

Student name: _____

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

The continuum model of abnormality demonstrates that

there is a clear distinction between dysfunctional and deviant behavior.

psychologists must make objective decisions about what warrants a diagnosis.

individuals are labeled as either having a disorder or not having one.

no sharp line exists between what is normal and abnormal.

To qualify as abnormal, behaviors, thoughts, and feelings must be
diagnosable.

dysfunctional, distressing, deviant, or dangerous.

identifiable in the *DSM-5-TR*.

violent.

When determining abnormality, behaviors, thoughts, and _____ are assessed.

family history

genetics

feelings

medication

A common belief is that behaviors, thoughts, or feelings can be viewed as _____ when they are symptoms of mental illness.

psychopathology

psychometry

parapsychology

behavioral psychology

Masha is a 27-year-old soccer mom who never misses her daughter's games. Her friends argue that her behavior is embarrassing, and she is making a fool of herself when she repeatedly yells and jumps to her feet. Masha insists that no one is paying attention to her behavior and states, "It's a soccer game—people are expected to get excited!" What determines whether Masha's behavior is normal?

her social status

gender differences

the context in which it is performed

individual differences

When an observer takes into account the context or circumstances surrounding someone's behavior to determine whether they are normal or abnormal, it means that

the observer assesses the behavior based on their own biases and prejudices.

the observer considers the behavior normal if it seems appropriate for that particular situation.

the observer judges the individual's personality based on the observer's cognitive abilities.

the observer's evaluation of the behavior lacks any theoretical grounding.

An advantage of cultural relativism is that

it does not impose the standards of one culture on judgments of abnormality.

there is a tendency to view all behaviors that are unusual, or deviant, as abnormal.

it allows those in power to label and silence minorities by labeling them as abnormal.

it does not adopt a continuum perspective of abnormal behavior; rather, it is an either/or proposition.

When behaviors, thoughts, or feelings can be viewed as psychopathology, they are considered symptoms of

deviance.

unusualness.

distress.

mental illness.

Rachel teaches the second grade and suspects that two students in her class have behavioral problems. Although she works fervently to keep the class running smoothly, the students' behaviors continually disrupt the learning environment. When the two students blurt out the answers before being called upon, push others in line, or constantly get out of their seats, other students become distracted and irritated. According to which criterion will these students' behaviors most likely be considered abnormal?

cultural relativism

mental illness

distress

gender relativism

What are "the four Ds" of abnormality?

distress, delusion, deviance, and derision

deviance, dysfunction, disorder, and danger

danger, disorder, delusion, and dysfunction

dysfunction, distress, deviance, and dangerousness

Theorists who argue that behaviors can only be abnormal relative to cultural norms are proponents of

cultural hegemony.

cultural regeneration.

cultural imperialism.

cultural relativism.

Cultural relativists argue that

behaviors must be universally accepted to be considered normal.

context, and not culture, influences the evaluation of behaviors as abnormal.

the use of gender roles as a basis for assessing abnormal behaviors can be misleading.
no universal standards or rules exist for labeling behaviors as abnormal.

_____ noted that, throughout history, societies have labeled individuals and groups
abnormal in order to justify controlling or silencing them.

Thomas Szasz

Samuel Cartwright

Clifford Beers

Johann Weyer

In some parts of the world, corporal punishment is a traditional child rearing practice, whereas the practice is frowned upon in other places. In the context of abnormality, this is reflective of
mental illness.

dysfunction.

distress.

cultural relativism.

In the context of cultural relativism, when slavery was active in the United States, enslaved people who tried to escape bondage could be diagnosed with a mental disease that was said to have caused them to

misunderstand their roles.

desire freedom from their enslavers.

refuse to work in the fields.

experience delusions of grandeur.

Which of the following is true of the distress criterion for abnormality?

The individual has no desire to be rid of the disruptive behavior.

The behavior must violate societal norms.

The individual must suffer as a result of the behavior.

The behavior must also meet the unusualness criterion.

