

Chapter 01

Abnormal Behavior in Historical Context

1. According to the authors of your textbook, the definition of a psychological disorder is associated with

- a. stress.
- b. impaired functioning.
- c. culturally expected responses.
- d. psychotic symptoms.

ANSWER:

b

2. A psychological dysfunction refers to

- a. a breakdown in cognitive functioning.
- b. a breakdown in emotional functioning.
- c. a breakdown in behavioral functioning.
- d. any of these.

ANSWER:

d

3. Regarding the definition of abnormality, it is correct to state that

- a. it is difficult to define “normal” and “abnormal.”
- b. abnormality depends solely on subjective distress.
- c. the definition is universal across cultures.
- d. the criteria differ depending on whether the individual has a psychological disorder or a psychological dysfunction.

ANSWER:

a

4. The criterion that a particular behavior be atypical or not culturally expected is insufficient to define abnormality because

- a. behavior that occurs infrequently is considered abnormal in every culture.
- b. the atypical behavior must also cause harm or impairment to be considered abnormal.
- c. behaviors vary very little from one individual to another within each culture.
- d. many people behave in ways that deviate from the average, but this doesn’t mean that they have a disorder.

ANSWER:

d

5. A male college student begins feeling sad and lonely. Although still able to go to classes and work at his job, he finds himself feeling down much of the time and worries about what is happening to him. Which part of the definition of abnormality applies to his situation?

- a. Personal distress
- b. Cultural factors
- c. Impaired functioning
- d. Violation of societal norms

ANSWER:

a

6. Mark has dyed his hair purple. Although his friends like the color, his older aunts have been giving him strange looks. Mark is applying for jobs and has not yet had any job offers. He suspects that potential employers are not taking him seriously because of his hair color. Which part of abnormality applies to Mark’s employment situation?

- a. Personal Distress

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- b. Cultural Factors
- c. Impaired Functioning
- d. Violation of Social Norms

ANSWER:

d

7. Talking loudly and smoking is more appropriate in an Egyptian movie theatre than an American one. This illustrates which norm?

- a. Personal Distress
- b. Cultural Factor
- c. Impaired Functioning
- d. Violation of Social Norms

ANSWER:

b

8. Which of the following is true:

- a. There is clear consensus on the definition of mental health disease.
- b. There is no clear consensus on the definition of disease but there is a clear definition of mental health disorder.
- c. The Diagnostic and Statistical Manual (DSM) never changes its definitions.
- d. The DSM is based on prototypes or symptoms and examples of the phenomenon in question.

ANSWER:

d

9. Which of the following degrees is earned by a psychiatrist?

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

ANSWER:

c

10. With which of the following terminal degrees can you practice therapy?

- a. Master's degree in business administration
- b. Bachelor's degree in psychology
- c. Ph.D. in psychology with additional licensing requirements
- d. Ph.D. in non-profit management

ANSWER:

c

11. Rocky Starr is a male rocker who wears outlandish makeup and women's clothing when performing on stage. This behavior is considered

- a. more abnormal than that of an accountant who starts to do so because rockstars are supposed to be very masculine.
- b. less abnormal than that of an accountant who starts to do so because it is consistent with his professional success.
- c. less abnormal than that of an accountant who starts to do so because its more common to see a rockstar in makeup.

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- d. just as abnormal as that of an accountant who starts to do so because abnormality is defined by the individual himself.

ANSWER: b

12. The prototype of a disorder reflects _____ as described in DSM-5.

- a. its history and prognosis
- b. its biological underpinnings
- c. the causes of pathology
- d. the “typical” profile and diagnostic criteria

ANSWER: d

13. The scientific study of psychological disorders is called

- a. psychopathology.
- b. psychoanalysis.
- c. pseudoscience.
- d. parapsychology.

ANSWER: a

14. Dr. Simons is studying learning behavior in rats. What is likely her main field of study?

- a. Behaviorism
- b. Oedipal theory
- c. Psychiatry
- d. Humanistic Psychology

ANSWER: a

15. Why is the biological theoretical model considered a newer field of study than the psychological theoretical model?

- a. Brain scans can tell us about brain structure.
- b. The field of genetics is relatively young.
- c. We have more powerful microscopes than we have had in the past.
- d. All of the above are true.

