

Difficulty: 2

QuestionID: 01-50

Page-Reference: 9

Skill: Conceptual

Answer: A) malleus

50. Hippocrates diagnoses one of his patients as suffering from mania. The patient is probably _____.

- A) excessively depressed
- B) excessively excited
- C) schizophrenic
- D) autistic

Difficulty: 1

QuestionID: 01-51

Page-Reference: 9

Skill: Applied

Answer: B) excessively excited

51. Hippocrates diagnoses one of his patients as suffering from melancholia. The patient is probably _____.

- A) excessively depressed
- B) excessively excited
- C) schizophrenic
- D) autistic

Difficulty: 1

QuestionID: 01-52

Page-Reference: 9

Skill: Applied

Answer: A) excessively depressed

52. Hippocrates diagnoses one of his patients as suffering from phrenitis. The patient is probably _____.

- A) excessively excited
- B) excessively depressed
- C) schizophrenic
- D) autistic

Difficulty: 1

QuestionID: 01-53

Page-Reference: 9

Skill: Applied

Answer: C) schizophrenic

53. The *Malleus Maleficarum* _____.

- A) was written by Plato
- B) was used for diagnosing witchcraft.
- C) was the first medical text to recognize abnormal behaviour
- D) is still used today to diagnose mental disorders

Difficulty: 2

QuestionID: 01-54

Page-Reference: 9-10

Skill: Factual

Answer: B) was used for diagnosing witchcraft.

54. During the Middle Ages, the treatment of choice for curing abnormal behaviour was _____.

- A) trephining
- B) bleeding
- C) exorcism
- D) meditation

Difficulty: 2

QuestionID: 01-55

Page-Reference: 9-10

Skill: Factual

Answer: C) exorcism

55. **Fear of witches reached its height during the _____.**

- A) Middle Ages
- B) Renaissance
- C) Age of Enlightenment
- D) Victorian Age

Difficulty: 1

QuestionID: 01-56

Page-Reference: 9-10

Skill: Factual

Answer: B) Renaissance

56. **The *Malleus Maleficarum* was _____.**

- A) a medical manual designed to help Renaissance physicians treat abnormal behaviour
- B) the first diagnostic manual that correctly labelled some mental health problems according to their behavioural symptoms
- C) the holy ritual used to help priests perform exorcisms
- D) a manual for helping inquisitors identify suspected witches

Difficulty: 2

QuestionID: 01-57

Page-Reference: 9-10

Skill: Factual

Answer: D) a manual for helping inquisitors identify suspected witches

57. **According to the text, about _____ suspected witches were executed in Western societies in the 16th and 17th centuries.**

- A) 25 000
- B) 50 000
- C) 75 000
- D) 100 000

Difficulty: 2

QuestionID: 01-58

Page-Reference: 9-10

Skill: Factual

Answer: D) 100 000

58. **Exorcism involves _____.**

- A) cutting a hole in the skull to release demons
- B) prayer, waving a cross, beating, and flogging

- C) eating babies and poisoning crops
- D) execution and starvation

Difficulty: 2

QuestionID: 01-59

Page-Reference: 9-10

Skill: Factual

Answer: B) prayer, waving a cross, beating, and flogging

59. Most scholars today believe that accusations of witchcraft during the Middle Ages and Renaissance were

_____.

- A) based on valid fears of the unknown
- B) based on misinterpretations of abnormal behaviours resulting from mental illness
- C) convenient means of disposing of social nuisances and seizing property
- D) part of a general trend by the poor to seek revenge against the wealthy by accusing them of crimes that would cause them to be disgraced

Difficulty: 3

QuestionID: 01-60

Page-Reference: 10

Skill: Factual

Answer: C) convenient means of disposing of social nuisances and seizing property

60. During the Middle Ages and the Renaissance, which of the following people was most likely to be accused of witchcraft?

- A) a poor, young, single female
- B) a wealthy, young, married female
- C) a poor, elderly, single female
- D) a poor, elderly, married female

Difficulty: 2

QuestionID: 01-61

Page-Reference: 10

Skill: Applied

Answer: C) a poor, elderly, single female

61. In Medieval England, most explanations of mental illness involved _____.

- A) sociological causes
- B) demonic possession
- C) natural causes
- D) spiritual impropriety

Difficulty: 2

QuestionID: 01-62

Page-Reference: 11

Skill: Factual

Answer: C) natural causes

62. Renaissance physician Johann Weyer was noted for arguing that abnormal behaviour and thought patterns are caused by _____.

- A) physical problems
- B) demonic possession

- C) spiritual impurity
- D) sociological factors

Difficulty: 2

QuestionID: 01-63

Page-Reference: 11

Skill: Factual

Answer: A) physical problems

63. The first asylum in what is now North America was in _____.

- A) Quebec City
- B) New York
- C) Salem
- D) York

Difficulty: 2

QuestionID: 01-64

Page-Reference: 10

Skill: Factual

Answer: A) Quebec City

64. In early Canada, the _____ community often took responsibility for the treatment of mentally ill patients and oversaw the development of asylums

- A) Anglican
- B) government and social agencies
- C) Catholic
- D) mental health

Difficulty: 2

QuestionID: 01-65

Page-Reference: 10

Skill: Factual

Answer: C) Catholic

65. After Quebec, mental hospitals were established next in _____.

- A) Ontario
- B) Manitoba
- C) The Maritimes
- D) British Columbia

Difficulty: 2

QuestionID: 01-66

Page-Reference: 11

Skill: Factual

Answer: C) The Maritimes

66. The first asylums, or "madhouses," began to crop up throughout Europe in the _____ centuries.

- A) 11th and 12th
- B) 13th and 14th
- C) 15th and 16th
- D) 17th and 18th

Difficulty: 2

QuestionID: 01-67

Page-Reference: 10-11

Skill: Factual

Answer: C) 15th and 16th

67. The first asylums in Europe were _____.

- A) added on to existing hospitals as special "wards" for the mentally ill
- B) also used to house the poor
- C) also used to house lepers
- D) run by the order of Bethlehem

Difficulty: 2

QuestionID: 01-68

Page-Reference: 10-11

Skill: Factual

Answer: B) also used to house the poor

68. Which of the following is NOT true of the first asylums for the mentally ill?

- A) Patients were used as "guinea pigs" for new and risky medical experiments.
- B) Residents were often chained to their beds and left to die in their own waste.
- C) Many asylums sold tickets so the public could observe the antics of the inmates.
- D) They often were homes for beggars as well as the mentally disturbed.

Difficulty: 2

QuestionID: 01-69

Page-Reference: 10-11

Skill: Factual

Answer: A) Patients were used as "guinea pigs" for new and risky medical experiments.

69. The modern era of treatment can be traced, in large part, to _____.

- A) Pussin
- B) Röntgen
- C) Lavoix
- D) Mesmer

Difficulty: 1

QuestionID: 01-70

Page-Reference: 10-11

Skill: Factual

Answer: A) Pussin

70. The modern era of treatment can be traced, in large part, to _____.

- A) Röntgen
- B) Pinel
- C) Descartes
- D) Mesmer

Difficulty: 1

QuestionID: 01-71

Page-Reference: 10-11

Skill: Factual

Answer: B) Pinel

71. The modern era of treatment can be traced to the _____.

- A) late 16th and early 17th centuries
- B) late 17th and early 18th centuries
- C) late 18th and early 19th centuries
- D) late 19th and early 20th centuries

Difficulty: 2

QuestionID: 01-72

Page-Reference: 10-11

Skill: Factual

Answer: C) late 18th and early 19th centuries

72. In the late 18th and early 19th century, most Europeans viewed deranged or mentally ill people as _____.

- A) sick people in need of treatment
- B) demonically possessed
- C) having special "gifts" that allowed them to communicate with the spirit world
- D) dangerous threats to society

Difficulty: 2

QuestionID: 01-73

Page-Reference: 10-11

Skill: Factual

Answer: D) dangerous threats to society

73. If you were a follower of Philippe Pinel, you would most likely agree with which of the following statements?

- A) The mentally ill should be incarcerated and chained to prevent them from harming themselves or others.
- B) The mentally ill should be treated through purging, bloodletting, and ice-cold baths.
- C) The mentally ill will recover more quickly by living in the real world and learning to survive on their own.
- D) The mentally ill should be treated with care, kindness, understanding, and concern.

Difficulty: 2

QuestionID: 01-74

Page-Reference: 10-11

Skill: Applied

Answer: D) The mentally ill should be treated with care, kindness, understanding, and concern.

74. The philosophy of treatment that emerged from the efforts of Frenchmen such as Philippe Pinel is called _____ therapy.

- A) humanistic
- B) moral
- C) reformation
- D) organic

Difficulty: 2

QuestionID: 01-75

Page-Reference: 11

Skill: Factual

Answer: B) moral

75. A noted therapist argues that mentally ill patients should be treated with care, kindness, and understanding. Her argument most closely matches the tenets of _____ therapy.

- A) demonological
- B) reformation
- C) moral
- D) organic

Difficulty: 2

QuestionID: 01-76

Page-Reference: 11-12

Skill: Applied

Answer: C) moral

76. The Boston schoolteacher most responsible for the establishment of mental hospitals in the 19th century United States is _____.

- A) Clara Barton
- B) Dorothea Dix
- C) Harriet Beecher Stowe
- D) Martha Custis

Difficulty: 1

QuestionID: 01-77

Page-Reference: 11

Skill: Factual

Answer: B) Dorothea Dix

77. The community mental health movement in Canada fostered a policy of _____.

- A) increased institutionalization
- B) deinstitutionalization
- C) segregation
- D) complete abandonment of mental health institutions

Difficulty: 2

QuestionID: 01-78

Page-Reference: 11-12

Skill: Conceptual

Answer: B) deinstitutionalization

78. The class of drugs most responsible for the mass release of many institutionalized mentally ill patients is the _____.

- A) phenothiazines
- B) MAO inhibitors
- C) tricyclics
- D) antibiotics

Difficulty: 2

QuestionID: 01-79

Page-Reference: 11-12

Skill: Factual

Answer: A) phenothiazines

79. Phenothiazines are a group of _____ drugs.

- A) antianxiety
- B) antipsychotic
- C) antidepressant
- D) analgesic

Difficulty: 2

QuestionID: 01-80

Page-Reference: 11-12

Skill: Factual

Answer: B) antipsychotic

80. **Phenothiazines are used to treat the most flagrant behaviour patterns associated with _____.**

- A) schizophrenia
- B) obsessive-compulsive disorder
- C) dissociative fugue
- D) bipolar disorder

Difficulty: 3

QuestionID: 01-81

Page-Reference: 11-12

Skill: Factual

Answer: A) schizophrenia

81. **By the mid-1970s, the population in Canadian psychiatric hospitals was about _____.**

- A) 1000
- B) 1500
- C) 10 000
- D) 15 000

Difficulty: 3

QuestionID: 01-82

Page-Reference: 12

Skill: Factual

Answer: D) 15 000

82. **Between the 1950s and the 1980s, the psychiatric hospital population across Canada _____.**

- A) increased dramatically
- B) remained relatively the same
- C) fluctuated wildly
- D) decreased dramatically

Difficulty: 2

QuestionID: 01-83

Page-Reference: 12

Skill: Factual

Answer: D) decreased dramatically

83. **Current Canadian health-care policy focuses on _____.**

- A) developing a two-tier system depending on income
- B) promotion, prevention, and a continuum of care
- C) developing a three-tier system depending on the diagnosis
- D) increasing bed capacity in provincial psychiatric hospitals

Difficulty: 3

QuestionID: 01-84

Page-Reference: 12

Skill: Conceptual

Answer: B) promotion, prevention, and a continuum of care

84. Who is the Canadian psychiatrist who was the first person in North America to publicly report on the antipsychotic effects of chlorpromazine?