What are the three types of theories that have been used to explain abnormal behavior across history?

sociological, religious, and psychological

biological, psychological, and sociological

biological, sociological, and supernatural

biological, supernatural, and psychological

Which of the following does *not* correctly pair the historical perspective on abnormal behavior with an abnormality?

psychological theories and trauma

supernatural theories and chronic stress

biological theories and physical disease

supernatural theories and divine intervention

The supernatural perspective on abnormality most supported _____ as an approach to treatment.

periods of relaxation

herbal medication

driving away evil spirits

restoration of bodily health

The practice of drilling circular holes in the skulls of people displaying abnormal behaviors in order to free evil spirits was known as

trephination.

exorcism.

atonement.

bloodletting.

Yin and yang (positive and negative forces) are concepts from ancient
China.

Greece.

Egypt.

Rome.

According to ancient Chinese medicine, excited insanity was due to the presence of a(n)
minimal negative force.

excessive negative force.

minimal positive force.

excessive positive force.

Xia has been experiencing periods of sorrow over the past several days. According to ancient
Chinese medical philosophy, Xia's mood is likely the result of

vital air flowing on the lungs.

a lack of positive force.

bewitchment.

excessive chaos in Xia's life.

Which ancient text on abnormal behavior is the oldest?

Oxyrhynchus Papyri

Magdalen Papyrus

Kahun Papyrus

Elephantine Papyri

Ancient Egyptians and Greeks held that a woman's uterus
caused psychological abnormalities by dislodging and wandering inside the body.
contained mystical powers that caused it to create physiological harmony.
made women inferior to men and made women suffer emotional pain more often than men.
made women superior, as it possessed the power of creation.

Which Greek term is used today to refer to physiological symptoms that are probably the result of psychological processes?

apathea
hysteria
thanatos
choleric

Most Greeks and Romans saw madness as
a cause for physical disease.
a result of chronic stress.
an affliction from the gods.
a result of trauma.

Which historical figures argued that some forms of madness were divine and could be the source of great literary and prophetic gifts?

Socrates and Plato
Plato and Hippocrates
Homer and Plato
Hippocrates and Socrates

Hippocrates attributed abnormality to

afflictions from the gods.

divine intervention.

chronic stress and trauma.

imbalances in bodily humors.

Which treatment did Hippocrates propose in order restore balance to the four humors of the body?

fasting

ostracism

bleeding the patient

spiritual exorcism

Which of the following ancient Greeks argued that madness arose when the rational mind was overcome by impulse, passion, or appetite?

Aristotle

Plato

Socrates

Homer

What was the widespread response to individuals who were considered insane in ancient Greece?

The state built asylums and institutions to house and care for individuals who were considered insane.

The state could take rights away from people declared insane and could award the property of insane people to their relatives.

People declared insane were allowed to marry and could acquire or dispose of their own property.

Poor people who were considered insane were simply left to roam the streets, even if they were violent.

Hippocrates classified abnormal behavior into which set of categories?

hysteria, phobia, mania, and epilepsy

melancholia, epilepsy, phobia, and mania

brain fever, hysteria, phobia, and melancholia

epilepsy, mania, melancholia, and brain fever

Prior to the eleventh century, which of the following was most often seen as the cause of bizarre behavior?

severe emotional shock

demonic possession

superstition

religious persecution

Which two individuals argued that persons accused of being witches were mentally ill, and, consequently, had their writings banned by the Catholic Church in the sixteenth century?

Reginald Scot and Teresa of Avila

Johann Weyer and Reginald Scot

Teresa of Avila and Johann Weyer

Thomas Szasz and Teresa of Avila

Dance frenzies are examples of

psychic epidemics.

self-hypnotic suggestion.

substance-induced psychosis.

psychotic episodes.

Which of the following are defined as a phenomenon in which large numbers of people engage in unusual behaviors that appear to have a psychological origin?

psychic catastrophes

psychic epidemics

psychic projections

psychic illusions

What phenomenon, seen in Italy in the fourteenth century, was attributed to a tarantula bite, causing people to jump around, dance wildly, tear at their clothes, and beat each other with whips?

tarantism

tarantella

Saint Vitus' dance

comas enfermas

A psychic epidemic broke out in the early 1990s in a Rhode Island high school. The students and their teachers experienced nausea, headaches, dizziness, and symptoms of mild carbon monoxide intoxication. The behaviors were attributed to

mass hysteria prompted by fears of chemical warfare.

increased violence in schools across the country.

hormonal imbalances associated with adolescence.

rebellious attitudes toward school authorities.