ANSWER: d

16. Dr. Smith is interested in how separation anxiety changes over time from childhood to adolescence in the general population. What is his main field of study?

- a. Oedipal theory
- b. Behaviorism
- c. Child psychopathology
- d. Developmental psychology

ANSWER: d

17. All of the following are ways in which mental health professionals might function as scientist-practitioners EXCEPT

- a. analyzing their own motivations and reasons for helping people with psychological problems.
- b. evaluating their own assessments and treatments for effectiveness.

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- c. conducting research leading to new information about mental disorders and their treatments.
- d. using the most current diagnostic and treatment procedures.

ANSWER:

a

18. Tameka, having earned her master's degree, has begun treating disorders and concentrating on family problems. Tameka is probably a(n)

- a. psychiatric social worker.
- b. family therapist.
- c. psychiatric nurse.
- d. mental health counselor.

ANSWER:

a

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

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

ANSWER:

b

20. Psychological disorders can be described as following a typical course or individual pattern. For example, schizophrenia follows a chronic course. On the other hand, mood disorders, including depression, follow a(n) course.

- a. episodic
- b. acute
- c. cyclic
- d. insidious

ANSWER:

a

21. If a psychological disorder is said to have an acute onset, it means that the symptoms developed

- a. suddenly.
- b. atypically.
- c. gradually.
- d. following a period of recovery.

ANSWER:

a

22. When 20-year-old Larry was first diagnosed with schizophrenia, his family wanted to know if and how the disorder would progress and how it would affect him in the future. In medical terms, the family wanted to know Larry's

- a. diagnosis.
- b. prognosis.
- c. pathophysiology.
- d. disease etiology.

ANSWER:

b

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23. At various times in history, in an attempt to explain problematic, irrational behavior, humans have focused on supernatural causes that include

- a. witchcraft.
- b. demons and evil spirits.
- c. the moon and stars.
- d. all of the above.

ANSWER:

d

24. Throughout history, all of these theoretical models have been used to primarily explain our behavior, thinking and emotions EXCEPT

- a. psychological.
- b. biological.
- c. supernatural.
- d. physical.

ANSWER:

b

25. Toward the end of the 14th century and continuing into the 15th, the causes of “madness” were generally attributed to

- a. toxins in the blood.
- b. religious delusions.
- c. brain disease.
- d. demons and witches.

ANSWER:

d

26. Which of the following accurately describes the attitudes of the Catholic Church toward mentally ill people during the turbulent political and religious events of the 14th and 15th centuries?

- a. They were considered to be suffering from religious delusions and were cared for by members of the church communities.
- b. They were seen as possessed by evil spirits and blamed for all misfortunes.
- c. They were regarded as basically good individuals who were not responsible for their abnormal behavior.
- d. They were provided with medical treatments and sometimes hospitalized because mental illness was regarded as equivalent to physical illness.

ANSWER:

b

27. During the Middle ages, as well as at other times, mentally ill people were sometimes forced to undergo the religious ritual called exorcism. This was in order to:

- a. cure the mental illness by making the individual more religious.
- b. build up muscle strength and make the person healthier.
- c. rid the individual’s body of evil spirits.
- d. prove that the person was not a witch.

ANSWER:

c

28. Sigmund Freud proposed that many physical complaints suffered by young women

- a. were a form of divine punishment.

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- b. reflected stress placed upon them by society.
- c. resulted from the “conversion” of sexual fantasies into socially acceptable outlets.
- d. resulted from the rise in feminism.

ANSWER:

c

29. In the late 19th century, John P. Grey and his colleagues
- a. discovered the first cure for schizophrenia.
 - b. ironically reduced interest in treating mental patients.
 - c. changed the field of psychological research largely into a biological science.
 - d. created the first humane treatment facilities for mentally ill patients.

ANSWER:

b

30. DSM-5, an updated version of the *Diagnostic and Statistical Manual of Mental Disorders*, was published in
- a. 1994.
 - b. 2000.
 - c. 2002.
 - d. 2013.

