

chapter 1

Indicate the answer choice that best completes the statement or answers the question.

1. Which of these was Philippe Pinel's argument for his asylum reform?
 - a. Mental problems had a biological basis and required medication.
 - b. Patients were afflicted by demons and needed prayer and exorcisms.
 - c. Patients were people with illnesses that should be treated with sympathy.
 - d. Mental illness was caused by immoral behavior and could be cured with beatings.
2. The form of experiment used MOST often to study the psychological effects of unusual or unpredictable events is:
 - a. a natural experiment.
 - b. a matched-design experiment.
 - c. an analogue experiment.
 - d. a single-subject experiment.
3. To accomplish random assignment, one could assign participants to groups by:
 - a. placing all the participants sharing an important characteristic in the same group.
 - b. making sure there is only one participant in each group.
 - c. flipping a coin to determine group assignment.
 - d. asking participants to choose the group they prefer.
4. A theorist who sees abnormality as a problem in living usually refers to those seeking help with problems in living as:
 - a. pupils.
 - b. patients.
 - c. trainees.
 - d. clients.
5. If a university had a program designed to help students achieve their full potential physically, educationally, and spiritually, that program would have elements MOST similar to:
 - a. mental health prevention programs.
 - b. positive psychology programs.
 - c. deinstitutionalization programs.
 - d. outpatient therapy.
6. Those MOST often in charge of treating abnormality in the Middle Ages in Europe were:
 - a. physicians.
 - b. nobility.
 - c. peasants.
 - d. clergy.

chapter 1

7. In the Middle Ages, the model of mental illness that MOST people believed in was the:

- a. moral model.
- b. medical model.
- c. psychogenic model.
- d. demonology model.

8. Immigration trends and differences in birth rates among minority groups in the United States have caused psychological treatment to become more:

- a. hospital-focused.
- b. multicultural.
- c. positive.
- d. dependent on the use of medications.

9. Which statement about the various viewpoints of clinical psychology is TRUE?

- a. Various perspectives coexist, and they often conflict and compete with one another.
- b. Since the late 1950s, the biological perspective is the primary perspective taught in medical schools.
- c. Although many perspectives exist, the psychoanalytic perspective remains the dominant perspective in the field.
- d. Among the various perspectives, those most highly regarded are those based on the influence of external factors.

10. A medical researcher develops a drug that decreases symptoms of depression and other mood disorders. This drug would be classified as:

- a. psychogenic.
- b. somatogenic.
- c. psychotropic.
- d. somatotropic.

11. What is the most famous characteristic of Bethlehem Hospital, founded in London in 1547?

- a. Popularly called "Bedlam," it came to represent deplorable conditions for patients.
- b. It was the first asylum founded by Hippocrates.
- c. It was founded by Henry VIII as a place to house his numerous ex-wives.
- d. It was the first asylum in which the moral treatment of patients was practiced.

12. Studies show that eccentrics are more likely than individuals with mental disorders to say:

- a. "I feel like my behavior has been thrust on me."
- b. "I am in a lot of pain, and I suffer a great deal."
- c. "I wish I were not so 'unique.' "
- d. "I'm different, and I like it."

13. A researcher randomly assigned participants to two groups. Group A received the drug whenever they

chapter 1

reported depressive symptoms to the experimenter; group B received no drugs at any point. In this study, group A was the:

- a. experimental group.
- b. control group.
- c. correlational group.
- d. cross-sectional group.

14. Which statement BEST describes the effect of technology on mental health?

- a. There is widespread consensus that technology causes deviant and dysfunctional behavior.
- b. Technology has eroded society's sense of community and people's desire to engage with others.
- c. There is no research-based evidence to support any connect between technology and mental health.
- d. Technology provides new triggers for abnormal behaviors.

15. Which statement LEAST supports the somatogenic view of abnormal behavior?

- a. Hypnotism has helped people give up smoking.
- b. Alcoholism tends to run in families.
- c. People with Lyme disease often have psychological symptoms.
- d. Most people with depression are helped with medication.

16. How did the perception of patients with psychological problems change during the spread of moral treatment?

- a. They were seen as dependent and as a drain on society's resources.
- b. They were seen as morally superior to people without psychological problems.
- c. They were seen as potentially productive human beings who deserved care.
- d. They were seen as religious proselytizers who treated everyone with kindness.

17. Freud believed that all functioning, normal and abnormal, originates from:

- a. one's underlying biological makeup.
- b. unconscious psychological processes.
- c. the internal battle between good and evil.
- d. conscious internal drives and moral external forces.

18. A "fake" pill used as the control condition in a drug study is a:

- a. placebo.
- b. confound.
- c. random variable.
- d. dependent variable.