Which of the following is true of psychic epidemics?

They are generally seen in groups that experiment with psychoactive substances.

They are generally seen across all levels of socioeconomic status.

They are strictly confined to spiritual experiences.

They are now under study from a social psychology perspective.

In the twelfth century, in the Belgian town of _____, townspeople regularly took into their homes the mentally ill visiting the shrine of Saint Dymphna for cures.

Bruges

Gheel

Waterloo

Ostend

The London Hospital of Saint Mary of Bethlehem, known for its deplorable conditions, had which nickname?

Dollhaus

Tollkiste

Bethel Prison

Bedlam

During the sixteenth through eighteenth centuries, European mental hospitals humiliated mentally ill patients by

exhibiting their conditions to the public for a fee.

parading them down the streets in chains.

having them sentenced to prison terms.

creating deplorable conditions to keep them submissive.

The first Act for Regulating Madhouses, enacted in England, was created in part to promote public sympathy for the people with mental illness.

improve the deplorable conditions of mental institutions.

provide jobs for poor people confined to madhouses.

reduce crime by removing unstable people from the streets.

Who among the following maintained that abnormal behavior was caused by excessive blood in the brain?

Dorothea Dix

William Tuke

Benjamin Rush

Philippe Pinel

The nineteenth-century reformation movement, which prescribed the use of rest, relaxation, and prayer in the treatment of mental illnesses, was called the

movement for moral treatment.

mental hygiene movement.

deinstitutionalization movement.

community mental health movement.

Philippe Pinel was instrumental in the moral treatment of people with mental illness in

England.

the United States.

Italy.

France.

In the late 1700s, James was isolated from the public by his family members on account of his mental illness. His family kept him locked in a room and brought him his meals. However, his brother began to allow him to move more freely throughout the house. In addition, he was allowed to sit outside and work in the garden. The new approach to James's caregiving is representative of the

moral treatment model.

community mental health movement.

managed care system.

psychoanalytic perspective.

Philippe Pinel, a leader in the moral treatment movement, ordered that the chains be removed from patients because he believed that

their conditions were specifically the result of their separation from the rest of society.

the patients' health could be improved by restoring their dignity and tranquility.

abnormal behaviors were rooted in supernatural theories and patients needed the freedom to practice their faith.

patients were virtually harmless as long as they were properly medicated.

Which of the following individuals opened an asylum in England called The Retreat?

William Tuke

Philippe Pinel

Dorothea Dix

Benjamin Rush

Tuke's idea of moral treatment meant

giving patients monetary compensation for their previous maltreatment.

helping patients get social support from family members and neighbors who had previously rejected them.

restoring patients' self-restraint by treating them with respect and dignity and by encouraging them to exercise self-control.

helping patients reconnect spiritually with their families and community.

One of America's most militant crusaders for the moral treatment of people with mental illness was

Helen of Troy.

Dorothea Dix.

Teresa of Avila.

Florence Nightingale.

At the turn of the twentieth century, public hospitals

were sufficiently staffed with professionals to provide individual attention to patients.

were no better than warehouses because of reduced funding and a decline in the quality of care.

had slightly lower quality of care as compared to private institutions.

were generally built within the city limits in order to regain public support for people with mental illness.

Which of the following statements about Dorothea Dix is true?

She was a European who experienced maltreatment firsthand and immigrated to the United States to escape the public's insensitivity toward people with mental illness.

The United States rejected her efforts to improve conditions for people with mental illness, and her life was threatened several times.

She found the treatment of people with mental illness in the United States dehumanizing and set out on a quest to improve their condition by lobbying in different states to get laws passed.

Although several new hospitals for the insane were established in the United States during the mid to late 1800s, she could not get them to adopt the humanitarian treatment she advocated.

The rapid growth of the moral treatment movement resulted in which of the following?

The capacity of asylums to recruit mental health professionals significantly improved.

Physicians, nurses, and other caretakers did not have enough time to give each patient the attention they needed.