ANSWER:

d

31. Research about psychological disorders falls into three basic categories. Which is NOT one of these categories?
- a. Analysis
 - b. Description
 - c. Causation (etiology)
 - d. Treatment and outcomes

ANSWER:

a

32. The authors describe an example of conditioning in which cancer patients develop a negative reaction to a variety of people and things associated with their chemotherapy treatments. The phenomenon is called
- a. generalized conditioning.
 - b. stimulus generalization.
 - c. variety stimulus.
 - d. stimulus discrimination.

ANSWER:

b

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

ANSWER:

a

34. Induced vomiting was a 17th century treatment for depression. As described in *Anatomy of Melancholy* (1621), this

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could be accomplished in part by eating

- a. raw meat.
- b. ice.
- c. coal.
- d. tobacco.

ANSWER:

d

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

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

ANSWER:

d

36. According to Hippocrates’ humoral theory, the “choleric” personality is

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

ANSWER:

a

37. Based on Hippocrates’ humoral theory, “sanguine” describes a person who is

- a. pessimistic.
- b. pale.
- c. cheerful.
- d. humorous.

ANSWER:

c

38. Bloodletting, a treatment devised centuries ago to restore the balance of humors, was accomplished with the use of

- a. needles.
- b. leeches.
- c. tourniquets.
- d. bacteria.

ANSWER:

b

39. In ancient Greece, a woman suffering from “hysteria” might be told that her condition could be cured by

- a. marriage.
- b. pregnancy.
- c. therapy.
- d. divorce.

ANSWER:

a

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40. In ancient Greece, some “humoral excesses” thought to be causing psychological disorders were treated by
- increasing or decreasing the person’s exposure to heat, dryness, moisture, or cold.
 - herbal remedies.
 - decreasing both caloric and liquid intake.
 - lowering the person’s body temperature for extended periods of time.

ANSWER:

a

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

ANSWER:

c

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

ANSWER:

a

43. The concept of hysteria, which traditionally meant physical symptoms for which no organic pathology could be found, is now associated with which DSM-5 classification?
- Anxiety disorders
 - Borderline personality disorder
 - Premenstrual symptom disorder
 - Somatic symptom disorder

ANSWER:

d

44. The traditional tendency to stigmatize women as “hysterical” derived from Hippocrates’ concept of
- the “wandering womb.”
 - an “incompetent cervix.”
 - “penis envy.”
 - “pelvic dysfunction.”

ANSWER:

a

45. The term “hysteria” derives from the Greek *hysteron*, which means
- vagina.
 - uterus.
 - penis.
 - libido.

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ANSWER:

b

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

- a. malaria.
- b. Alzheimer's disease.
- c. syphilis.
- d. The common cold.

ANSWER:

c

47. In the 19th century, John Grey, a well-known American psychiatrist, believed that mental illness was due to

- a. psychological factors.
- b. physical causes.
- c. social/environmental influences.
- d. unknown influences.

ANSWER:

b

48. Moral Therapy focuses on:

- a. Social contact
- b. Interpersonal contact
- c. Teaching within holy books
- d. a and b are correct

ANSWER:

d

49. In the 1950s, the first effective drugs for severe psychotic disorders were developed in a systematic way. Before that time, all of the following were used to treat psychosis EXCEPT

- a. opium.
- b. neuroleptics.
- c. herbal medicine.
- d. moral therapy.

ANSWER:

b

50. In the 1800s, an important research and clinical publication read by psychiatrists in the United States was titled

- a. *Case Studies in Mental Illness.*
- b. *American Journal of Madness.*
- c. *American Journal of Insanity.*
- d. *Lunatics in America.*

ANSWER:

c

51. With the discovery of the major tranquilizers called_, it became possible to control psychotic symptoms, including hallucinations, delusions, and aggressiveness.

- a. neuroleptics
- b. benzodiazepines

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- c. bromides
- d. opiates

ANSWER:

a

52. Benzodiazepines, or “minor” tranquilizers such as Valium and Librium, are effective in reducing the symptoms of

- a. depression.
- b. anxiety.
- c. schizophrenia.
- d. hysteria.

ANSWER:

b

53. In the late 1800s, the emphasis on a biological cause of mental disorder ironically resulted in reduced interest in treatments for mental patients because it was thought that

- a. physicians should devote more time to the physically ill.
- b. patients would improve more rapidly if they were not hospitalized.
- c. the hospital staff was not adequately trained to administer new treatments.
- d. mental illness due to brain pathology was incurable.