- A) Dr. Jeffrey Nevid
- B) Dr. Dorothea Dix
- C) Dr. John Pinel
- D) Dr. Ruth Kajander

Difficulty: 2

QuestionID: 01-85

Page-Reference: 12

Skill: Factual

Answer: D) Dr. Ruth Kajander

85. Chlorpromazine was initially marketed for _____.

- A) postsurgical nausea and vomiting
- B) allergies
- C) antipsychotic effects
- D) headaches

Difficulty: 2

QuestionID: 01-86

Page-Reference: 12

Skill: Factual

Answer: A) postsurgical nausea and vomiting

86. Which of the following has been a negative effect of the deinstitutionalization movement?

- A) a significant increase in violent crime by those who were released
- B) a near-total collapse of the nationwide system of mental hospitals and community mental health centres
- C) an increase in the number of mentally ill patients requiring long-term care
- D) the abandonment of many former patients, who now wander the streets of Canadian cities

Difficulty: 2

QuestionID: 01-87

Page-Reference: 11-12

Skill: Conceptual

Answer: D) the abandonment of many former patients, who now wander the streets of Canadian cities

87. Canada's approach to mental health promotion is

- A) holistic, multileveled, and aimed to increase resiliency
- B) focused, narrow, and aimed to improve symptomology
- C) based on the premise that mental health is the absence of mental illness
- D) highlights the impact of individual factors, and not their combination, on mental health

Difficulty: 2

QuestionID: 01-88

Page-Reference: 13-14

Skill: Conceptual

Answer: A) holistic, multileveled, and aimed to increase resiliency

88. The physician who first argued that abnormal behaviour is rooted in diseases of the brain was _____.

- A) Wilhelm Griesinger
- B) Emil Kraepelin
- C) G.A. Hansen
- D) Gregor Mendel

Difficulty: 2

QuestionID: 01-89

Page-Reference: 14

Skill: Factual

Answer: A) Wilhelm Griesinger

89. The physician who wrote an influential textbook on psychiatry in 1883 in which he likened mental disorders to physical diseases was _____.

- A) Joseph Lister
- B) Robert Koch
- C) Emil Kraepelin
- D) G.A. Hansen

Difficulty: 2

QuestionID: 01-90

Page-Reference: 14

Skill: Factual

Answer: C) Emil Kraepelin

90. The _____ model attempts to explain abnormal behaviour on the basis of underlying biological defects.

- A) medical
- B) eclectic
- C) structural-functional
- D) centre-periphery

Difficulty: 2

QuestionID: 01-91

Page-Reference: 14

Skill: Conceptual

Answer: A) medical

91. According to the medical model, people behaving abnormally _____.

- A) suffer from incurable diseases caused by inherited genetic defects
- B) suffer from the results of early childhood trauma and can be cured with proper behavioural therapies
- C) suffer from mental illnesses that can be classified like physical illnesses, according to their distinctive causes and symptoms
- D) are often unjustly labelled "abnormal" by society because of fears about their "different" behaviours

Difficulty: 2

QuestionID: 01-92

Page-Reference: 14

Skill: Factual

Answer: C) suffer from mental illnesses that can be classified like physical illnesses, according to their distinctive causes and symptoms

92. Emily goes to a therapist for treatment of chronic anxiety. Her therapist advises her that she has an imbalance of neurotransmitters in her brain, which is causing her to feel anxious most of the time. Her therapist is using the _____ model to explain Emily's symptoms.

- A) medical
- B) phenomenological
- C) structural-functional
- D) classical

Difficulty: 3

QuestionID: 01-93

Page-Reference: 14

Skill: Applied

Answer: A) medical

93. Emil Kraepelin specified _____ main groups of mental disorders.

- A) two
- B) four
- C) six
- D) eight

Difficulty: 2

QuestionID: 01-94

Page-Reference: 14

Skill: Factual

Answer: A) two

94. Emil Kraepelin identified the group of diseases he called "dementia praecox," which we now call _____.

- A) conversion disorder
- B) dissociative identity disorder
- C) schizophrenia
- D) bipolar disorder

Difficulty: 2

QuestionID: 01-95

Page-Reference: 14

Skill: Conceptual

Answer: C) schizophrenia

95. Emil Kraepelin identified the group of diseases he called "manic-depressive psychosis," which we now call _____.

- A) conversion disorder
- B) dissociative identity disorder
- C) schizophrenia
- D) bipolar disorder

Difficulty: 2

QuestionID: 01-96

Page-Reference: 14

Skill: Conceptual

Answer: D) bipolar disorder

96. **The major contribution of Emil Kraepelin was _____.**

- A) the development of a classification system that forms the cornerstone of current diagnostic systems
- B) the discovery that early childhood environment plays a crucial role in the development of a healthy personality
- C) the discovery of the bacterium causing syphilis
- D) the development of "moral therapy," in which humane treatment and a relaxed environment were used to help restore mental health

Difficulty: 2

QuestionID: 01-97

Page-Reference: 14

Skill: Factual

Answer: A) the development of a classification system that forms the cornerstone of current diagnostic systems

97. **General paresis represents an advanced stage of _____.**

- A) senile dementia
- B) syphilis
- C) dementia praecox
- D) bipolar disorder

Difficulty: 2

QuestionID: 01-98

Page-Reference: 15

Skill: Factual

Answer: B) syphilis

98. **Which term did NOT originate in the medical model?**

- A) diagnosis
- B) therapy
- C) relapse
- D) possession

Difficulty: 1

QuestionID: 01-99

Page-Reference: 15

Skill: Conceptual

Answer: D) possession

99. **The person who developed the first major psychological theory of abnormal behaviour was _____.**

- A) Friedrich Mesmer
- B) Josef Breuer
- C) Sigmund Freud
- D) Jean-Martin Charcot

Difficulty: 1

QuestionID: 01-100

Page-Reference: 15

Skill: Factual

Answer: C) Sigmund Freud

100. In the 19th Century, the underlying premise that led to the development of the psychology theory of abnormal behaviour was

- A) organic factors best explained abnormal behaviour
- B) organic factors alone could not explain abnormal behaviour
- C) Emil Kraepelin's classification of mental disorders
- D) The development of new medications to treat mental disorders

Difficulty: 1

QuestionID: 01-101

Page-Reference: 15

Skill: Factual

Answer: B) organic factors alone could not explain abnormal behaviour

101. Hysteria is now called

- A) conversion disorder
- B) major depression
- C) panic disorder
- D) schizophrenia

Difficulty: 1

QuestionID: 01-102

Page-Reference: 15

Skill: Factual

Answer: A) conversion disorder

102. _____ demonstrated that hysterical behaviours, such as paralysis or numbness of the arms, could be induced in normal subjects under hypnosis through the use of suggestions.

- A) Mesmer
- B) Breuer
- C) Charcot
- D) Pinel

Difficulty: 2

QuestionID: 01-103

Page-Reference: 15

Skill: Factual

Answer: C) Charcot

103. Freud's use of hypnosis in therapy was based upon the work of _____.

- A) Mesmer
- B) Charcot
- C) Pinel
- D) Pussin

Difficulty: 2

QuestionID: 01-104

Page-Reference: 15

Skill: Factual

Answer: B) Charcot

104. Dwayne's therapist describes his abnormal behaviour as being due to the interplay of forces within his unconscious mind. His therapist is using the _____ model.

- A) behavioural
- B) medical
- C) psychiatric
- D) psychodynamic

Difficulty: 3

QuestionID: 01-105

Page-Reference: 15

Skill: Applied

Answer: D) psychodynamic

105. Linda's therapist feels that her abnormal behaviour is due to her poverty, gender discrimination, and her lack of a job. Her therapist is using the _____ model.

- A) behavioural
- B) psychosomatic
- C) sociocultural
- D) social exclusionary

Difficulty: 3

QuestionID: 01-106

Page-Reference: 15

Skill: Applied

Answer: C) sociocultural

106. Each of the following is true of the psychiatric homeless population EXCEPT _____.

- A) their problems are often made worse by substance abuse
- B) they typically lack transitional care facilities and effective case management
- C) they represent only a small fraction of the overall homeless population
- D) they typically do not seek out mental health services

Difficulty: 3

QuestionID: 01-107

Page-Reference: 16

Skill: Conceptual

Answer: C) they represent only a small fraction of the overall homeless population

107. In a recent study of Toronto's homeless shelter users, it was found that about _____ of homeless people were experiencing both mental and substance use disorders at the same time.

- A) one fourth
- B) one third
- C) one half
- D) two thirds

Difficulty: 3

QuestionID: 01-108

Page-Reference: 16

Skill: Factual

Answer: B) one third

108. In contemporary times, the understanding of abnormal behaviour has been largely approached from each of the following perspectives EXCEPT the _____.

- A) biological perspective

- B) psychological perspective
- C) sociocultural perspective
- D) demonological perspective

Difficulty: 1

QuestionID: 01-109

Page-Reference: 15

Skill: Factual

Answer: D) demonological perspective

109. The theorists who are most likely to believe that the causes of abnormal behaviour may be found in the failures of society rather than in the person are _____ theorists.

- A) sociocultural
- B) eclectic
- C) cognitive-social
- D) behavioural

Difficulty: 2

QuestionID: 01-110

Page-Reference: 15

Skill: Conceptual

Answer: A) sociocultural

110. Compared to the general population, the rate of shelter use by Indigenous people is

- A) the same
- B) 10 times less
- C) 10 times greater
- D) marginally greater

Difficulty: 1

QuestionID: 01-111

Page-Reference: 16

Skill: Factual

Answer: C) 10 times greater

111. The theorist who is most well known for arguing that mental illness is a myth used to label and stigmatize people whose behaviour is socially deviant is _____.

- A) Albert Bandura
- B) Walter Mischel
- C) Everett Rogers
- D) Thomas Szasz

Difficulty: 2

QuestionID: 01-112

Page-Reference: 15

Skill: Factual

Answer: D) Thomas Szasz

112. The radical statement that "most, if not all, of the effects of psychiatry are magical" would likely be voiced by someone who feels that the _____ theory best describes abnormal behaviour.

- A) behavioural
- B) neo-radical

- C) sociocultural
- D) psychodynamic

Difficulty: 3

QuestionID: 01-113

Page-Reference: 15

Skill: Applied

Answer: C) sociocultural

113. The study of the heritable and acquired changes in genes regulation is known as _____.

- A) genetics
- B) epigenetics
- C) genetic mapping
- D) epigenome

Difficulty: 2

QuestionID: 01-114

Page-Reference: 18

Skill: Factual

Answer: B) epigenetics

114. The _____ model has been the basis of the biological perspective since the time of Hippocrates.

- A) biological
- B) humour
- C) genetic
- D) learning

Difficulty: 1

QuestionID: 01-115

Page-Reference: 18

Skill: Factual

Answer: A) biological

115. All of the genetic material for an organism is called its _____.

- A) soma
- B) RNA
- C) phenome
- D) genome

Difficulty: 1

QuestionID: 01-116

Page-Reference: 18

Skill: Factual

Answer: D) genome

116. Epigenetics provides scientists with interpretation of _____.

- A) genes
- B) the environment
- C) the interplay between genes and heredity factors
- D) the interplay between genes and the environment

Difficulty: 1

QuestionID: 01-117
Page-Reference: 19
Skill: Factual

Answer: D) the interplay between genes and the environment

117. Most of our genes contain the biological instructions for combining amino acids into _____.
A) neurons
B) genomes
C) RNA
D) proteins

Difficulty: 2
QuestionID: 01-118
Page-Reference: 18
Skill: Factual

Answer: D) proteins

118. The sum total of inherited and acquired molecular variations to the genome that lead to changes in gene regulation without changing the DNA sequence are called the _____.
A) epigenome
B) transcription factor
C) nucleotide
D) teratogen

Difficulty: 1
QuestionID: 01-119
Page-Reference: 18
Skill: Factual

Answer: A) epigenome

119. Gene expression is the process by which the gene sequence becomes _____.
A) permanent
B) recognized
C) inherited
D) activated

Difficulty: 1
QuestionID: 01-120
Page-Reference: 18
Skill: Factual

Answer: D) activated

120. Under normal circumstances, some genes are expressed (turned on) and others are _____.
A) missing
B) discounted
C) terminated
D) silenced

Difficulty: 2
QuestionID: 01-121
Page-Reference: 18
Skill: Factual

Answer: D) silenced

121. **Undifferentiated cells that are capable of indefinite self-replication and differentiation into specialized cells are called _____ cells.**