The number of patients who benefited from the moral treatment increased, and its effectiveness became unquestionable.

All patients, even those whose problems were not due to a loss of dignity or tranquility, benefited from moral treatment.

Which psychiatrist argued in 1845 that all psychological disorders can be explained in terms of brain pathology?

Wilhelm Wundt

Richard von Krafft-Ebing

Franz Anton Mesmer

Wilhelm Griesinger

_____ developed a scheme of classifying symptoms into discrete disorders that became the basis for our modern classification systems.

Wilhelm Griesinger

Emil Kraepelin

Richard Krafft-Ebing

Jean Charcot

The Viennese psychiatrist credited with discovering a connection between paresis and syphilis, which led to a recognition that biological factors influenced the development of abnormal behaviors, was

Emil Kraepelin.

Richard Krafft-Ebing.

Alfred Adler.

Wilhelm Wundt.

According to Franz Anton Mesmer,

animal spirits were capable of penetrating and strangling the human spirit, causing people to behave abnormally.

people evolved from animals, and abnormal behaviors were simply a level above animal behaviors.

people have magnetic fluid in their body that must be distributed correctly.

people exhibited abnormal behaviors because of excess blood in their brains.

The disease _____ has been characterized as one of the single most important discoveries underpinning modern biological theories of abnormality.

general paresis

hysteria

gonorrhea

delirium

Rapid advancement in anatomy, physiology, neurology, and chemistry in the late nineteenth century led to increasing focus on _____ causes of abnormality.

biological

psychological

sociological

ecological

Which psychoanalytic theorist's method placed patients into a trancelike state that was later renamed hypnosis?

Franz Gall

Sigmund Freud

Franz Mesmer

Carl Jung

Which individual argued that hysteria was caused by degeneration in the brain before later leading research on psychological causes of behavior?

Franz Anton Mesmer

Jean Charcot

Ambroise-Auguste Liebault

Hippolyte-Marie Bernheim

Which of the following physicians showed that they could induce symptoms of hysteria by suggesting them through hypnosis?

Mesmer and Charcot

Charcot and Bernheim

Bernheim and Liebault

Liebault and Mesmer

Which psychoanalytic theorist is noted for his study of the unconscious?

Sigmund Freud

Pierre Janet

Jean Charcot

Stanley Hall

When a patient experiences catharsis, it means that the person has

lost physical sensation in the body.

become anxious and wishes to withdraw.

experienced a release of emotions.

found new meaning in life.

Which of the following statements is true about hypnosis?

It focused on the realignment of people's magnetic fluids.

It resulted in more censored discussions of the patient's problems under hypnosis.

It allowed the therapist to elicit important psychological material more easily.

It was of little, if any, therapeutic value in terms of treating abnormality.

Who were the authors of *On the Psychical Mechanisms of Hysterical Phenomena*, published in 1893?

Freud and Breuer

Freud and Charcot

Freud and Adler

Freud and Hall

Which of the following individuals is regarded as the best-known figure in psychiatry and psychology?

Ivan Pavlov

Sigmund Freud

John Watson

Erik Erikson

The experiment that demonstrated that dogs could be conditioned to salivate to stimuli other than food was conceptualized by

Ivan Pavlov.

John Watson.

B. F. Skinner.

Edward Thorndike.

John Watson's behavioral approach focused on

operant conditioning.

social conditioning.

classical conditioning.

cognitive conditioning.

Which of the following individuals rejected the psychoanalytic and biological theories of abnormality and was inspired by Pavlov's work?

Carl Jung

John Watson

Sigmund Freud

Abraham Maslow

Which of the following is an incorrect pairing?

Pavlov and classical conditioning

Skinner and classical conditioning

Watson and classical conditioning

Thorndike and operant conditioning

Operant or instrumental conditioning was theorized by

Thorndike and Skinner.

Pavlov and Watson.

Watson and Skinner.

Pavlov and Thorndike.

Operant conditioning theory states that learning

requires the proper modeling of behavior.

is based on a teacher who gives instructions.

requires two active participants if the learning tasks involves a behavior.

is affected by the consequences of behavior.