19. Which statement about distress is TRUE?

- a. Distress is a subjective experience.
- b. Distress is always considered abnormal.

chapter 1

- c. Distress is more common in young children.
- d. Distress is always characterized by overt, observable signs.

20. The textbook authors describe the treatment of mental illness in the early 1600s as a forerunner to community mental health programs because:

- a. local residents provided housing, food, and companionship to the mentally ill.
- b. asylums were created to provide long-term care for those persons with mental illness.
- c. government officials enacted laws to protect the rights of those persons with mental illness.
- d. those persons receiving care for mental illness were required to "give back" in the form of community service.

21. Which pair of words BEST describes the current emphasis in mental health?

- a. prevention and positive psychology
- b. perfection and primary psychology
- c. people and professional psychology
- d. promotion and public psychology

22. Luther experiences unshakable sadness. His friends have stopped trying to cheer him up because nothing works. An ancient Greek physician would have labeled his condition:

- a. mania.
- b. hysteria.
- c. delusions.
- d. melancholia.

23. Which is the BEST example of baseline data in a single-subject design?

- a. how well the treated behavior generalizes to a nontreatment setting
- b. the level of the treated behavior at the immediate end of treatment
- c. how long the treatment is maintained
- d. the level of behavior before treatment begins

24. The group of participants that is NOT exposed to the independent variable under investigation (in an experiment) is called the:

- a. control group.
- b. confound group.
- c. dependent group.
- d. experimental group.

25. One cause of the increase in homeless individuals in recent decades has been the:

- a. policy of deinstitutionalization.
- b. decrease in the effectiveness of medications.
- c. decrease in the use of private psychotherapy.

chapter 1

- d. move to the community mental health approach.
26. Which statement is TRUE about the participation of women in the mental health professions?
- There are more female psychiatrists than female counselors.
 - Women, as a group, prefer working in clinical settings.
 - The profession with the highest percentage of women practitioners is social work.
 - Female psychologists earn more than male psychologists.
27. Which statement distinguishes a quasi-experimental study from a "pure experiment"?
- The quasi-experiment does not use a control group.
 - The quasi-experiment uses multiple groups for comparison.
 - The quasi-experiment does not use any experimental control.
 - The quasi-experiment does not allow for manipulation of the independent variable.
28. Which question does the use of statistical analyses in research help answer?
- Where does bias exist?
 - How likely is it that the study's findings occurred by chance?
 - How many people will be directly affected by the study results?
 - Which inclusion criteria should be applied when selecting participants?
29. Acquiring insight about unconscious psychological processes is a feature of:
- moral therapy.
 - psychoanalysis.
 - psychogenic therapy.
 - all psychological therapy.
30. Which aspect of the definition of abnormality includes the inability to care for oneself and work productively?
- distress
 - deviance
 - dysfunction
 - danger to self or others
31. Lady Gaga and other eccentrics are usually not considered to be experiencing a mental illness because:
- they are not deviant.
 - they freely choose and enjoy their behavior.
 - they are dangerous only to others, not to themselves.
 - while they are distressed by their behavior, others are not.
32. Compared with the number of patients hospitalized in U.S. mental hospitals in the 1950s, the number of hospitalized patients today is:

chapter 1

- a. significantly less.
- b. slightly less.
- c. slightly more.
- d. significantly more.

33. The asylums of the 1500s were originally:

- a. churches and parishes.
- b. privately owned homes.
- c. hospitals and monasteries.
- d. prisons and government offices.

34. A student says, "The problem with single-subject experiments is that there is no control group, so you don't know if the treatment is effective." The BEST reply is:

- a. You're absolutely right.
- b. If you use a reversal design, then participants serve as their own controls.
- c. Researchers routinely include control participants along with the actual participants.
- d. You don't need controls; single-subject experiments are always double-masked.

35. In what way did the experiments performed by Bernheim and Liébault provide support for the psychogenic perspective of abnormality?

- a. Using hypnosis, they could produce artificial symptoms such as blindness in healthy subjects.
- b. Using small amounts of electrical current, they could induce "false" psychological problems in healthy subjects.
- c. Using biofeedback systems, they could reduce anxiety symptoms in subjects.
- d. Using guided imagery, they could cure patients with a variety of psychological disorders.

36. If a person's primary symptom was excessive worry, the psychotropic drug MOST likely to be prescribed for that person would be an:

- a. antipsychotic.
- b. antidepressant.
- c. antibiotic.
- d. antianxiety medication.

37. Toward the end of the Middle Ages, cities began to flourish. How did this help foster a shift away from demonology?

- a. City officials made it illegal to teach demonology.
- b. Government officials took over care of the mentally ill.
- c. Government officials began to treat the mentally ill as criminals.
- d. The mentally ill were run out of cities and left to take care of themselves.