- A) immature
- B) epigenetic
- C) axonal
- D) stem

Difficulty: 1

QuestionID: 01-122

Page-Reference: 20

Skill: Factual

Answer: D) stem

122. **The nervous system is made up of cells called _____.**

- A) somas
- B) neurons
- C) axons
- D) synapses

Difficulty: 1

QuestionID: 01-123

Page-Reference: 20

Skill: Factual

Answer: B) neurons

123. **Every neuron has a cell body, or _____.**

- A) soma
- B) axon
- C) dendrite
- D) nucleus

Difficulty: 1

QuestionID: 01-124

Page-Reference: 20

Skill: Factual

Answer: A) soma

124. **The part of the neuron that receives messages from other neurons is called the _____.**

- A) nucleus
- B) axon
- C) dendrite
- D) soma

Difficulty: 2

QuestionID: 01-125

Page-Reference: 21

Skill: Conceptual

Answer: C) dendrite

125. The part of the neuron that transmits messages to other neurons is called the _____.

- A) nucleus
- B) axon
- C) dendrite
- D) soma

Difficulty: 2

QuestionID: 01-126

Page-Reference: 20-21

Skill: Conceptual

Answer: B) axon

126. Swellings called "knobs" are located at the ends of the _____.

- A) axon terminals
- B) dendrite terminals
- C) myelin sheaths
- D) neurotransmitters

Difficulty: 2

QuestionID: 01-127

Page-Reference: 20-21

Skill: Factual

Answer: A) axon terminals

127. Neurons transmit messages to other neurons by means of chemical substances known as _____.

- A) precursors
- B) hormones
- C) neurotransmitters
- D) peptides

Difficulty: 1

QuestionID: 01-128

Page-Reference: 20-21

Skill: Factual

Answer: C) neurotransmitters

128. The junction between a transmitting neuron and a receiving neuron is called the _____.

- A) sheath
- B) synapse
- C) hillock
- D) knob

Difficulty: 1

QuestionID: 01-129

Page-Reference: 20-21

Skill: Conceptual

Answer: B) synapse

129. A transmitting neuron is called _____.

- A) presynaptic
- B) quasisynaptic
- C) synaptic

D) postsynaptic

Difficulty: 2

QuestionID: 01-130

Page-Reference: 21

Skill: Conceptual

Answer: A) presynaptic

130. A neuron receiving a message from another neuron is said to be _____.

- A) presynaptic
- B) quasisynaptic
- C) synaptic
- D) postsynaptic

Difficulty: 2

QuestionID: 01-131

Page-Reference: 20-21

Skill: Conceptual

Answer: D) postsynaptic

131. The small, fluid-filled gap between the axon terminal of a transmitting neuron and the dendrite of a receiving neuron is called the _____.

- A) receptor site
- B) synaptic cleft
- C) neurotic chiasm
- D) neuro ventricle

Difficulty: 2

QuestionID: 01-132

Page-Reference: 20-21

Skill: Conceptual

Answer: B) synaptic cleft

132. Neurotransmitters have their effect by fitting into _____ sites on the receiving neuron.

- A) receptor
- B) soma
- C) axon
- D) exitory

Difficulty: 1

QuestionID: 01-133

Page-Reference: 22

Skill: Factual

Answer: A) receptor

133. Each kind of neurotransmitter _____.

- A) is unique and will fit into only one type of receptor site
- B) will fit into several types, but not most types of receptor sites
- C) will fit into most, but not all types of receptor sites
- D) will fit into every type of receptor site

Difficulty: 2

QuestionID: 01-134
Page-Reference: 22
Skill: Conceptual

Answer: A) is unique and will fit into only one type of receptor site

134. The process of neurotransmitters being reabsorbed by the axon terminal is called _____.

- A) diffusion
- B) recycling
- C) reuptake
- D) regurgitation

Difficulty: 2
QuestionID: 01-135
Page-Reference: 20-21
Skill: Factual

Answer: C) reuptake

135. Mood and eating disorders have been linked to imbalances of _____.

- A) acetylcholine
- B) dopamine
- C) norepinephrine
- D) epinephrine

Difficulty: 3
QuestionID: 01-136
Page-Reference: 22
Skill: Factual

Answer: C) norepinephrine

136. Alzheimer's disease has been associated with deficiencies of _____.

- A) acetylcholine
- B) dopamine
- C) norepinephrine
- D) serotonin

Difficulty: 3
QuestionID: 01-137
Page-Reference: 22
Skill: Factual

Answer: A) acetylcholine

137. Schizophrenia has been linked to increased action of _____.

- A) acetylcholine
- B) dopamine
- C) norepinephrine
- D) serotonin

Difficulty: 3
QuestionID: 01-138
Page-Reference: 22
Skill: Factual

Answer: B) dopamine

138. **A neurotransmitter that has been linked to anxiety disorders, mood disorders, and eating disorders is _____.**

- A) thyroxin
- B) acetylcholine
- C) dopamine
- D) serotonin

Difficulty: 3

QuestionID: 01-139

Page-Reference: 22

Skill: Factual

Answer: D) serotonin

139. **Which of the following is NOT a part of a neuron?**

- A) cell body
- B) reticular
- C) axon
- D) terminal

Difficulty: 1

QuestionID: 01-140

Page-Reference: 20-21

Skill: Factual

Answer: B) reticular

140. **Psychodynamic theory is based upon the contributions of _____.**

- A) Sigmund Freud
- B) Carl Rogers
- C) Ivan Pavlov
- D) Friedrich Mesmer

Difficulty: 1

QuestionID: 01-141

Page-Reference: 22

Skill: Factual

Answer: A) Sigmund Freud

141. **Freud developed the belief that hysteria and other psychological problems are derived from _____.**

- A) genetic predispositions
- B) environmental learning
- C) environmental conflicts
- D) unconscious conflicts

Difficulty: 2

QuestionID: 01-142

Page-Reference: 22

Skill: Factual

Answer: D) unconscious conflicts

142. **According to Freud, the mind can be likened to a(n) _____.**

- A) forest
- B) iceberg
- C) winding river
- D) anaconda

Difficulty: 1

QuestionID: 01-143

Page-Reference: 23

Skill: Factual

Answer: B) iceberg

143. **According to Freud, the largest part of the mind is the _____.**

- A) conscious
- B) superconscious
- C) preconscious
- D) unconscious

Difficulty: 2

QuestionID: 01-144

Page-Reference: 23

Skill: Factual

Answer: D) unconscious

144. **According to Freud, the region of the mind that corresponds to one's present awareness is the _____.**

- A) conscious
- B) superconscious
- C) preconscious
- D) unconscious

Difficulty: 1

QuestionID: 01-145

Page-Reference: 23

Skill: Factual

Answer: A) conscious

145. **According to Freud, memories of experience which are not presently in awareness but can be brought into awareness by focusing on them are in the _____.**

- A) conscious
- B) superconscious
- C) preconscious
- D) unconscious

Difficulty: 1

QuestionID: 01-146

Page-Reference: 23

Skill: Conceptual

Answer: C) preconscious

146. **According to Freud, the part of the mind that is largely hidden and can only be brought into awareness with great difficulty is the _____.**

- A) conscious
- B) superconscious

- C) preconscious
- D) unconscious

Difficulty: 2

QuestionID: 01-147

Page-Reference: 23

Skill: Conceptual

Answer: D) unconscious

147. Freud believed that the _____ is the repository of biological drives, or instincts, such as sex and aggression.

- A) conscious
- B) superconscious
- C) preconscious
- D) unconscious

Difficulty: 2

QuestionID: 01-148

Page-Reference: 23

Skill: Factual

Answer: D) unconscious

148. According to Freud, the only psychic structure present at birth is the _____.

- A) id
- B) superego
- C) ego
- D) alter-ego

Difficulty: 1

QuestionID: 01-149

Page-Reference: 23

Skill: Factual

Answer: A) id

149. According to Freud, the id follows the _____ principle.

- A) moral
- B) pride
- C) pleasure
- D) reality

Difficulty: 2

QuestionID: 01-150

Page-Reference: 23

Skill: Factual

Answer: C) pleasure

150. According to Freud, the psychic structure that follows the "pleasure principle" is the _____.

- A) id
- B) ego
- C) superego
- D) alter-ego

Difficulty: 2

QuestionID: 01-151

Page-Reference: 23

Skill: Factual

Answer: A) id

151. An infant demands instant gratification of its needs without consideration of social customs or the needs of others. The infant is responding to the _____ principle.

- A) survival
- B) reality
- C) Peter
- D) pleasure

Difficulty: 1

QuestionID: 01-152

Page-Reference: 23

Skill: Applied

Answer: D) pleasure

152. According to Freud, the psychic structure that operates primarily through the use of primary process thinking is the _____.

- A) id
- B) ego
- C) superego
- D) alter-ego

Difficulty: 2

QuestionID: 01-153

Page-Reference: 23

Skill: Factual

Answer: A) id

153. Paula wants to be a famous rock musician, but she cannot afford the musical equipment she needs and her parents won't let her take music lessons. So she spends her free time fantasizing and daydreaming about being a famous musician. According to Freud, Paula's daydreams represent _____.

- A) extrinsic thinking
- B) intrinsic thinking
- C) primary process thinking
- D) secondary process thinking

Difficulty: 3

QuestionID: 01-154

Page-Reference: 23

Skill: Applied

Answer: C) primary process thinking

154. According to Freud, the conjuring up of mental images of the objects of our desires is called _____.

- A) intrinsic thinking
- B) extrinsic thinking
- C) primary process thinking
- D) secondary process thinking

Difficulty: 2

QuestionID: 01-155

Page-Reference: 23

Skill: Conceptual

Answer: C) primary process thinking

155. According to Freud, during the first year of life, the _____ develops to organize reasonable ways to deal with frustration.

- A) id
- B) alter-ego
- C) ego
- D) superego

Difficulty: 2

QuestionID: 01-156

Page-Reference: 23

Skill: Conceptual

Answer: C) ego

156. According to Freud, the ego is governed by the _____ principle.

- A) pride
- B) reality
- C) moral
- D) pleasure

Difficulty: 1

QuestionID: 01-157

Page-Reference: 23

Skill: Factual

Answer: B) reality

157. The psychic principle that operates by balancing fantasies with what is practical and possible is the _____ principle.

- A) pleasure
- B) reality
- C) moral
- D) reciprocity

Difficulty: 1

QuestionID: 01-158

Page-Reference: 23

Skill: Conceptual

Answer: B) reality

158. Paula wants to be a famous rock musician. To help improve the chances of her dream becoming a reality, she weighs her options and begins planning the steps she must take to achieve her goal. According to Freud, Paula's planning represents _____ thinking.

- A) extrinsic
- B) intrinsic
- C) primary process
- D) secondary process

Difficulty: 2

QuestionID: 01-159

Page-Reference: 23

Skill: Applied

Answer: D) secondary process

159. According to Freud, the psychic structure that operates mainly through secondary process thinking is the _____.

- A) id
- B) ego
- C) superego
- D) alter-ego

Difficulty: 2

QuestionID: 01-160

Page-Reference: 23

Skill: Factual

Answer: B) ego

160. Greg has always been taught that stealing is wrong. However, there is a rock video that he wants very badly. He sits down and plans a way to earn some money by getting a job so that he won't have to steal the video. Greg's planning to get a job most likely arises from his _____.

- A) id
- B) ego
- C) superego
- D) collective unconscious

Difficulty: 3

QuestionID: 01-161

Page-Reference: 23

Skill: Applied

Answer: B) ego

161. Moral standards and values of a child's parents and other important people in its life become internalized during _____.

- A) adolescence
- B) late childhood
- C) middle childhood
- D) early childhood

Difficulty: 3

QuestionID: 01-162

Page-Reference: 23

Skill: Factual

Answer: C) middle childhood

162. According to Freud, a child's moral standards become internalized through the formation of the _____.

- A) id
- B) ego
- C) superego
- D) alter-ego

Difficulty: 1

QuestionID: 01-163

Page-Reference: 23

Skill: Conceptual

Answer: C) superego

163. According to Freud, the moral standards and values of a child's parents and other key people in the child's life become internalized through the process of _____.