_____emphasizes the consequences of reinforcement and punishment on behavior.

Behaviorism

Cognition

Psychoanalysis

Mesmerism

The thought processes that influence behavior and emotion are called

insights.

cognitions.

feelings.

behaviorisms.

Which of the following people conceptualized the theory of self-efficacy beliefs?

Albert Bandura

Albert Ellis

Johann Weyer

Aaron Beck

Albert Bandura argued that people's beliefs about their ability to execute the behaviors necessary to control important events, which he called _____ beliefs, are crucial in determining people's well-being.

self-efficacy

self-regulation

self-esteem

self-motivation

_____ argued that people prone to psychological disorders are plagued by irrational negative assumptions about themselves and the world.

Albert Bandura

Albert Ellis

Josef Breuer

Ivan Pavlov

_____ was a class of drugs discovered in the twentieth century that reduced hallucinations and delusions and made it possible for many people who had been institutionalized for years to be released from asylums and hospitals.

Gentamycin

Diethylstilbestrol

Roxatidine

Phenothiazines

By 1960, as part of the patients' rights movement, advocates argued that patients treated for mental disorders can recover more fully or live more satisfying lives if they are integrated into the community, with the support of community-based treatment facilities—a process known as deinstitutionalization.

restoration.

the community mental health movement.

recuperation.

Identify the movement that focused on the release of psychiatric patients from long-term care facilities to short-term, less restrictive methods.

the patients' rights movement

the mental hygiene movement

the community mental health movement

the deinstitutionalization movement

Which of the following is *not* an example of a cognition?

attention

interpretation of events

unconscious drive

belief

The cognitive revolution shifted psychological perspectives away from behavior toward unconscious processes of the mind.

internal processors such as the ego, superego, and id.

internal processes such as attention, interpretation of events, and beliefs.

classical and operant conditioning.

The treatment developed by Albert Ellis for emotional problems is called psychoanalysis.

instrumental conditioning.

rational-emotive therapy.

cognitive therapy.

Which of the following is true of the biomedical approach to psychological treatment?

It began in the early twenty-first century.

It revolutionized treatment of mental health disorders as biological phenomena.

It has replaced psychodynamic and CBT approaches.

It has become so expensive that only the very rich can afford it.

The biomedical approach has had _____ effect on the way disorders are treated.

no

little

a moderate

a significant

Which of the following is a type of community-based treatment facility that offers people with long-term mental health problems the opportunity to live in structured, supportive environments while they are trying to reestablish a job and ties to family and friends?

community mental health center

halfway house

day treatment center

nursing home

Between 1955 and 2016 the number of patients in psychiatric hospitals decreased significantly.

decreased slightly.

increased slightly.

increased significantly.

Which community organization saw a significant rise in demand for the provision of mental health services?

homeless shelters

community food banks

prisons

private homes

_____ are partial hospitalization programs that provide intensive therapy but allow patients to go home for the night.

Halfway houses

Community mental health centers

Assisted living facilities

Day treatment centers

The goal of managed care is to

institutionalize patients treated for mental disorders for organized treatment and monitoring.

provide employment opportunities for inmates in order to make them self-sufficient.

coordinate services for an existing medical problem and to prevent future medical problems.

channel monetary funds toward the treatment of economically weak patients.

Under a managed care system, primary care physicians

can make referrals and coordinate services offered by other providers, such as drug treatment.

have the right to refuse service to specific patients regardless of their insurance status.

leave it to the families of people with psychological problems to find appropriate care.

do not have the option of referring their patients to outside consultants.

Which program covers more than one fifth of all mental health spending in the United States?

Medicare

Medicaid

Veterans Administration

Social Security

Which of the following statements is true of the state of mental health care in the United States?

Many states have increased benefits for mental health care.

Many states have increased copayments and controlled drug costs.

Many states have offered up-front payments to providers.

Many states have increased the eligibility for mental health care.

Which of the following is *not* true of the Affordable Care Act (ACA) of 2010?

Insurance plans must cover mental health treatment.

Insurance plans must cover substance abuse treatment.

The U.S. government has allocated funds to treat *all* people with mental illness, whether or not they have insurance.

The ACA recognizes the increasing role of primary care providers in psychiatric treatment.