ANSWER:

d

54. In contrast to the asylums of the early 18th century, the psychosocial approach called “moral therapy” advocated all of the following EXCEPT

- a. restraint and seclusion.
- b. normal social interaction.
- c. individual attention from the hospital staff.
- d. lectures on interesting subjects for hospitalized patients.

ANSWER:

a

55. After Philippe Pinel systematically introduced moral therapy as a treatment in mental hospitals in France, a similar type of treatment was first established in a U.S. hospital by

- a. Benjamin Rush.
- b. William Tuke.
- c. Joseph von Medina.
- d. Manfred Sakel.

ANSWER:

a

56. After the mid 1800s, moral therapy declined as a treatment for the mentally ill in the United States because

- a. the number of patients in mental institutions also declined.
- b. immigrants caused an increase in the mental hospital population.
- c. the number of people available to staff mental hospitals increased.
- d. new biologically based treatments became available.

ANSWER:

b

57. You have been asked to give a report on the mental hygiene movement and its foremost crusader, Dorothea Dix, who

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campaigns for more humane treatment of the insane. After mentioning all of her accomplishments, you note the unforeseen consequence of her efforts, namely,

- a. a decrease in the number of mental patients in institutions, forcing many to close.
- b. an increase in the number of mental patients, resulting in insufficient staff to care for them.
- c. a change from custodial care to moral therapy for institutionalized patients.
- d. more patients receiving psychotherapy and fewer receiving medication.

ANSWER:

b

58. Anton Mesmer, an early 18th century physician, purported to be affecting cures in patients by unblocking their flow of a bodily fluid he called "animal magnetism." In fact, any effectiveness of his methods was actually due to

- a. undetectable magnetic fields.
- b. chemically induced humoral balance.
- c. mental telepathy.
- d. the power of suggestion.

ANSWER:

d

59. _____ demonstrated that some techniques of mesmerism were effective with several psychological disorders.

- a. Philippe Pinel
- b. Anton Mesmer
- c. Sigmund Freud
- d. Jean-Martin Charcot

ANSWER:

d

60. Which of the following accurately describes the patients of Freud and Breuer after they received hypnotherapy for their psychological disorders?

- a. Feelings of relief and improvement
- b. Decreased emotionality while in the hypnotic state
- c. Accurate posthypnotic recall
- d. Increased understanding of the causes of their psychological disorder

ANSWER:

a

61. Realizing that patients were often unaware of material previously recalled under hypnosis, Breuer and Freud hypothesized the existence of psychopathology, _____, a concept considered one of the most important developments in the history of

- a. neurosis
- b. the unconscious mind
- c. the Electra complex
- d. catharsis

ANSWER:

b

62. In using hypnosis, to treat people with psychological disorders, Freud discovered:

- a. that it is therapeutic to recall and relive emotionally traumatic events.
- b. that patients are unable to process emotionally charged information.

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- c. that hypnosis is less effective than mesmerism.
- d. the existence of conscious memories.

ANSWER:

a

63. In the classic case of Anna O. in 1895, neurologist Josef Breuer treated her “hysterical” symptoms by using

- a. psychoanalysis.
- b. hypnosis.
- c. faith healing.
- d. the placebo effect.

ANSWER:

b

64. Which of the following is NOT included as part of Freud’s structure of the mind?

- a. Id
- b. Psyche
- c. Superego
- d. Ego

ANSWER:

b

65. The superego is to morality as the id is to:

- a. pleasure principle
- b. rational thought
- c. mediating conflict
- d. the ego

ANSWER:

a

66. In Freudian theory, “libido” and “thanatos” represent the two basic but opposing drives of

- a. life and death.
- b. sex and celibacy.
- c. good and evil.
- d. pleasure and pain.

ANSWER:

a

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

- a. egoistic
- b. phallic
- c. id
- d. mesmeric

ANSWER:

c

68. Although Freud conceptualized the libido as the life energy within the id, many people think of it as the

- a. death instinct.

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- b. sex drive.
- c. conscience.
- d. Oedipal conflict.