- A) reaction formation
- B) identification
- C) observational learning
- D) compensation

Difficulty: 2

QuestionID: 01-164

Page-Reference: 23

Skill: Factual

Answer: B) identification

164. The superego operates according to the _____ principle.

- A) pleasure
- B) reality
- C) gratification
- D) moral

Difficulty: 2

QuestionID: 01-165

Page-Reference: 23

Skill: Factual

Answer: D) moral

165. According to Freud, the part of the superego that represents the moral values we believe we should strive for is called the _____.

- A) ego ideal
- B) conscience
- C) persona
- D) collective unconscious

Difficulty: 2

QuestionID: 01-166

Page-Reference: 23

Skill: Conceptual

Answer: A) ego ideal

166. The internal moral guardian that monitors the ego and passes judgment on right and wrong is the _____.

- A) ego ideal
- B) conscience
- C) anima
- D) animus

Difficulty: 2

QuestionID: 01-167

Page-Reference: 23

Skill: Conceptual

Answer: B) conscience

167. **Greg has always been taught that stealing is wrong. However, while shopping at the video store, he sees a video that he wants so badly that, on an impulse, he steals it. Later on he feels guilty about what he has done.**

Greg's guilt arises from his _____.

- A) id
- B) ego
- C) superego
- D) alter-ego

Difficulty: 3

QuestionID: 01-168

Page-Reference: 23

Skill: Applied

Answer: C) superego

168. **Freud believed we protect ourselves from allowing socially unacceptable wishes or impulses that would be inconsistent with our oral values or social responsibilities from rising into conscious awareness through the use of _____.**

- A) response sets
- B) defence mechanisms
- C) secondary process thinking
- D) primary process thinking

Difficulty: 2

QuestionID: 01-169

Page-Reference: 24

Skill: Factual

Answer: B) defence mechanisms

169. **The ego uses defence mechanisms to _____.**

- A) prevent socially unacceptable desires from reaching the unconscious parts of the mind
- B) prevent socially unacceptable desires from rising into consciousness
- C) mobilize the body to fight off or run away from an external threat
- D) prevent the superego from thwarting id desires

Difficulty: 2

QuestionID: 01-170

Page-Reference: 24

Skill: Conceptual

Answer: B) prevent socially unacceptable desires from rising into consciousness

170. **According to Freud, repression involves _____.**

- A) motivated forgetting
- B) blaming others for our behaviour that is really our own fault
- C) making "logical" excuses for our behaviour, after the fact
- D) reverting to childish coping strategies when our adult strategies fail

Difficulty: 2

QuestionID: 01-171

Page-Reference: 24

Skill: Conceptual

Answer: A) motivated forgetting

171. People can remain outwardly calm and controlled while they inwardly harbour murderous or lustful impulses of which they were unaware through the process of _____.

- A) regression
- B) projection
- C) identification
- D) repression

Difficulty: 2

QuestionID: 01-172

Page-Reference: 24

Skill: Conceptual

Answer: D) repression

172. A man who has hurt some of his closest friends suddenly develops amnesia. His defence mechanism is _____.

- A) regression
- B) repression
- C) denial
- D) displacement

Difficulty: 3

QuestionID: 01-173

Page-Reference: 24

Skill: Applied

Answer: B) repression

173. The ejection of anxiety-evoking ideas from awareness is called _____.

- A) repression
- B) regression
- C) denial
- D) displacement

Difficulty: 2

QuestionID: 01-174

Page-Reference: 24

Skill: Conceptual

Answer: A) repression

174. The return, when under stress, to behaviour patterns characteristic of an earlier age is called _____.

- A) displacement
- B) reaction formation
- C) repression
- D) regression

Difficulty: 2

QuestionID: 01-175

Page-Reference: 24

Skill: Conceptual

Answer: D) regression

175. An adult becomes very dependent upon his parents after the dissolution of his marriage. His defence mechanism is _____.

- A) displacement
- B) reaction formation
- C) projection
- D) regression

Difficulty: 3

QuestionID: 01-176

Page-Reference: 24

Skill: Conceptual

Answer: D) regression

176. The use of justifications, or excuses, for unacceptable behaviours as a form of self-deception is called _____.

- A) projection
- B) sublimation
- C) reaction formation
- D) rationalization

Difficulty: 2

QuestionID: 01-177

Page-Reference: 24

Skill: Conceptual

Answer: D) rationalization

177. A man who justifies raping a woman by claiming she was dressing provocatively and thus "asking for it" is using the defence mechanism of _____.

- A) displacement
- B) projection
- C) reaction formation
- D) rationalization

Difficulty: 3

QuestionID: 01-178

Page-Reference: 24

Skill: Applied

Answer: D) rationalization

178. A man who explains his cheating on his income taxes by saying, "Everyone does it" is using the defence mechanism of _____.

- A) rationalization
- B) projection
- C) reaction formation
- D) identification

Difficulty: 3

QuestionID: 01-179

Page-Reference: 24

Skill: Applied

Answer: A) rationalization

179. **The transfer of impulses or wishes toward threatening objects onto safer or less threatening objects is called _____.**

- A) displacement
- B) projection
- C) sublimation
- D) rationalization

Difficulty: 2

QuestionID: 01-180

Page-Reference: 24

Skill: Conceptual

Answer: A) displacement

180. **A woman who has been scolded at work by her boss comes home and yells at her children. Her defence mechanism is _____.**

- A) projection
- B) displacement
- C) sublimation
- D) regression

Difficulty: 3

QuestionID: 01-181

Page-Reference: 24

Skill: Applied

Answer: B) displacement

181. **The attribution to others of one's own unacceptable impulses is _____.**

- A) projection
- B) displacement
- C) sublimation
- D) reaction formation

Difficulty: 2

QuestionID: 01-182

Page-Reference: 24

Skill: Conceptual

Answer: A) projection

182. **A sexually frustrated woman interprets innocent glances from others as sexual advances. Her defence mechanism is _____.**

- A) rationalization
- B) reaction formation
- C) displacement
- D) projection

Difficulty: 3

QuestionID: 01-183

Page-Reference: 24

Skill: Applied

Answer: D) projection

183. Adopting public behaviours that are the extreme opposite of one's genuine desires in order to keep those desires repressed is called _____.

- A) displacement
- B) sublimation
- C) reaction formation
- D) denial

Difficulty: 2

QuestionID: 01-184

Page-Reference: 24

Skill: Conceptual

Answer: C) reaction formation

184. A conservative man who cannot accept his own sexual desires begins a highly publicized crusade to stamp out pornography. His defence mechanism is _____.

- A) repression
- B) reaction formation
- C) sublimation
- D) displacement

Difficulty: 3

QuestionID: 01-185

Page-Reference: 24

Skill: Applied

Answer: B) reaction formation

185. Refusal to accept the reality of a threat is called _____.

- A) repression
- B) denial
- C) reaction formation
- D) sublimation

Difficulty: 2

QuestionID: 01-186

Page-Reference: 24

Skill: Conceptual

Answer: B) denial

186. A college student with a D average tells her parents that school is going well and refuses to admit to herself that she might fail. Her defence mechanism is _____.

- A) denial
- B) repression
- C) sublimation
- D) reaction formation

Difficulty: 3

QuestionID: 01-187

Page-Reference: 24

Skill: Applied

Answer: A) denial

187. The channelling of unacceptable impulses into positive, constructive pursuits is called _____.

- A) sublimation
- B) displacement
- C) reaction formation
- D) projection

Difficulty: 2

QuestionID: 01-188

Page-Reference: 24

Skill: Conceptual

Answer: A) sublimation

188. A normal, healthy, person paints nudes for the sake of "beauty "and "art." His or her defence mechanism is _____.

- A) displacement
- B) sublimation
- C) reaction formation
- D) denial

Difficulty: 3

QuestionID: 01-189

Page-Reference: 24

Skill: Applied

Answer: B) sublimation

189. Freud's approach to the treatment of abnormal behaviour is called _____.

- A) ego psychology
- B) psychoanalysis
- C) analytical psychology
- D) individual psychology

Difficulty: 2

QuestionID: 01-190

Page-Reference: 24

Skill: Factual

Answer: B) psychoanalysis

190. Other psychodynamic theorists differed from Freud in that they tended to emphasize more strongly each of the following EXCEPT _____.

- A) conscious choice
- B) self-direction
- C) creativity
- D) basic instincts

Difficulty: 2

QuestionID: 01-191

Page-Reference: 25

Skill: Factual

Answer: D) basic instincts

191. According to Freud, when the id breaks completely through to consciousness, and the ego is no longer able

to keep a lid on its urges, _____ results.

- A) compulsiveness
- B) neurosis
- C) psychosis
- D) psychopathic behaviour

Difficulty: 3

QuestionID: 01-192

Page-Reference: 25

Skill: Conceptual

Answer: C) psychosis

192. **For Freud, psychological health was related to _____.**

- A) the abilities to love and work
- B) differentiation of the self
- C) compensation for feelings of inferiority
- D) positive outcomes of resolving life crises

Difficulty: 2

QuestionID: 01-193

Page-Reference: 25

Skill: Factual

Answer: A) the abilities to love and work

193. **The first major psychological theories of abnormal behaviour were _____.**

- A) phenomenological theories
- B) behavioural theories
- C) organic theories
- D) psychodynamic theories

Difficulty: 1

QuestionID: 01-194

Page-Reference: 25

Skill: Factual

Answer: D) psychodynamic theories

194. **The behavioural perspective sees abnormal behaviour as _____.**

- A) symptomatic of underlying psychological problems
- B) symptomatic of underlying biological problems
- C) the incurable result of a person's genetically inherited traits
- D) learned in much the same way as normal behaviour

Difficulty: 1

QuestionID: 01-195

Page-Reference: 25

Skill: Conceptual

Answer: D) learned in much the same way as normal behaviour

195. **A behaviour therapist would attribute abnormal behaviour to each of the following EXCEPT _____.**

- A) a learning history that is different from the learning histories of most people
- B) inconsistent discipline
- C) neglectful or abusive parents

D) conflicts between the id and superego

Difficulty: 2

QuestionID: 01-196

Page-Reference: 25

Skill: Applied

Answer: D) conflicts between the id and superego

196. Each of the following scientists is associated with the psychological theory of behaviourism EXCEPT _____.

- A) John b. Watson
- B) Abraham Maslow
- C) B.F. Skinner
- D) Ivan Pavlov

Difficulty: 2

QuestionID: 01-197

Page-Reference: 25

Skill: Factual

Answer: B) Abraham Maslow

197. Neo-Freudians include _____.

- A) Skinner and Pavlov
- B) Jung and Adler
- C) Ellis and Beck
- D) Meichenbaum

Difficulty: 2

QuestionID: 01-198

Page-Reference: 25

Skill: Factual

Answer: B) Jung and Adler

198. Classical conditioning was discovered by _____.

- A) Bandura
- B) Watson
- C) Skinner
- D) Pavlov

Difficulty: 1

QuestionID: 01-199

Page-Reference: 26

Skill: Factual

Answer: D) Pavlov

199. In _____ conditioning, responses are elicited by stimuli.

- A) operant
- B) classical
- C) introjective
- D) reactive

Difficulty: 2

QuestionID: 01-200
Page-Reference: 26
Skill: Conceptual

Answer: B) classical

200. **A scientist rings a bell just prior to presenting meat to the dogs in his laboratory. After several pairings, the dogs begin salivating when the bell is rung, even when no meat is presented. In this study, the meat is the _____.**

- A) unconditioned stimulus
- B) unconditioned response
- C) conditioned stimulus
- D) conditioned response

Difficulty: 3

QuestionID: 01-201
Page-Reference: 26
Skill: Applied

Answer: A) unconditioned stimulus

201. **A scientist rings a bell just prior to presenting meat to the dogs in his laboratory. After several pairings, the dogs begin salivating when the bell is rung, even when no meat is presented. In this study, the bell is the _____.**

- A) unconditioned stimulus
- B) unconditioned response
- C) conditioned stimulus
- D) conditioned response

Difficulty: 3

QuestionID: 01-202
Page-Reference: 26
Skill: Applied

Answer: C) conditioned stimulus

202. **A scientist rings a bell just prior to presenting meat to the dogs in his laboratory. After several pairings, the dogs begin salivating when the bell is rung, even when no meat is presented. In this study, salivation to the meat is the _____.**

- A) unconditioned stimulus
- B) unconditioned response
- C) conditioned stimulus
- D) conditioned response

Difficulty: 3

QuestionID: 01-203
Page-Reference: 26
Skill: Applied

Answer: B) unconditioned response

203. **A scientist rings a bell just prior to presenting meat to the dogs in his laboratory. After several pairings, the dogs begin salivating when the bell is rung, even when no meat is presented. In this study, salivation to the bell is the _____.**

- A) unconditioned stimulus
- B) unconditioned response

- C) conditioned stimulus
- D) conditioned response

Difficulty: 3

QuestionID: 01-204

Page-Reference: 26

Skill: Applied

Answer: D) conditioned response

204. A scientist rings a bell just prior to presenting meat to the dogs in his laboratory. After several pairings, the dogs begin salivating when the bell is rung, even when no meat is presented. This experiment utilizes _____.