The Affordable Care Act _____ mental health care access in the United States.

cancel

limits

modestly expands

significantly expands

Dr. Mosley has a PhD in psychology and sees patients on a regular basis, but he does *not* prescribe medication. Dr. Mosely specializes in psychotherapy for adolescents and young children. Dr. Mosley is most likely a

clinical psychologist.

psychiatrist.

clinical social worker.

psychiatric nurse.

_____ specialize in helping couples, parents, and children overcome problems that are interfering with their well-being.

Marriage and family therapists

Psychiatrists

Clinical psychologists

Psychiatric nurses

Individuals dealing with psychological problems related to being unemployed would most likely seek assistance in finding a job from a

clinical psychologist.

psychiatrist.

clinical social worker.

psychiatric nurse.

Some states have _____, individuals who have graduate training in counseling beyond a bachelor's degree in counseling *but* have *not* obtained a PhD.

clinical social workers

psychiatric nurses

marriage and family therapists

licensed mental health counselors

_____ have a degree in nursing and often work on inpatient psychiatric wards in hospitals, delivering medical care and certain forms of psychotherapy.

Clinical psychologists

Psychiatric nurses

Psychiatrists

Licensed mental health counselors

Which of the following is true of the various professions within abnormal psychology?

Psychiatrists have limited prescription-writing privileges, whereas clinical psychologists have full privileges.

Clinical psychologists typically have an MD degree, while psychiatrists typically have a PhD in psychology.

Psychiatric nurses must have a master's degree in counseling to work with clients who have psychological problems.

Psychiatric nurses have privileges to write prescriptions for psychotherapeutic drugs in some states.

Which of the following refers to the negative attitudes, beliefs, and stereotypes that people hold toward individuals with mental health issues?

disorders

deviance

norms

stigma

Cultural_____ is the view that there is no universal rule for labeling a behavior as abnormal, but that abnormality can be labeled relative to cultural norms.

diversity

relativism

diffusion

appropriation

Opponents of cultural relativism argue that dangers arise when _____ are allowed to dictate what is normal or abnormal.

situational contexts

cultural norms

obedience and conformity

the four Ds

Ancient Chinese beliefs proposed that in a healthy person, the forces of yin and yang were distributed based on personality.

were not influential.

were in balance.

were overpowered by positive energy.

The Kahun Papyrus is the oldest documented writing on witchcraft.

psychoanalysis.

yin and yang.

abnormal behavior.

Hippocrates proposed which of the following as the cause of abnormal behavior?

evil spirits

divine affliction

a wandering uterus

disease of the body

What was the purpose of the treatments prescribed by Greek physicians?

to cast out evil spirits

to relax the patient

to restore balance in the four humors

to identify unconscious drives

Which entity was responsible for the change in views on abnormal behavior in Europe from acceptance to demonizing during the eleventh century?

the rise in English courts

the Inquisition

increased institutionalization

increases in the practice of witchcraft

What do historians know about the ancient use of trephination?

It was used to remove evil spirits.

It restored balance to the four humors.

The trephine wasn't used in ancient times.

It is uncertain what it was used for.

In response to writings suggesting that women accused of witchcraft were afflicted with melancholy and were not actually witches, the Church

argued that the women were witches but stopped torturing them.

argued that the women were witches and banned the writings.

agreed that the women were not witches and stopped torturing them.

agreed that the women were not witches and published the writings.

What is the current belief about psychic epidemics?

They are the result of insect bites.

They are the result of spirit possessions.

They are the result of carbon monoxide.

They are the result of social interactions on self-perceptions.

During the twelfth century in Europe, general hospitals began to include special rooms for people exhibiting abnormal behavior, and treated them

kindly and compassionately.

using relaxation techniques.

using trephination.

like prison inmates.

Pinel was the leader of the movement for

increased use of asylums.

moral treatment.

torture.

the use of bloodletting.

The paper *On the Psychological Mechanisms of Hysterical Phenomena*, published in 1893, was influential in the development of

catharsis.

hypnosis.

mesmerism.

psychoanalysis.