ANSWER:

b

69. According to psychoanalytic theory, the _____ develops early in life to insure that we can adapt to the demands of the real world while still finding ways to meet our basic needs.

- a. ego
- b. superego
- c. libido
- d. ideal self

ANSWER:

a

70. According to psychoanalytic theory, the id operates on the “pleasure principle,” which means that it

- a. pays particular attention to social rules and regulations.
- b. thinks in an unemotional, logical, and rational manner.
- c. is sexual, aggressive, selfish, and envious.
- d. utilizes secondary process thinking.

ANSWER:

c

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

- a. pleasure
- b. reality
- c. moral
- d. Oedipal

ANSWER:

b

72. A classmate in your psychology course is worried about the selfish and sometimes dangerous drives of his id and wonders if it will make him commit crimes. You respond by saying that

- a. each of us also develops an ego to help us behave more realistically.
- b. id fantasies actually reflect the opposite of what you really want and believe.
- c. scientists disproved Freud’s theories a long time ago.
- d. since id impulses are usually part of the unconsciousness, they do not manifest in real behaviors.

ANSWER:

a

73. According to psychoanalytic theory, the role of the ego involves

- a. counteracting the aggressive and sexual drives of the id.
- b. maximizing pleasure and reducing tension.
- c. mediating conflict between the id and the superego.
- d. utilizing fantasy and primary process thinking.

ANSWER:

c

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74. According to psychoanalytic theory, the conflicts between the id and the superego often lead to feelings of

- a. anxiety.
- b. desire.
- c. depression.
- d. anger.

ANSWER: a

75. According to Freudian theory, anxiety is a signal for the ego to marshal its defense mechanisms, which function as

- a. reality-based actions.
- b. unconscious protective processes.
- c. conscious efforts to maintain control.
- d. primitive emotional responses.

ANSWER: b

76. All of the following are examples of defense mechanisms according to psychoanalytic theory EXCEPT

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

ANSWER: a

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

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

ANSWER: c

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

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

ANSWER: b

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

- a. displacement.

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- b. projection.
- c. repression.
- d. rationalization.

ANSWER:

a

80. A 4-year-old girl sucks her thumb, a teenager binges on food, and an adult woman bites her fingernails. According to the Freudian theory of psychosexual development, all three are fixated at the ____ stage.

- a. oral
- b. anal
- c. phallic
- d. genital

ANSWER:

a

81. . The Oedipus complex, the psychosexual conflict that occurs at the phallic stage of development, is characterized by a 3- to 5-year-old boy who

- a. represses his need for genital self-stimulation.
- b. loves his mother but has feelings of anger and envy toward his father.
- c. loves his father but has feelings of anger and envy toward his mother.
- d. fantasizes about tragic Greek heroes.

ANSWER:

b

82. According to Sigmund Freud, the Electra complex, the psychosexual conflict that occurs at the phallic stage of development in girls, is characterized by

- a. castration anxiety.
- b. Oedipal conflicts.
- c. penis envy.
- d. latency lust.

ANSWER:

c

83. In their theories about human nature, psychoanalysts Carl Jung and Alfred Adler both

- a. regarded human nature as possessing many negative qualities.
- b. were completely analogous to Freud's ideas.
- c. believed that there were no barriers to the internal and external growth of the individual.
- d. emphasized a strong drive toward individual self-actualization.

ANSWER:

d

84. Severe internal conflicts that produce a lot of anxiety or other emotions can trigger self-defeating defensive processes or symptoms such as

- a. acute and posttraumatic stress symptoms.
- b. depression or bipolar symptoms.
- c. phobic or obsessive symptoms.
- d. suicidal or aggressive symptoms.

ANSWER:

a

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85. In Erik Erikson's theory of lifespan development, an individual reaches the mature stage when he or she is about _____ years old.

- a. 55
- b. 65
- c. 75
- d. 85

ANSWER:

b

86. Which of the following is an accurate statement about "stage" theories of development?

- a. In Freudian theory, sexual arousal and interest occur during the latency stage.
- b. In Erikson's theory, development occurs across the lifespan.
- c. In Freudian theory, intrapsychic conflicts are resolved in early childhood.
- d. In Fromm's theory, culture and society influence personality.