- A) classical conditioning
- B) operant conditioning
- C) aversive conditioning
- D) systematic desensitization

Difficulty: 3

QuestionID: 01-205

Page-Reference: 26

Skill: Applied

Answer: A) classical conditioning

205. A little boy is allowed to play with a laboratory rat and shows no fear of it. Then, a scientist makes a scary noise by banging an iron bar whenever the little boy reaches for the rat. Soon, the boy begins crying whenever the rat comes near him. In this study, the scary noise is the _____.

- A) unconditioned stimulus
- B) unconditioned response
- C) conditioned stimulus
- D) conditioned response

Difficulty: 3

QuestionID: 01-206

Page-Reference: 26

Skill: Applied

Answer: A) unconditioned stimulus

206. A little boy is allowed to play with a laboratory rat and shows no fear of it. Then, a scientist makes a scary noise by banging an iron bar whenever the little boy reaches for the rat. Soon, the boy begins crying whenever the rat comes near him. In this study, the rat is the _____.

- A) unconditioned stimulus
- B) unconditioned response
- C) conditioned stimulus
- D) conditioned response

Difficulty: 3

QuestionID: 01-207

Page-Reference: 26

Skill: Applied

Answer: C) conditioned stimulus

207. A little boy is allowed to play with a laboratory rat and shows no fear of it. Then, a scientist makes a scary noise by banging an iron bar whenever the little boy reaches for the rat. Soon, the boy begins crying whenever

the rat comes near him. In this study, the boy's fear of the noise is the _____.

- A) unconditioned stimulus
- B) unconditioned response
- C) conditioned stimulus
- D) conditioned response

Difficulty: 3

QuestionID: 01-208

Page-Reference: 26

Skill: Applied

Answer: B) unconditioned response

208. A little boy is allowed to play with a laboratory rat and shows no fear of it. Then, a scientist makes a scary noise by banging an iron bar whenever the little boy reaches for the rat. Soon, the boy begins crying whenever the rat comes near him. In this study, the boy's fear of the rat is the _____.

- A) unconditioned stimulus
- B) unconditioned response
- C) conditioned stimulus
- D) conditioned response

Difficulty: 3

QuestionID: 01-209

Page-Reference: 26

Skill: Applied

Answer: D) conditioned response

209. In _____ conditioning, organisms learn to emit behaviours because of the behaviour's effects.

- A) operant
- B) classical
- C) aversive
- D) reactive

Difficulty: 3

QuestionID: 01-210

Page-Reference: 27

Skill: Applied

Answer: A) operant

210. The person most closely associated with operant conditioning is _____.

- A) Watson
- B) Skinner
- C) Pavlov
- D) Bandura

Difficulty: 1

QuestionID: 01-211

Page-Reference: 27

Skill: Factual

Answer: B) Skinner

211. Changes in the environment that increase the frequency of the preceding behaviour are called _____.

- A) operants

- B) stimuli
- C) reinforcers
- D) punishments

Difficulty: 2

QuestionID: 01-212

Page-Reference: 27

Skill: Conceptual

Answer: C) reinforcers

212. **A scientist gives a rat a food pellet every time it presses a bar. This is an example of _____.**

- A) positive reinforcement
- B) negative reinforcement
- C) classical conditioning
- D) aversive conditioning

Difficulty: 2

QuestionID: 01-213

Page-Reference: 27

Skill: Conceptual

Answer: A) positive reinforcement

213. **A parent promises to stop criticizing her son when he behaves in the "correct" manner. This is an example of _____.**

- A) positive reinforcement
- B) negative reinforcement
- C) punishment
- D) aversive conditioning

Difficulty: 3

QuestionID: 01-214

Page-Reference: 27

Skill: Applied

Answer: B) negative reinforcement

214. **Studying for a test to reduce anxiety and fears of failure is an example of _____.**

- A) positive reinforcement
- B) negative reinforcement
- C) punishment
- D) aversive conditioning

Difficulty: 3

QuestionID: 01-215

Page-Reference: 27

Skill: Applied

Answer: B) negative reinforcement

215. **Stimuli that increase the frequency of a behaviour when they are removed are called _____.**

- A) positive reinforcers
- B) negative reinforcers
- C) punishers
- D) aversive conditioners

Difficulty: 2

QuestionID: 01-216

Page-Reference: 27

Skill: Conceptual

Answer: B) negative reinforcers

216. Food, water, and sexual stimulation are all examples of _____ reinforcers.

- A) primary
- B) secondary
- C) tertiary
- D) cue-controlled

Difficulty: 1

QuestionID: 01-217

Page-Reference: 27

Skill: Applied

Answer: A) primary

217. Money is an example of a _____ reinforcer.

- A) primary
- B) secondary
- C) tertiary
- D) cue-controlled

Difficulty: 2

QuestionID: 01-218

Page-Reference: 28

Skill: Applied

Answer: B) secondary

218. _____ reinforcers influence behaviour because they satisfy basic needs.

- A) Primary
- B) Secondary
- C) Tertiary
- D) Cue-controlled

Difficulty: 2

QuestionID: 01-219

Page-Reference: 28

Skill: Conceptual

Answer: A) Primary

219. _____ reinforcers influence behaviour through their association with established reinforcers.

- A) Primary
- B) Secondary
- C) Tertiary
- D) Aversive

Difficulty: 2

QuestionID: 01-220

Page-Reference: 28

Skill: Conceptual

Answer: B) Secondary

220. **Painful, aversive events that decrease or suppress the frequency of the preceding behaviour are known as _____.**

- A) positive reinforcers
- B) negative reinforcers
- C) extinguishers
- D) punishments

Difficulty: 2

QuestionID: 01-221

Page-Reference: 28

Skill: Conceptual

Answer: D) punishments

221. **Gigi goes to a therapist for treatment of her test anxiety. Her therapist says that her test anxiety is a learned reaction to the extreme demands for achievement placed on her by her parents while she was growing up. The therapist says that Gigi can learn to correct her test anxiety by learning to relax in test-taking situations. Gigi's therapist is using the _____ model of treatment.**

- A) psychoanalytic
- B) humanistic
- C) behavioural
- D) sociocultural

Difficulty: 3

QuestionID: 01-222

Page-Reference: 28

Skill: Applied

Answer: C) behavioural

222. **Greenberg's neo-humanistic perspective emphasizes _____.**

- A) intrapsychic conflict
- B) classically conditioned responses
- C) emotional intelligence
- D) moral intelligence

Difficulty: 2

QuestionID: 01-223

Page-Reference: 29

Skill: Factual

Answer: C) emotional intelligence

223. **Self-discovery, self-acceptance, and self-determination are concepts important to the _____ approach.**

- A) behavioural
- B) psychoanalytical
- C) humanistic-existential
- D) cognitive-behavioural

Difficulty: 2

QuestionID: 01-224

Page-Reference: 29

Skill: Conceptual

Answer: C) humanistic-existential

224. The humanistic-existential perspective includes _____ in its focus.

- A) learning
- B) primitive drives
- C) inherent goodness
- D) the unconscious

Difficulty: 2

QuestionID: 01-225

Page-Reference: 29

Skill: Conceptual

Answer: C) inherent goodness

225. To perceive, access, generate, and understand emotions is a fundamental component of _____.

- A) emotional contagion
- B) emotional learning
- C) emotional conditioning
- D) emotional intelligence

Difficulty: 2

QuestionID: 01-226

Page-Reference: 29

Skill: Conceptual

Answer: D) emotional intelligence

226. A cognition is most similar to _____.

- A) an emotion
- B) a thought
- C) an urge
- D) an experience

Difficulty: 2

QuestionID: 01-227

Page-Reference: 29-30

Skill: Conceptual

Answer: B) a thought

227. Theorists who focus on abnormal thought patterns, attitudes, and expectations associated with abnormal behaviour are _____ theorists.

- A) psychodynamic
- B) humanistic
- C) Gestalt
- D) cognitive

Difficulty: 2

QuestionID: 01-228

Page-Reference: 30

Skill: Conceptual

Answer: D) cognitive

228. **Cognitive psychologists conceptualize human behaviour in terms of _____.**

- A) existentialist models
- B) organic models
- C) information processing models
- D) sociocultural models

Difficulty: 2

QuestionID: 01-229

Page-Reference: 30

Skill: Conceptual

Answer: C) information processing models

229. **Albert Ellis and Aaron Beck are most closely associated with _____ psychology.**

- A) social learning
- B) behavioural
- C) humanistic-existential
- D) cognitive

Difficulty: 2

QuestionID: 01-230

Page-Reference: 30

Skill: Factual

Answer: D) cognitive

230. **The view that abnormality results from faulty storage, input, or retrieval of information is central to _____ psychology.**

- A) eclectic
- B) cognitive
- C) behavioural
- D) humanistic

Difficulty: 2

QuestionID: 01-231

Page-Reference: 30

Skill: Conceptual

Answer: B) cognitive

231. **Ellis used a(n) _____ approach to explain abnormal behaviour.**

- A) personal construct
- B) self-actualization
- C) A-B-C approach
- D) behavioural

Difficulty: 2

QuestionID: 01-232

Page-Reference: 30

Skill: Factual

Answer: C) A-B-C approach

232. **For Ellis, the key factor in abnormal behaviour is a person's _____.**

- A) early childhood

- B) conditions of worth
- C) genetic history
- D) beliefs

Difficulty: 2

QuestionID: 01-233

Page-Reference: 30

Skill: Conceptual

Answer: D) beliefs

233. For Ellis, irrational beliefs lead to distress through a process called _____.

- A) sensitization
- B) self-efficacy
- C) catastrophizing
- D) introjection

Difficulty: 2

QuestionID: 01-234

Page-Reference: 30

Skill: Factual

Answer: C) catastrophizing

234. Emotional intelligence is the cornerstone of the _____ approach.

- A) humanistic-existential
- B) social learning
- C) behavioural
- D) cognitive-behavioural

Difficulty: 2

QuestionID: 01-235

Page-Reference: 30

Skill: Conceptual

Answer: A) humanistic-existential

235. In Ellis's A-B-C approach, the C stands for _____.

- A) cognition
- B) consequence
- C) conclusion
- D) condition

Difficulty: 3

QuestionID: 01-236

Page-Reference: 30

Skill: Factual

Answer: B) consequence

236. "I must be thoroughly competent, adequate, achieving, and loveable at all times, or else I am an incompetent worthless person . . ." is an example of _____'s core irrational beliefs.