Josef Breuer proposed that hypnosis was successful in eliciting important psychological material because patients

must comply with requests.

did not know what they were doing.

were unconscious.

were less censored.

Ivan Pavlov developed methods and theories for understanding

behavior responses.

thought processes.

memory systems.

unconscious drives.

John Watson believed he could control_____ based on classical conditioning.

people's unconscious drives

behavioral responses

physical function

short-term memory

Skinner proposed that behaviors followed by_____ increased the likelihood of repeating the behavior.

positive consequences

classical conditioning

negative consequences

observational learning

Which theory focuses on the influence of consequences and punishments on behavior?

classical conditioning

hypnosis

operant conditioning

catharsis

Cognitions are _____ that influence behavior and emotion.

thought processes

personality traits

unconscious drives

need motivations

The advent of the biomedical approach made it possible for people who had been institutionalized for years to

get better treatment in hospitals.

receive more medication.

get a better diagnosis.

be released.

What is the goal of the community-based treatment facilities?

least restrictive methods of care

complete cures

better treatment in institutions

increased hospitalization

Stigma-limited access to practitioners is one of the

advantages to mental health treatment.

types of mental health treatment.

provisions of mental health treatment.

barriers to mental health treatment.

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

Discuss the continuum model of abnormality and the different criteria used for labeling behavior as normal or abnormal.

Identify the components of determining abnormality.

Describe the ancient Chinese theories of abnormal behavior.

Describe the ancient Egyptian, Greek, and Roman theories of abnormal behavior.

Compare and contrast the treatment of people with mental health problems in ancient Greece with the moral treatment movement of the eighteenth century.

What was the relationship between witchcraft and abnormal behavior during the Middle Ages?

State how and why the concept of moral treatment evolved and the problems associated with its failures, and discuss the individuals who were instrumental in its development.

Discuss the efforts of Philippe Pinel and Dorothea Dix to change the treatment of patients with mental disorders.

Describe the development of psychoanalytic theory and the theorists involved.

Identify the forces that influence behavior and emotion from the perspective of the cognitive revolution.

Discuss the deinstitutionalization movement and its impact on mental health care in the United States.

Explain why prisoners are five times more likely to have a diagnosable mental disorder than someone in the general population.

Describe the different professions within abnormal psychology.

Answer Key

Test name: Ch1_Nolen-Hoeksema's Abnormal Psychology_9e

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Short Answer

Key terms and concepts that may be included in student responses:

- Cultural relativism: No universal standards or rules exist for labeling behaviors as normal; instead, behaviors are classified as normal or abnormal relative to cultural norms and gender role expectations. Dangers in defining abnormality based on cultural norms include prejudicial, discriminatory, oppressive, biased, and intolerant attitudes, beliefs, behaviors, policies, laws, etc.
- Continuum model of abnormality: No clear line exists between normal and abnormal; behaviors are classified as normal or abnormal based on the degree to which they are typical, distressful, interfering, and dangerous.
- Unusualness: This criterion deals with whether a behavior is deviant or unusual. Problems with the unusualness criterion include that the unusualness of any behavior depends in part on cultural norms (similar to cultural relativism), there is no method of determining how unusual a behavior must be in order for it to be labeled abnormal, and many rare behaviors are positive for the individual and for society—that is, most people would object to labeling such behaviors abnormal.
- Distress: The individual suffers distress and wishes to be rid of the behaviors. Objections to the distress criterion include that people are not always aware of how stressful their behaviors are for themselves or others, and some behaviors cause great distress in others but are not stressful to the person displaying the behaviors.
- Mental illness: Abnormality results from a disease process. Problems with this criterion include a lack of biological tests to diagnose mental illness disease processes, and that diagnostic labels do not refer to identifiable physical processes that are evident in all people who exhibit these symptoms (i.e., diagnostic labels only refer to a set of symptoms).
- The four Ds of abnormality: dysfunction, distress, deviance, and dangerousness.