38. A researcher finds a strong positive correlation between ratings of life stress and symptoms of depression.

chapter 1

The researcher may therefore be confident that:

- a. life stress causes symptoms of depression.
- b. symptoms of depression cause life stress.
- c. something else causes stress and depression.
- d. life stress and depression are related.

39. Johann Weyer was a physician in the:

- a. 1200s.
- b. 1500s.
- c. 1700s.
- d. 1800s.

40. Factors other than the independent variable may also act on the dependent variable. If these factors vary systematically with the independent variable, they are called:

- a. irrelevant.
- b. confounds.
- c. masked variables.
- d. random variables.

41. Efforts to help people develop personally meaningful activities and healthy relationships are a part of:

- a. eco-anxiety treatment.
- b. a somatogenic approach to treatment.
- c. the clinical practice of positive psychology.
- d. an eccentric's level of creativity.

42. A society's _____ is(are) comprised of that society's history, values, institutions, habits, skills, technology, and arts.

- a. laws
- b. norms
- c. culture
- d. conventions

43. What is the major ethical concern with research on Facebook users?

- a. There are not enough Facebook users to make the research worthwhile.
- b. Facebook users don't always know they are being studied.
- c. Research projects have not been approved by universities where they are conducted.
- d. It is unethical to observe public behavior.

44. Friedrich Anton Mesmer became famous, or "infamous," for his work with patients who were suffering from bodily problems that had no physical basis. His patients' disorders are termed:

- a. somatogenic.

chapter 1

- b. hysterical.
- c. phlegmatic.
- d. bilious.

45. People with severe mental illnesses are LESS likely to be _____ than they were 50 years ago.

- a. medicated with psychotropic drugs
- b. hospitalized in mental institutions
- c. homeless or in prison
- d. treated in outpatient facilities

46. Hippocrates' model of mental illness can be described as:

- a. psychiatric.
- b. somatogenic.
- c. psychogenic.
- d. supernatural.

47. One hundred psychiatric patients were randomly assigned to one of two groups. Group A received a new drug in pill form. Group B was given an identical-looking placebo pill. A panel of psychiatrists, who did not know which pill each participant received, evaluated all participants for level of agitation. In this study, experimenter bias was reduced by:

- a. having experienced psychiatrists evaluate agitation.
- b. having researchers who didn't know who got which pill.
- c. adding another placebo condition.
- d. adding a therapy group.

48. Not all participants are the same. What do researchers use to reduce the possibility that preexisting differences between groups are responsible for observed differences after experimental manipulation?

- a. a control group
- b. random selection
- c. random assignment
- d. an experimental group

49. Hippocrates thought that abnormal behavior resulted from an imbalance in the four humors, one of which was:

- a. water.
- b. lymph gland fluid.
- c. phlegm.
- d. cerebrospinal fluid.

50. Which feature is NOT common in managed care programs?

- a. preapproval for treatment by the insurance company

chapter 1

- b. patient choice in number of therapy sessions
- c. ongoing reviews and assessments
- d. limited pool of practitioners for patients to choose from

51. It is thought that people in prehistoric societies believed abnormal behavior resulted from:

- a. advancing age.
- b. a person not having a soul.
- c. evil spirits that invaded the body.
- d. a state of being disconnected from the Earth and nature.

52. In an ABAB design study, a researcher is measuring the level of depression with and without the addition of an exercise program. What is the first A in the study?

- a. healthy eating habits
- b. exercise
- c. no exercise
- d. depression

53. Tanner is confused and usually thinks that he is a superhero. If his psychiatrist ordered medication, it would MOST likely be a(n):

- a. stimulant drug.
- b. antianxiety drug.
- c. antipsychotic drug.
- d. antidepressant drug.

54. Morgan hears voices that others do not but she is not distressed by them. This illustrates that:

- a. distress must always be used to determine abnormality.
- b. behavior that is not really dangerous can never be considered abnormal.
- c. distress does not have to be present for a person's behavior to be considered abnormal.
- d. behavior that is not distressful is not abnormal.

55. Which study findings were MOST likely generated from an epidemiological study?

- a. The rate of suicide is higher in Ireland than it is in the United States.
- b. Autism is not caused by influenza vaccinations.
- c. Child abuse is often found in the backgrounds of individuals with dissociative disorders.
- d. Alcoholism runs in families.