- A) Beck
- B) Ellis
- C) Greenberg
- D) O'Neill

Difficulty: 3

QuestionID: 01-237

Page-Reference: 31

Skill: Applied

Answer: B) Ellis

237. **Cognitive-behavioural therapy was developed by _____.**

- A) Beck
- B) Ellis
- C) Meichenbaum
- D) Rogers

Difficulty: 1

QuestionID: 01-238

Page-Reference: 31

Skill: Factual

Answer: A) Beck

238. **Theorists who view people as affecting their environment just as the environment affects them would be representative of the _____ theory.**

- A) humanistic-existential
- B) social-cognitive
- C) sociological
- D) social dynamic

Difficulty: 2

QuestionID: 01-239

Page-Reference: 31

Skill: Conceptual

Answer: B) social-cognitive

239. **The creator of rational-emotive behaviour therapy is _____.**

- A) Beck
- B) Kelly
- C) Ellis
- D) Bandura

Difficulty: 2

QuestionID: 01-240

Page-Reference: 31

Skill: Factual

Answer: C) Ellis

240. **Philippe visits a therapist for treatment of his depression. The therapist tells him his problems arise from a series of irrational beliefs about himself and about life that he has developed over the years. She says that to overcome the depression, Philippe must replace his irrational beliefs with rational self-talk. Philippe's therapist is most similar to _____ in the way she conceptualizes his problem.**

- A) Ellis
- B) Sullivan
- C) Skinner
- D) Kelly

Difficulty: 3
QuestionID: 01-241
Page-Reference: 31
Skill: Applied

Answer: A) Ellis

241. **A leader in the field of cognitive theory is _____.**

- A) Ivan Pavlov
- B) Anna Freud
- C) Aaron Beck
- D) Martin Heidegger

Difficulty: 1
QuestionID: 01-242
Page-Reference: 31
Skill: Factual

Answer: C) Aaron Beck

242. **Manuel visits a therapist for treatment of his depression. The therapist tells him his problem stems from a series of cognitive errors and distortions in which he minimizes his successes and pessimistically assumes the worst about his future. Manuel's therapist is most similar to _____ in the way she conceptualizes his problem.**

- A) Ellis
- B) Beck
- C) Bandura
- D) Kelly

Difficulty: 3
QuestionID: 01-243
Page-Reference: 31
Skill: Applied

Answer: B) Beck

243. **Which of the following is NOT one of the four basic errors leading to emotional distress emphasized by Aaron Beck?**

- A) selective abstraction
- B) overgeneralization
- C) magnification
- D) relativistic thinking

Difficulty: 2
QuestionID: 01-244
Page-Reference: 31
Skill: Factual

Answer: D) relativistic thinking

244. **Cognitive therapists have largely focused on the _____.**

- A) treatment of emotional disorders
- B) development of treatment approaches
- C) development of conceptual models
- D) treatment of schizophrenia

Difficulty: 2

QuestionID: 01-245

Page-Reference: 31

Skill: Conceptual

Answer: A) treatment of emotional disorders

245. Nina goes to a therapist for treatment of her test anxiety. Her therapist tells her that her test anxiety results from self-defeating attitudes, irrational self-talk, and judging herself entirely on the basis of her flaws rather than her strengths. Nina's therapist is using the _____ treatment model.

- A) psychoanalytic
- B) cognitive
- C) humanistic
- D) sociocultural

Difficulty: 3

QuestionID: 01-246

Page-Reference: 31

Skill: Applied

Answer: B) cognitive

246. Candy goes to a therapist for treatment of her test anxiety. Her therapist tells her that her test anxiety results from self-defeating attitudes, irrational self-talk, and faulty cognitions. Candy's therapist is most like _____.

- A) Albert Ellis
- B) Abraham Maslow
- C) Carl Jung
- D) Carl Rogers

Difficulty: 3

QuestionID: 01-247

Page-Reference: 31

Skill: Applied

Answer: A) Albert Ellis

247. Social-cognitive theory is associated with _____.

- A) Fritz Perls
- B) Aaron Beck
- C) Donald Meichenbaum
- D) Albert Bandura

Difficulty: 2

QuestionID: 01-248

Page-Reference: 31

Skill: Conceptual

Answer: D) Albert Bandura

248. Fred sees people and events in his life as either all good or all bad. This represents a cognitive error known as _____.

- A) selective abstraction
- B) overgeneralization
- C) magnification
- D) absolutist thinking

Difficulty: 3

QuestionID: 01-249

Page-Reference: 32

Skill: Applied

Answer: D) absolutist thinking

249. Thinking errors are examples of _____.

- A) cognitive expectations
- B) reciprocal determinisms
- C) cognitive reciprocalisms
- D) cognitive distortions

Difficulty: 2

QuestionID: 01-250

Page-Reference: 32

Skill: Conceptual

Answer: D) cognitive distortions

250. In his first semester, Louis fails a mid-term. He then questions his ability to complete his studies and withdraws from his program. This is an example of _____.

- A) a cognitive distortion
- B) reciprocal determinism
- C) absolutist thinking
- D) denial

Difficulty: 3

QuestionID: 01-251

Page-Reference: 32

Skill: Applied

Answer: A) a cognitive distortion

251. A form of therapy that focuses on modifying self-defeating beliefs in addition to overt behaviour is known as _____.

- A) reciprocal determinism therapy
- B) cognitive-behaviour therapy
- C) rational-emotive therapy
- D) humanistic-existential therapy

Difficulty: 2

QuestionID: 01-252

Page-Reference: 32

Skill: Conceptual

Answer: B) cognitive-behaviour therapy

252. Marion receives an average grade on her term assignment. She is very upset but fails to acknowledge that most other students failed the assignment. This represents what type of cognitive error?

- A) selective abstraction
- B) overgeneralization
- C) magnification
- D) absolutist thinking

Difficulty: 3

QuestionID: 01-253
Page-Reference: 32
Skill: Applied

Answer: A) selective abstraction

253. How a person's behaviour both acts upon and is influenced by that person's personal and environmental factors is known as _____.

- A) cognitive abstraction
- B) cognitive expectancies
- C) reciprocal determinism
- D) cognitive determinism

Difficulty: 2
QuestionID: 01-254
Page-Reference: 32
Skill: Conceptual

Answer: C) reciprocal determinism

254. Cognitive-behaviour therapy has had the most impact on the development of treatment approaches for _____.

- A) anxiety
- B) schizophrenia
- C) depression
- D) bipolar disorder

Difficulty: 2
QuestionID: 01-255
Page-Reference: 32
Skill: Conceptual

Answer: A) anxiety

255. Each of the following is a contribution of sociocultural theory EXCEPT _____.

- A) it has focused our attention on the parts of abnormal behaviour that are rooted in the individual
- B) it has focused our attention on the political implications of our responses to deviance
- C) it has been influential in bringing about much needed changes to protect the rights of mental patients in psychiatric institutions
- D) it has focused much needed attention on the social stressors that may lead to abnormal behaviour

Difficulty: 2
QuestionID: 01-256
Page-Reference: 33
Skill: Factual

Answer: A) it has focused our attention on the parts of abnormal behaviour that are rooted in the individual

256. The psychological model that offers the broadest level of analysis of abnormal behaviour is the _____ model.

- A) psychodynamic
- B) biological
- C) sociocultural
- D) humanistic-existential

Difficulty: 2

QuestionID: 01-257
Page-Reference: 33
Skill: Conceptual

Answer: C) sociocultural

257. The _____ theory believes that the causes of abnormal behaviour may reside in the failure of society rather than in the person.

- A) cognitive
- B) sociocultural
- C) social activist
- D) humanistic-existential

Difficulty: 2
QuestionID: 01-258
Page-Reference: 33
Skill: Factual

Answer: B) sociocultural

258. Tina has an eating disorder. If her therapist used the sociocultural approach, she or he would likely consider the cause of her disorder to be due to _____.

- A) cognitive distortions
- B) learned behaviour
- C) early childhood trauma
- D) media pressures to be thin

Difficulty: 3
QuestionID: 01-259
Page-Reference: 33
Skill: Applied

Answer: D) media pressures to be thin

259. Sam believes that he will do well on a test because he attended all his classes. He prepares by studying a lot and receives a good grade. This is an example of _____.

- A) absolutist thinking
- B) expectancies
- C) social intelligence
- D) cognitive distortion

Difficulty: 3
QuestionID: 01-260
Page-Reference: 33
Skill: Applied

Answer: B) expectancies

260. The "downward drift" hypothesis suggests the drifting downwards is in relation to _____.

- A) social status
- B) mood
- C) economic self-sufficiency
- D) employability

Difficulty: 2
QuestionID: 01-261

Page-Reference: 33

Skill: Conceptual

Answer: A) social status

261. **Canadian mental health promotion includes a focus on _____.**

- A) removing the stigma of mental health
- B) deinstitutionalization of those with mental illness
- C) training mental health practitioners
- D) the overall well-being of children

Difficulty: 2

QuestionID: 01-262

Page-Reference: 13

Skill: Conceptual

Answer: A) removing the stigma of mental health

262. **Therapists who use multiple models to explain and treat abnormal behaviour are using the _____ treatment model.**

- A) ethnocentric
- B) interactionist
- C) factor analysis
- D) social learning

Difficulty: 2

QuestionID: 01-263

Page-Reference: 34

Skill: Conceptual

Answer: B) interactionist

263. **Teri goes to a therapist for treatment of her test anxiety. Her therapist tells her that her anxiety results from a combination of biological factors that tend to make her nervous, lack of confidence resulting from early childhood conflicts with her parents, and perfectionism based on several irrational beliefs about herself. The therapist recommends a multimodal treatment plan. Her therapist is _____.**

- A) humanistic
- B) behavioural
- C) Gestalt
- D) interactionist

Difficulty: 3

QuestionID: 01-264

Page-Reference: 34

Skill: Applied

Answer: D) interactionist

264. **The most prominent interactionist model is the _____ model.**

- A) general adaptation
- B) Stockholm
- C) diathesis-stress
- D) response-awareness

Difficulty: 2

QuestionID: 01-265

Page-Reference: 34

Skill: Factual

Answer: C) diathesis-stress

265. The psychological model arguing that abnormal behaviours are often caused by a combination of genetically inherited vulnerabilities and various life stresses is the _____ model.

- A) diathesis-stress
- B) perceived self-efficacy
- C) neural sensitivity
- D) stress amplification

Difficulty: 1

QuestionID: 01-266

Page-Reference: 34

Skill: Conceptual

Answer: A) diathesis-stress

266. Diathesis means _____.

- A) vulnerability
- B) bi-modal
- C) across cultures
- D) circular

Difficulty: 2

QuestionID: 01-267

Page-Reference: 34

Skill: Factual

Answer: A) vulnerability

267. The biopsychosocial model includes _____ domains, or systems.

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

Difficulty: 2

QuestionID: 01-268

Page-Reference: 35

Skill: Factual

Answer: C) three

268. The biopsychosocial model could also be considered a _____ approach to account for abnormal behaviour.

- A) bilateral
- B) medical
- C) linear
- D) systems

Difficulty: 2

QuestionID: 01-269

Page-Reference: 36

Skill: Conceptual

Answer: D) systems

269. The diathesis-stress model was originally developed as an explanatory framework for understanding the development of _____.

- A) personality disorders
- B) dissociative amnesia
- C) paranoia
- D) schizophrenia

Difficulty: 2

QuestionID: 01-270

Page-Reference: 36

Skill: Factual

Answer: D) schizophrenia

270. The two interactionist models discussed in the text are the diathesis-stress model and the _____ model.

- A) psychotropic
- B) biopsychosocial
- C) psychodynamic
- D) psycho-social

Difficulty: 2

QuestionID: 01-271

Page-Reference: 36

Skill: Conceptual

Answer: B) biopsychosocial

271. Only about 10% of Canadians will experience a psychological disorder in their lifetime.

- a True
- b False

Difficulty: 0

QuestionID: 01-272

Page-Reference: 2

Skill:

Answer: b. False

272. Psychological disorders are most common among people aged 45- to 64 years.

- a True
- b False

Difficulty: 0

QuestionID: 01-273

Page-Reference: 2

Skill:

Answer: a. True

273. Behaviour that is deemed abnormal in one society may be perceived as perfectly normal in another.

- a True
- b False

Difficulty: 0
QuestionID: 01-274
Page-Reference: 3

Answer: a. True

274. Until the mid-1970s homosexuality was classified as a mental disorder, but today the Canadian Psychiatric Association no longer classifies it as such.