ANSWER:

b

87. In psychoanalytic psychotherapy, it is important for patients to

- a. keep their thoughts and feelings to themselves.
- b. make eye contact with the psychoanalyst.
- c. describe the content of their dreams to the analyst.
- d. remain in a horizontal posture to induce emotional processing.

ANSWER:

c

88. Psychodynamic psychotherapy differs from classical (Freudian) psychoanalysis in that it

- a. emphasizes the goal of personality reconstruction.
- b. requires a long-term commitment on the part of the person being analyzed.
- c. focuses on social and interpersonal issues.
- d. considers past experiences important.

ANSWER:

c

89. The concepts of "self-actualizing" and "the hierarchy of needs" are most closely associated with the theories of

- a. Abraham Maslow.
- b. Carl Rogers.
- c. Carl Jung.
- d. Melanie Klein.

ANSWER:

a

90. Which of the following is NOT associated with the humanistic theories of Carl Rogers?

- a. Unconditional positive regard
- b. Hierarchy of needs
- c. Empathy
- d. Person-centered therapy

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ANSWER:

b

91. Humanistic therapists regard _____ as the single most positive influence in facilitating human growth.

- a. therapist interpretation of patient verbalizations
- b. relationships (including the therapeutic relationship)
- c. self-esteem
- d. intellectual and moral development

ANSWER:

b

92. The systematic development of a scientific approach to psychopathology is represented by

- a. humanistic psychology.
- b. psychoanalysis.
- c. Jungian psychology.
- d. the behavioral model.

ANSWER:

d

93. Which scientist felt that that psychology should not use introspection or other unquantifiable methods and is considered the founder of behaviorism?

- a. Edward Titchener
- b. B.F. Skinner
- c. John Watson
- d. Ivan Pavlov

ANSWER:

c

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

- a. systematic desensitization
- b. person centered therapy
- c. exorcism
- d. aversive conditioning

ANSWER:

a

95. Which well-known behavioral scientist was the author of *The Behavior of Organisms* (1938) and *Walden Two* (1948)?

- a. John Watson
- b. Ivan Pavlov
- c. B.F. Skinner
- d. Edward L. Thorndike

ANSWER:

c

96. Ivan Pavlov, a Russian physiologist, based his theories of conditioning on the results of experiments he conducted on

- a. humans.
- b. pigeons.

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- c. rats.
- d. dogs.

ANSWER: d

97. Mustafa was bitten by a dog when he was 5 years old. Now he is afraid of any dog he sees. His fear of dog is a(n)

- a. unconditioned stimulus.
- b. unconditioned response.
- c. conditioned stimulus.
- d. conditioned response.

ANSWER: d

98. In the process of self-actualizing, emphasized in humanistic psychology, individuals

- a. adopt a conditioned response to a variety of stimuli.
- b. direct their own course of therapy under the guidance of a counselor.
- c. strive to achieve their highest potential against life's obstacles.
- d. achieve a complete and almost unqualified acceptance of their own dysfunctions.

ANSWER: c

99. The continual interaction of biological, psychological, and social influences and their effect on behavior is considered

- a. sociocultural.
- b. psychobiological/biopsychological.
- c. systematic.
- d. multidimensional and integrative.

ANSWER: d

100. A patient arrives in your office with a severe fear of spiders. You treat this patient by gradually introducing her to snake images, snake toys, and eventually live snakes in order to show her that nothing bad happened in the presence of these objects. You are using the therapeutic technique called

- a. cognitive therapy.
- b. systematic desensitization.
- c. operant conditioning.
- d. multidimensional therapy.

ANSWER: b

101. You just adopted a puppy and want to teach it to fetch the newspaper. What approach would B. F. Skinner advise you to take?

- a. Punish the puppy each time it does not fetch the paper.
- b. Give the puppy a treat each time it gets a little closer to fetching perfectly.
- c. Give the puppy a treat each time it fetches perfectly and not otherwise.
- d. Be patient and understand that behavior shaping occurs naturally over developmental stages.

ANSWER: b

102. The Scientific Method is:

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- a. interdisciplinary
- b. useful in studying personality disorders
- c. can study normal and abnormal behaviors
- d. all of the above

ANSWER:

d

103. Discuss why the following criteria are not completely satisfactory in defining abnormality: psychological dysfunction, distress, and “culturally expected” behavior.