Short Answer

Key terms and concepts that may be included in student responses:

- Examining behaviors, thoughts, and feelings
- Assessing in terms of being unusual, distressing, functionally impairing, or dangerous

Short Answer

Key terms and concepts that may be included in student responses:

- Concepts of yin and yang (e.g., "excited insanity")
- Emotions believed to be controlled by internal organs—"vital air"
- Taoism and Buddhism—religious interpretations of abnormal behavior (evil winds and ghosts blamed for bewitching people and inciting erratic emotional displays and uncontrolled behavior)

Short Answer

Key terms and concepts that may be included in student responses:

- Concept of the "wandering uterus": The uterus dislodged and wandered throughout a woman's body, interfering with her other organs, causing hysteria.
- Greeks and Romans saw madness as an affliction from the gods, but Greek physicians rejected supernatural explanations.
- Hippocrates: phobias, imbalance of four basic bodily humors—blood, phlegm, yellow bile, black bile, classification of abnormal behavior into epilepsy, mania, melancholia, and brain fever
- Plato: some forms of madness were divine, madness related to impulse, passion, or appetite
- Treatments: bleeding patients, rest, relaxation, change of climate, change of diet

Short Answer

Key terms and concepts that may be included in student responses:

- Ancient Greece—state claimed no responsibility but could take rights away from people declared mad; no asylums or institutions; people considered mad were confined, could not marry or acquire property; poor people left to roam the streets; those who were considered mad and were violent were locked up
- Moral treatment—a humane, individual approach to treating patients; patients were treated with kindness and dignity, encouraged social activity; growth of mental institutions and public hospitals

Short Answer

Key terms and concepts that may be included in student responses:

- The Catholic Church's position on witchcraft
- Johann Weyer's ideas
- Reginald Scot's ideas
- Teresa of Avila's explanation
- Cultural implications of the existence of witches

Short Answer

Key terms and concepts that may be included in student responses:

- Deplorable conditions in asylums in Europe and America
- The Act for Regulating Madhouses
- New psychological view: restoration of dignity, rest, relaxation
- Efforts of Pinel, Tuke, and Dix
- Training of mental health professionals
- Increase in mental institutions and public hospitals
- Problems associated with rapid growth: influx of immigrants, decline in humane conditions, lack of public support, and decrease in funding

Short Answer

Key terms and concepts that may be included in student responses:

- Pinel—moral treatment, removed chains from patients, provided atmosphere conducive for restoring health and regaining tranquility, encouraged social activity for patients
- Dix—lobbying led to passage of laws, training mental health professionals, established mental health facilities

Short Answer

Key terms and concepts that may be included in student responses:

- Mesmer—magnetic fluids, mesmerism, hypnosis
- Bernheim and Liebault—hysteria and hypnosis
- Charcot—hysteria, psychological causes of abnormality
- Freud and Breuer—the unconscious, catharsis

Short Answer

Key terms and concepts that may be included in student responses:

- Attention
- Interpretation of events
- Beliefs

Short Answer

Key terms and concepts that may be included in student responses:

- Drug therapy
- Patient's rights movements
- Community mental health movement
- Community mental health centers, halfway houses, day treatment centers
- Impact—decline in the number of patients in state psychiatric hospitals, better quality of life for patients, freedom
- Problems—lack of resources, closure of hospitals, transfer of patients to ill-equipped nursing homes, increase of homeless persons with mental illnesses

Short Answer

Key terms and concepts that may be included in student responses:

- Deinstitutionalization saw a significant outflow of people with mental illness from psychiatric hospitals to community mental health centers, including halfway houses and day treatment centers.
- Inadequate resources have been made available to fund community health centers, and related support opportunities have often been inadequate to meet the needs of the many people who need services.
- Many people with mental illness end up homeless.
- Homeless people often behave in ways that lead to their imprisonment.

Short Answer

Key terms and concepts that may be included in student responses:

- Psychiatrist—has an MD degree, specialized training in the treatment of psychological problems, prescribes medication
- Clinical psychologist—generally earns a PhD, in psychology, specializes in psychological problems, limited prescription privileges in some states
- Clinical social worker—has a master's degree in social work, helps people overcome social conditions contributing to their psychological problems
- Psychiatric nurse—graduate-level nursing degree, works on inpatient psychiatric wards in hospitals
- Marriage and family counselor—specializes in family problems, child adjustment
- Licensed mental health counselor—has graduate training in counseling, but has not obtained a PhD