- a True
- b False

Difficulty: 0
QuestionID: 01-275
Page-Reference: 4

Answer: a. True

275. Anxiety and depression are always abnormal responses to one's situation.

- a True
- b False

Difficulty: 0
QuestionID: 01-276
Page-Reference: 5

Answer: b. False

276. Claustrophobic behaviour is characterized by intense fear of venturing into public places.

- a True
- b False

Difficulty: 0
QuestionID: 01-277
Page-Reference: 5

Answer: b. False

277. Abnormal behaviour has multiple definitions depending on the culture in which it is defined.

- a True
- b False

Difficulty: 0
QuestionID: 01-278
Page-Reference: 4

Answer: a. True

278. Canadian Indigenous people experience a disproportionate higher rate of depression, anxiety, and posttraumatic stress disorders

- a True
- b False

Difficulty: 0
QuestionID: 01-279
Page-Reference: 6

Answer: a. True

279. There is evidence that the behaviour patterns characterized by schizophrenia vary across numerous societies.

- a True
- b False

Difficulty: 0

QuestionID: 01-280

Page-Reference: 6

Answer: b. False

280. There is evidence that the behaviour patterns characterized by schizophrenia are limited to North America.

- a True
- b False

Difficulty: 0

QuestionID: 01-281

Page-Reference: 6

Answer: b. False

281. Gender can represent a risk factor for probability of psychopathology.

- a True
- b False

Difficulty: 0

QuestionID: 01-282

Page-Reference: 7

Answer: a. True

282. Most Canadians seek treatment for their mental health from the traditional medical system.

- a True
- b False

Difficulty: 0

QuestionID: 01-283

Page-Reference: 8

Answer: b. False

283. Mental health is one of the least costliest health conditions in Canada.

- a True
- b False

Difficulty: 0

QuestionID: 01-284

Page-Reference: 8

Answer: b. False

284. Throughout history, concepts of abnormal behaviour have been shaped by the prevailing worldview of the time.

- a True

b False

Difficulty: 0

QuestionID: 01-285

Page-Reference: 9

Answer: a. True

285. Hippocrates argued that illnesses of the body and mind were the result of possession by supernatural spirits.

a True

b False

Difficulty: 0

QuestionID: 01-286

Page-Reference: 9

Answer: b. False

286. The modern medical model of abnormal behaviour can be traced back to 2500 years ago.

a True

b False

Difficulty: 0

QuestionID: 01-287

Page-Reference: 9

Answer: a. True

287. If you were living in what is now Canada in 1639 and were disabled or poor, you would likely be cared for in an asylum with people with psychological disorders.

a True

b False

Difficulty: 0

QuestionID: 01-288

Page-Reference: 11

Answer: a. True

288. Fear of witches reached its height during the Middle Ages.

a True

b False

Difficulty: 0

QuestionID: 01-289

Page-Reference: 10

Answer: b. False

289. The Latin phrase *malleus maleficarum* means the witches' hammer.

a True

b False

Difficulty: 0

QuestionID: 01-290

Page-Reference: 10

Answer: a. True

290. If you worked for Pussin in France in a mental hospital, you would be encouraged to treat the patients harshly and keep them in chains.

- a True
- b False

Difficulty: 0

QuestionID: 01-291

Page-Reference: 11

Answer: b. False

291. Chlorpromazine has helped people with schizophrenia to be discharged to halfway houses and group homes.

- a True
- b False

Difficulty: 0

QuestionID: 01-292

Page-Reference: 12

Answer: a. True

292. Asylums, or "madhouses," began to crop up throughout Europe in the mid-18th century.

- a True
- b False

Difficulty: 0

QuestionID: 01-293

Page-Reference: 11

Answer: b. False

293. Many of the earliest asylums were leprosariums.

- a True
- b False

Difficulty: 0

QuestionID: 01-294

Page-Reference: 11

Answer: a. True

294. A night on the town in London, Ontario, a few hundred years ago may have included peering at the inmates at the local asylum.

- a True
- b False

Difficulty: 0

QuestionID: 01-295

Page-Reference: 11

Answer: a. True

295. The modern era of treatment can be traced to the efforts of such individuals as Philippe Pinel.

- a True
- b False

Difficulty: 0

QuestionID: 01-296

Page-Reference: 11

Answer: a. True

296. In the latter half of the 19th century, the belief that abnormal behaviour could be treated by moral therapy fell into disfavour.

- a True
- b False

Difficulty: 0

QuestionID: 01-297

Page-Reference: 11

Answer: a. True

297. Past reforms of the Canadian mental health system strongly suggested that no person with a mental illness should ever be admitted to a hospital.

- a True
- b False

Difficulty: 0

QuestionID: 01-298

Page-Reference: 13

Answer: b. False

298. Phenothiazines represent a revolutionary group of major antidepressants.

- a True
- b False

Difficulty: 0

QuestionID: 01-299

Page-Reference: 12

Answer: b. False

299. All adopters of the medical model believe every pattern of abnormal behaviour is a product of defective biology.

- a True
- b False

Difficulty: 0

QuestionID: 01-300

Page-Reference: 12

Answer: b. False

300. The scientific optimism of the late 19th century that held that biological causes would be found for all mental disorders has been largely fulfilled.

- a True
- b False

Difficulty: 0

QuestionID: 01-301

Page-Reference: 12

Answer: b. False

301. **The policy of deinstitutionalization allows for the need for short-term care of persons during episodes of illness.**

- a True
- b False

Difficulty: 0

QuestionID: 01-302

Page-Reference: 13

Answer: a. True

302. **Canada's approach to mental health promotion considers the interactive nature of multiple domains, such as physical environment, family, community, culture, politics, and economics.**

- a True
- b False

Difficulty: 0

QuestionID: 01-303

Page-Reference: 13

Answer: a. True

303. **Many of the nation's homeless people are discharged mental patients.**

- a True
- b False

Difficulty: 0

QuestionID: 01-304

Page-Reference: 16

Answer: a. True

304. **The number of homeless people has tripled in the last decade.**

- a True
- b False

Difficulty: 0

QuestionID: 01-305

Page-Reference: 16

Answer: b. False

305. **Epigenetics includes the interplay between genes and the environment.**

- a True
- b False

Difficulty: 0

QuestionID: 01-306
Page-Reference: 19

Answer: a. True

306. **Scientists are now able to actually see human schizophrenia at the cellular level.**

- a True
- b False

Difficulty: 0
QuestionID: 01-307
Page-Reference: 20

Answer: a. True

307. **A genome comprises all the genetic material encoded in the DNA of an organism.**

- a True
- b False

Difficulty: 0
QuestionID: 01-308
Page-Reference: 18

Answer: a. True

308. **Epigenetic markers regulate gene expression.**

- a True
- b False

Difficulty: 0
QuestionID: 01-309
Page-Reference: 18

Answer: a. True

309. **Most human genes contain instructions for the building of amino acids.**

- a True
- b False

Difficulty: 0
QuestionID: 01-310
Page-Reference: 18

Answer: b. False

310. **Most human genes contain instructions for the building of proteins from amino acids.**

- a True
- b False

Difficulty: 0
QuestionID: 01-311
Page-Reference: 18

Answer: a. True

311. **Epigenetics is the study the heritable and acquired changes in gene regulation that occur without affecting**

the sequence of DNA.

- a True
- b False

Difficulty: 0

QuestionID: 01-312

Page-Reference: 18

Answer: a. True

312. Epigenetics is the study the heritable and acquired changes in gene regulation that occur as the sequence of DNA is modified.

- a True
- b False

Difficulty: 0

QuestionID: 01-313

Page-Reference: 18

Answer: b. False

313. Undifferentiated cells that are capable of indefinite self-replication and differentiation into specialized cells are called stem cells.

- a True
- b False

Difficulty: 0

QuestionID: 01-314

Page-Reference: 20

Answer: a. True

314. Undifferentiated cells that are capable of indefinite self-replication and differentiation into specialized cells are called omnipotent cells.

- a True
- b False

Difficulty: 0

QuestionID: 01-315

Page-Reference: 20

Answer: b. False

315. Every neuron has a cell body.

- a True
- b False

Difficulty: 0

QuestionID: 01-316

Page-Reference: 20

Answer: a. True

316. Neural axons can extend several feet.

- a True
- b False

Difficulty: 0
QuestionID: 01-317
Page-Reference: 21

Answer: a. True

317. **All neurons use hormones to communicate with each other.**
a True
b False

Difficulty: 0
QuestionID: 01-318
Page-Reference: 21

Answer: b. False

318. **Neural messages electrically jump across the synaptic cleft like a spark.**
a True
b False

Difficulty: 0
QuestionID: 01-319
Page-Reference: 21

Answer: b. False

319. **A transmitting neuron is known as presynaptic.**
a True
b False

Difficulty: 0
QuestionID: 01-320
Page-Reference: 21

Answer: a. True

320. **Dopamine is a neurotransmitter of the catecholamine class believed to play a role in schizophrenia.**
a True
b False

Difficulty: 0
QuestionID: 01-321
Page-Reference: 22

Answer: a. True

321. **Freud likened the mind to an immense iceberg, with only the tip rising into conscious awareness.**
a True
b False

Difficulty: 0
QuestionID: 01-322
Page-Reference: 22

Answer: a. True

322. **According to Freud, the ego is the only psychic structure at birth.**

- a True
- b False

Difficulty: 0

QuestionID: 01-323

Page-Reference: 23

Answer: b. False

323. **According to Freud, the superego serves as the moral guardian of personality.**

- a True
- b False

Difficulty: 0

QuestionID: 01-324

Page-Reference: 23

Answer: a. True

324. **Freud believed we can view the unconscious mind directly.**

- a True
- b False

Difficulty: 0

QuestionID: 01-325

Page-Reference: 23

Answer: b. False

325. **According to Freud, in the unconscious mind, memories of experience can be found that are not in awareness but can be brought into awareness with focus.**

- a True
- b False

Difficulty: 0

QuestionID: 01-326

Page-Reference: 23

Answer: b. False

326. **According to Freud, the gatekeeper, or censor, that screens impulses is the superego.**

- a True
- b False

Difficulty: 0

QuestionID: 01-327

Page-Reference: 24

Answer: b. False

327. **"Motivated forgetting" can be described by the defence mechanism of denial.**

- a True
- b False

Difficulty: 0
QuestionID: 01-328
Page-Reference: 24

Answer: b. False

328. **Freud believed that slips of the tongue weren't accidental.**

- a True
- b False

Difficulty: 0
QuestionID: 01-329
Page-Reference: 24

Answer: a. True

329. **The use of defence mechanisms is a sign of abnormal adjustment.**

- a True
- b False

Difficulty: 0
QuestionID: 01-330
Page-Reference: 24

Answer: b. False

330. **From a behavioural perspective, abnormal behaviour need not be symptomatic of anything.**

- a True
- b False

Difficulty: 0
QuestionID: 01-331
Page-Reference: 25

Answer: a. True

331. **Modern psychodynamic theories place more emphasis on the id than did Freud.**

- a True
- b False

Difficulty: 0
QuestionID: 01-332
Page-Reference: 25

Answer: b. False

332. **According to psychoanalytic theory, neuroses develop when the id breaks through into consciousness and takes over personality.**

- a True
- b False

Difficulty: 0
QuestionID: 01-333
Page-Reference: 25

Answer: b. False

333. Freud equated psychological health with ability to love and work.

- a True
- b False

Difficulty: 0

QuestionID: 01-334

Page-Reference: 25

Answer: a. True

334. The learning perspectives of Watson and Skinner were the first major psychological theories of abnormal behaviour.

- a True
- b False

Difficulty: 0

QuestionID: 01-335

Page-Reference: 6

Answer: b. False

335. From the behavioural perspective, abnormal behaviour is symptomatic of underlying biological or psychological problems.