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

104. Describe the process of becoming a mental health professional. Include a discussion of the differences among the following: psychiatrist, psychologist, psychiatric social worker, psychiatric nurse. For each profession, list the credentials, the educational background, and the professional responsibilities.

ANSWER: Sample Answer: Within this field are clinical and counseling psychologists, psychiatrists, psychiatric social workers, and psychiatric nurses, as well as marriage and family therapists and mental health counselors. *Clinical and counseling psychologists* receive a Ph.D. (or sometimes an Ed.D., doctor of education, or Psy.D., doctor of psychology) and follow a course of graduate-level study, lasting approximately five years, that prepares them to conduct research into the causes and treatment of psychological disorders and to diagnose, assess, and treat these disorders. Counseling psychologists tend to study and treat adjustment and vocational issues encountered by relatively healthy individuals, and clinical psychologists usually concentrate on more severe psychological disorders. Psychologists with other specialty training, such as experimental and social psychologists, investigate the basic determinants of behavior but do not assess or treat psychological disorders. *Psychiatrists* first earn an M.D. in medical school and then specialize in psychiatry during residency training that lasts three to four years. Psychiatrists also investigate the nature and causes of psychological disorders, make diagnoses, and offer treatments. Many psychiatrists emphasize drugs or other biological treatments, although most use psychosocial treatments as well. *Psychiatric social workers* typically earn a master’s degree in social work as they develop expertise in collecting information about the social and family situation of the individual with a psychological disorder. Social workers also treat disorders, often concentrating on family problems. *Psychiatric nurses* have advanced degrees and specialize in the care and treatment of patients with psychological disorders, usually in hospitals as part of a treatment team. Finally, *marriage and family therapists* and *mental health counselors* typically spend one to two years earning a master’s degree and are employed to provide clinical services by hospitals or clinics.

105. Compare and contrast the three traditional models of abnormal behavior: supernatural, psychological, and biological. Mention significant events and persons in the historical development of each model.

ANSWER: Sample Answer: For much of our recorded history, the *supernatural tradition* described deviant behavior as a reflection of the battle between good and evil. During the last quarter of the 14th century, religious and lay authorities supported these popular superstitions, and society as a whole began to believe more strongly in the existence and power of demons and witches. Treatments included **exorcism**, in which various religious rituals were performed to rid the victim of evil spirits. Other approaches included shaving the pattern of a cross in the hair of the victim’s head and securing sufferers to a wall near the front of a church

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so that they might benefit from hearing Mass.

An equally strong opinion reflected the view that insanity was a natural phenomenon, caused by mental or emotional stress, and was curable. Common treatments were rest, sleep, and a healthy environment. Other treatments included baths, ointments, and various potions.

Paracelsus, a Swiss physician who lived from 1493 to 1541, rejected notions of possession by the devil, suggesting instead that the movements of the moon and stars had profound effects on people's psychological functioning. This influential theory inspired the word *lunatic*, which is derived from the Latin word for moon, *luna*.

With the *biological tradition*, physical causes of mental disorders have been sought since antiquity. The Greek physician Hippocrates (460–377 B.C.) and others suggested that psychological disorders could be treated like any other disease. They believed psychological disorders might also be caused by brain pathology or head trauma and could be influenced by heredity (genetics). Hippocrates considered the brain to be the seat of wisdom, consciousness, intelligence, and emotion. Therefore, disorders involving these functions would logically be located in the brain. Hippocrates also recognized the importance of psychological and interpersonal contributions to psychopathology.

The Roman physician Galen (approximately 129–198 A.D.) adopted these ideas and developed them further, creating an influential school of thought that extended well into the 19th century. Physicians believed that disease resulted from too much or too little of one of the humors; for example, too much black bile was thought to cause melancholia (depression). The humoral theory was, perhaps, the first example of associating psychological disorders with a “chemical imbalance,” an approach that is widespread today. The *psychological tradition* has a long tradition. Plato, for example, thought that the two causes of maladaptive behavior were the social and cultural influences in one's life and the learning that took place in that environment. If something was wrong in the environment, such as abusive parents, one's impulses and emotions would overcome reason. The best treatment was to reeducate the individual so that reason would predominate.

During the first half of the 19th century, a psychosocial approach called **moral therapy** became influential. Its tenets included treating patients as normally as possible in a setting that encouraged social interaction. Pussin had already removed chains used to restrain patients and instituted humane psychological interventions. Pussin persuaded Pinel to go along with the changes.

After William Tuke (1732–1822) followed Pinel's lead in England, Benjamin Rush (1745–1813), often considered the founder of American psychiatry, introduced moral therapy at Pennsylvania Hospital.

Asylums had appeared in the 16th century, but they were more like prisons than hospitals. Dorothea Dix (1802–1887) campaigned for reform in the treatment of insanity. Having worked in various institutions, she had firsthand knowledge of the deplorable conditions imposed on patients with insanity, and she made it her life's work to

inform the American public of these abuses. Her work became known as the **mental hygiene movement**.

An unforeseen consequence of Dix's heroic efforts was a substantial increase in the number of mental patients. This influx led to a rapid transition from moral therapy to custodial care.

106. Explain psychoanalytic theory. Refer to concepts such as anxiety, defense mechanisms, and psychosexual development. Use examples to illustrate these concepts.

ANSWER: Sample Answer: The psychoanalytic theory developed by Sigmund Freud is based on three major concepts.

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

-*Defense mechanisms*. In order to mediate continuing conflict between the id and the superego, the ego marshals defense mechanisms or unconscious protective processes that keep primitive emotions in check.

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Examples include denial, displacement, projection, rationalization, reaction formation, repression, and sublimation.

-Psychosexual stages of development. Freud theorized that during infancy and early childhood, we pass through psychosexual stages of development in a specific order that affect our lifetime functioning.

These stages include the oral, anal, phallic, latency, and genital stages, and are characterized by distinctive means of gratifying our basic needs and satisfying our drive for physical pleasure.

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

ANSWER: Sample Answer: All of the various approaches had shortcoming when attempting to explain psychopathology.

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

108. Why is the requirement that the behavior be *atypical or not culturally expected* important in defining a psychological disorder?

ANSWER: Sample Answer: Behavior occurs in the midst of social context. Some behavior is appropriate in different settings within a single culture. One example is clapping during a religious service. This may be completely appropriate at one house of worship and not another. Other behaviors are appropriate in one culture and not another. Eating a beef hamburger is likely more appropriate in Indiana than in India. From a different perspective, much of our behavior is culturally ascribed and does not serve a biological purpose. None of these behaviors are right or wrong, but simply more or less appropriate in a given context. Normality is defined as adherence to understood social norms.

109. What is the difference between prevalence and incidence? Why is this distinction important in mental health?

ANSWER: Sample Answer: Prevalence is the total number of people in a specific population that have a disorder. Incidence is defined as how many people are newly diagnosed with a disorder within a given year. Prevalence can tell you how common a mental health disorder is within a culture while incidence can tell you about the trends of diagnosing a specific disorder. For example, the prevalence of Attention Deficit/Hyperactivity Disorder (ADHD) is relatively high in the United States with 6.4 million children identified with ADHD in 2011. Incidence has been increasing since 2003 (7.8%) and 2007 (9.5%) 11% in 2011 [1].

110. Give an example of a modern mass hysteria.

ANSWER: Sample Answer: All answers will tell of one person (or a few people) seriously impacted followed by

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others (more people) with mirroring concerns. One example is the panic that ensues after a sudden, loud noise in a crowded area the week after a major school shooting.

111. You walk out of a store and your car is not in its parking space. Give a one-sentence response from the perspectives of your Id, Ego, and Superego.

ANSWER: Sample Answer: Id = "I'm going to find this thief and ring his neck!" Superego = "Could I have parked elsewhere?" Ego = "I am so frustrated but I've got good insurance." All answers will differentiate the Id (pleasure principle), Superego (moralistic), and Ego (mediator).

112. Name some of Sigmund Freud's lasting contributions to the field of psychology.

ANSWER: Sample Answer: Sigmund Freud was the founder of psychoanalytic therapy. His work focused on the unconscious mind and how its desires and urges determined personality and disorders. Freud further developed therapeutic techniques including catharism, dream interpretations, and free association.