- a True
- b False

Difficulty: 0

QuestionID: 01-336

Page-Reference: 26

Answer: b. False

336. Behaviourists see human beings as products of environmental influences that shape and manipulate our behaviour.

- a True
- b False

Difficulty: 0

QuestionID: 01-337

Page-Reference: 26

Answer: a. True

337. A reward is any change in the environment that increases the frequency of the preceding behaviour.

- a True
- b False

Difficulty: 0

QuestionID: 01-338

Page-Reference: 26

Answer: b. False

338. Watson and Skinner would have believed in such concepts as personal freedom, choice, and self-direction.

- a True

b False

Difficulty: 0

QuestionID: 01-339

Page-Reference: 26

Answer: b. False

339. After you see on the clock that it is 12:00 noon, your stomach starts to rumble. The cause of these hunger cues could best be explained by a behaviourist.

a True

b False

Difficulty: 0

QuestionID: 01-340

Page-Reference: 27

Answer: a. True

340. Negative reinforcers increase the frequency of a behaviour when they are removed.

a True

b False

Difficulty: 0

QuestionID: 01-341

Page-Reference: 27

Answer: a. True

341. Positive reinforcers increase the frequency of a behaviour when they are removed.

a True

b False

Difficulty: 0

QuestionID: 01-342

Page-Reference: 27

Answer: b. False

342. Secondary reinforcers would include food, water, and escape from pain.

a True

b False

Difficulty: 0

QuestionID: 01-343

Page-Reference: 28

Answer: b. False

343. Primary reinforcers satisfy basic physical needs.

a True

b False

Difficulty: 0

QuestionID: 01-344

Page-Reference: 28

Answer: a. True

344. **One of the principal contributions of learning models is their emphasis on observable behaviour.**

- a True
- b False

Difficulty: 0

QuestionID: 01-345

Page-Reference: 28

Answer: a. True

345. **According to behaviourists, by being true to ourselves we live authentically.**

- a True
- b False

Difficulty: 0

QuestionID: 01-346

Page-Reference: 28

Answer: b. False

346. **An advance on the humanistic approach emphasizes emotional intelligence.**

- a True
- b False

Difficulty: 0

QuestionID: 01-347

Page-Reference: 29

Answer: a. True

347. **The focus on conscious experience can be viewed as both a strength and a weakness of the humanistic-existential approach.**

- a True
- b False

Difficulty: 0

QuestionID: 01-348

Page-Reference: 29

Answer: a. True

348. **Albert Ellis was a leading sociocultural theorist.**

- a True
- b False

Difficulty: 0

QuestionID: 01-349

Page-Reference: 30

Answer: b. False

349. **According to cognitive theorists, people can make themselves miserable by the way in which they interpret events.**

- a True
- b False

Difficulty: 0

QuestionID: 01-350

Page-Reference: 30

Answer: a. True

350. **Cognitive perspectives have had little impact on the development of contemporary therapeutic approaches.**

- a True
- b False

Difficulty: 0

QuestionID: 01-351

Page-Reference: 30

Answer: b. False

351. **Sociocultural theorists look for the causes of abnormal behaviour in the failures of society.**

- a True
- b False

Difficulty: 0

QuestionID: 01-352

Page-Reference: 30

Answer: a. True

352. **Ellis asserted that there are four core irrational beliefs.**

- a True
- b False

Difficulty: 0

QuestionID: 01-353

Page-Reference: 31

Answer: b. False

353. **Ellis believed that happiness lies in discovering and liberating deep-seated conflicts.**

- a True
- b False

Difficulty: 0

QuestionID: 01-354

Page-Reference: 31

Answer: b. False

354. **In Bandura's theory, reciprocal determinism describes how the environment is shaped by the biologically determined personality traits.**

- a True
- b False

Difficulty: 0

QuestionID: 01-355

Page-Reference: 32

Answer: b. False

355. **According to Meichenbaum, errors in thinking can be labelled cognitive distortions.**

- a True
- b False

Difficulty: 0

QuestionID: 01-356

Page-Reference: 32

Answer: a. True

356. **Meichenbaum believes that people who are depressed tend to develop cognitive distortions.**

- a True
- b False

Difficulty: 0

QuestionID: 01-357

Page-Reference: 32

Answer: a. True

357. **Cognitive-behaviour therapy has had limited impact on schizophrenia.**

- a True
- b False

Difficulty: 0

QuestionID: 01-358

Page-Reference: 32

Answer: a. True

358. **A tendency to "blame the victim" would be a criticism of the sociocultural perspective.**

- a True
- b False

Difficulty: 0

QuestionID: 01-359

Page-Reference: 33

Answer: b. False

359. **The sociocultural perspective would suggest that chronic unemployment may lead to the development of mental illness.**

- a True
- b False

Difficulty: 0

QuestionID: 01-360

Page-Reference: 33

Answer: a. True

360. **The "downward drift" hypothesis suggests that mental illness leads to poverty.**

- a True
- b False

Difficulty: 0

QuestionID: 01-361

Page-Reference: 33

Answer: a. True

361. Canadian mental health promotion maintains that mental health is measured by the absence of mental illness.

- a True
- b False

Difficulty: 0

QuestionID: 01-362

Page-Reference: 34

Answer: b. False

362. The diathesis-stress model opposes the fundamental beliefs of the interactionist perspective.

- a True
- b False

Difficulty: 0

QuestionID: 01-363

Page-Reference: 35

Answer: b. False

363. The diathesis-stress model includes heredity as a risk factor for mental illness.

- a True
- b False

Difficulty: 0

QuestionID: 01-364

Page-Reference: 35

Answer: a. True

364. The stronger the diathesis, the less stress is needed to produce a mental health disorder.

- a True
- b False

Difficulty: 0

QuestionID: 01-365

Page-Reference: 35

Answer: a. True

365. The diathesis-stress model is the only interactionist account of how abnormal behaviour patterns develop.

- a True
- b False

Difficulty: 0

QuestionID: 01-366

Page-Reference: 35

Answer: b. False

366. **A system that is similar to the diathesis-stress model but that more clearly delineates factors is the biopsychosocial model.**

- a True
- b False

Difficulty: 0

QuestionID: 01-367

Page-Reference: 36

Answer: a. True

367. **A criticism of the biopsychosocial approach is that it fails to consider the internal factors that may influence the development of abnormal behaviour.**

- a True
- b False

Difficulty: 0

QuestionID: 01-368

Page-Reference: 36

Answer: b. False

368. **Define and give an example of the six criteria that are used to define abnormal behaviour.**

Difficulty: 0

QuestionID: 01-369

Page-Reference: 3-5

Skill:

Answer: Answers may vary.

369. **Discuss the relationships between cultural beliefs and norms and the labelling of behaviour as normal or abnormal.**

Difficulty: 0

QuestionID: 01-370

Page-Reference: 5-7

Answer: Answers may vary.

370. **Explain the concept of risk factors and how they may impact a person's mental health.**

Difficulty: 0

QuestionID: 01-371

Page-Reference: 7

Answer: Answers may vary.

371. **Recount the history of the demonological approach to abnormal behaviour, referring to ancient and**

medieval times.

Difficulty: 0

QuestionID: 01-372

Page-Reference: 9

Answer: Answers may vary.

372. Describe the contributions of Hippocrates, Galen, Pinel, Pussin, Griesinger, and Kraepelin to the development of medical science and thinking.

Difficulty: 0

QuestionID: 01-373

Page-Reference: 9

Answer: Answers may vary.

373. Describe the development of treatment centres for abnormal behaviour, from asylums through the mental hospital.

Difficulty: 0

QuestionID: 01-374

Page-Reference: 11-17

Answer: Answers may vary.

374. Discuss the reform movement and the use of moral therapy, focusing on the roles of Pussin, Pinel, Rush, and Dix.

Difficulty: 0

QuestionID: 01-375

Page-Reference: 11-12

Answer: Answers may vary.

375. Discuss the factors associated with the current exodus from mental hospitals in Canada.

Difficulty: 0

QuestionID: 01-376

Page-Reference: 12-13

Answer: Answers may vary.

376. Explain and compare the roles of the psychiatric hospital and the general hospital psychiatric unit.

Difficulty: 0

QuestionID: 01-377

Page-Reference: 13

Answer: Answers may vary.

377. Compare the medical model with the demonological model, focusing on how the medical model is a major advance over demonology.

Difficulty: 0

QuestionID: 01-378

Page-Reference: 14-15

Answer: Answers may vary.

378. Discuss how a sociocultural theorist would explain the causes of abnormal behaviour.

Difficulty: 0

QuestionID: 01-379

Page-Reference: 15

Answer: Answers may vary.

379. Describe and analyze the mental health issues facing the homeless in Canada.

Difficulty: 0

QuestionID: 01-380

Page-Reference: 16

Answer: Answers may vary.

380. Discuss Canada's deinstitutionalization policy, including both the positive and the negative outcomes.

Difficulty: 0

QuestionID: 01-381

Page-Reference: 16

Answer: Answers may vary.

381. Briefly summarize the various contemporary perspectives on abnormal behaviour.

Difficulty: 0

QuestionID: 01-382

Page-Reference: 18-37

Answer: Answers may vary.

382. Compare the genome and the epigenome.

Difficulty: 0

QuestionID: 01-383

Page-Reference: 18-19

Answer: Answers may vary.

383. Draw and label the parts of a neuron, and use this diagram to describe neural communication within a neuron and between two neurons.

Difficulty: 0

QuestionID: 01-384

Page-Reference: 20-22

Answer: Answers may vary.

384. Describe the basic tenets of Freud's psychodynamic theory.

Difficulty: 0

QuestionID: 01-385

Page-Reference: 22-25

Answer: Answers may vary.

385. Describe Freud's views on the structure of personality and describe the various functions of each of the structures he proposed.

Difficulty: 0

QuestionID: 01-386

Page-Reference: 22-25

Answer: Answers may vary.

386. Explain what defence mechanisms are and for what they are used. Also, identify and give an example of at least five of the defence mechanisms proposed by Freud.

Difficulty: 0

QuestionID: 01-387

Page-Reference: 24

Answer: Answers may vary.

387. Describe more recent psychodynamic theories, comparing and contrasting them with Freud's views.

Difficulty: 0

QuestionID: 01-388

Page-Reference: 25

Answer: Answers may vary.

388. Critically evaluate psychodynamic theories.

Difficulty: 0

QuestionID: 01-389

Page-Reference: 25

Answer: Answers may vary.

389. Describe behaviourism and the principles of classical conditioning.

Difficulty: 0

QuestionID: 01-390

Page-Reference: 25-28

Answer: Answers may vary.

390. Explain the principles of classical conditioning, including UCS, UCR, CS, and CR.

Difficulty: 0

QuestionID: 01-391

Page-Reference: 26-27

Answer: Answers may vary.

391. Explain the principles of operant conditioning, clarifying the differences among positive reinforcers, negative reinforcers, and punishments, and between primary and secondary reinforcers.

Difficulty: 0

QuestionID: 01-392

Page-Reference: 27-28

Answer: Answers may vary.

392. Critically evaluate learning theories.

Difficulty: 0

QuestionID: 01-393

Page-Reference: 28

Answer: Answers may vary.

393. Outline the tenets of the humanistic perspectives.

Difficulty: 0

QuestionID: 01-394

Page-Reference: 28-30

Answer: Answers may vary.

394. Critically evaluate the humanistic perspectives.

Difficulty: 0

QuestionID: 01-395

Page-Reference: 29-30

Answer: Answers may vary.

395. **Discuss the cognitive-behavioural approach and the theoretical contributions of Ellis and Beck.**

Difficulty: 0

QuestionID: 01-396

Page-Reference: 30-31

Answer: Answers may vary.

396. **Discuss Bandura's social-cognitive theory.**

Difficulty: 0

QuestionID: 01-397

Page-Reference: 31-32

Answer: Answers may vary.

397. **Critically evaluate cognitive theories.**

Difficulty: 0

QuestionID: 01-398

Page-Reference: 32-33

Answer: Answers may vary.

398. **Explain the basic tenets of the sociocultural perspectives and critically evaluate them.**

Difficulty: 0

QuestionID: 01-399

Page-Reference: 33-35

Answer: Answers may vary.

399. **Explain the concept of a mental wellness continuum, including Canadian initiatives that promote mental health.**

Difficulty: 0

QuestionID: 01-400

Page-Reference: 34

Answer: Answers may vary.

400. **Describe the diathesis-stress model and how it explains psychological disorders.**

Difficulty: 0

QuestionID: 01-401

Page-Reference: 35

Answer: Answers may vary.

401. **Discuss the interactionist approach, and explain what the diathesis-stress model is and how it is useful.**

Difficulty: 0

QuestionID: 01-402

Page-Reference: 35-36

Answer: Answers may vary.

402. **Describe the biopsychosocial (systems) model.**

Difficulty: 0

QuestionID: 01-403

Page-Reference: 36

Answer: Answers may vary.