56. Why did many of the asylums in the 1500s become virtual prisons over time?

- a. overcrowding
- b. food shortages during this period
- c. research linking mental illness with crime
- d. public outcry over the dangers of mental illness

chapter 1

57. College students who drink so much that it interferes with their lives, health, and academic careers are often not diagnosed as engaging in abnormal behavior because:

- a. the behavior is not illegal.
- b. they are just considered eccentric.
- c. they don't harm anyone but themselves.
- d. drinking is considered part of college culture.

58. A study of informed consent forms showed that:

- a. most research participants don't receive them.
- b. most research participants are insulted by them.
- c. many research participants don't understand them.
- d. most research participants already know their rights.

59. For people to decide about participating in psychological research, they must be given full knowledge of the nature of the study and of their rights. This principle is called:

- a. risk disclosure.
- b. benefit analysis.
- c. informed consent.
- d. privacy.

60. The person who brought the reforms of moral therapy to northern England was:

- a. John Dix.
- b. Joseph Gall.
- c. William Tuke.
- d. Benjamin Rush.

61. Deviant behavior is behavior that:

- a. is illegal.
- b. violates the society's norms.
- c. is dangerous to self or others.
- d. causes dysfunction in the individual's life.

62. "What is going on? The insurance company says I have to stop my anger management program now!" The client who says this is MOST likely voicing concern about a:

- a. managed care program.
- b. private psychotherapist.
- c. community mental health agency.
- d. sociocultural resource center.

63. The finding that syphilis causes general paresis is important because it supports the idea that:

chapter 1

- a. mental patients should be deinstitutionalized.
- b. organic factors can cause mental illness.
- c. antibiotics cannot "cure" viral diseases.
- d. physicians should be the practitioners treating mental illnesses.

64. Efforts to address the needs of children who are at risk for developing mental disorders (babies of teenage mothers, children of those with severe mental disorders) are categorized as:

- a. positive psychology.
- b. psychoanalysis.
- c. eco-anxiety treatment.
- d. preventive.

65. Hippocrates believed that treatment for mental disorders should involve:

- a. releasing evil spirits trapped in the brain.
- b. bringing the four body humors back into balance.
- c. punishing the body for its sins.
- d. giving control over to a higher power.

66. A therapist believes so strongly in her approach that she finds improvement even when none exists. Which type of study design would prevent this problem?

- a. longitudinal
- b. double-masked
- c. epidemiological
- d. experimental

67. Researchers have shown that in a typical year in the United States, approximately _____ percent of people with psychological disorders receive clinical treatment.

- a. 15
- b. 30
- c. 45
- d. 60

68. The early psychogenic treatment that was advocated by Josef Breuer and Sigmund Freud was:

- a. prayer.
- b. bloodletting.
- c. hypnotism.
- d. trephining.

69. Shaun wants to be a good participant. He knows that his professor is an environmentalist, so his answers on the survey reflect a pro-environment position. This is an example of:

- a. subject bias.

chapter 1

- b. a placebo effect.
- c. random variation.
- d. experimenter bias.

70. An example of an analogue experiment is:

- a. following human participants who lost their homes in a tornado, starting the day after the loss and observing their stress levels over time.
- b. having human participants live for a week in a simulated mental hospital to see how they respond.
- c. following a group of individuals with schizophrenia over a long period of time.
- d. following individuals within their natural environments and noting behavioral responses.

71. The goal of scientific research is BEST described as seeking to:

- a. prove cause and effect.
- b. advance the field of clinical medicine.
- c. explain relationships between variables.
- d. generate hypotheses that seek to answer global questions.

72. The incidence of HIV-positive cases on campus tells you:

- a. a person's risk of becoming HIV positive.
- b. the number of new HIV-positive cases measured in a time period.
- c. the total number of HIV-positive cases at a given point.
- d. the on-campus HIV-positive rate compared to the national average.

73. The Middle Ages condition of mass madness referred to a large group of people who:

- a. believed that God did not exist.
- b. had borderline personality disorder.
- c. shared delusions and hallucinations.
- d. engaged in violent criminal acts against others.

74. Research suggests that one negative effect of adolescents using social media sites is that these sites may:

- a. increase peer pressure and social anxiety.
- b. encourage improper language skills.
- c. expose children to negative news stories.
- d. reward people for underperforming in school.

75. How can therapists use correlational research findings in their practice?

- a. Therapists can eliminate nonrelated conditions from the patient's assessment.
- b. Therapists can determine which related conditions are likely and assess for early signs of their presence.
- c. Therapists can statistically determine which patients will benefit from specific treatments.
- d. Therapists can employ preemptive therapy to prevent related conditions from developing.

chapter 1

76. A psychologist does a study of an individual that involves history-taking, tests, and interviews of associates. A clear picture is then constructed of this individual so that her behavior is better understood. This study is a(n):

- a. longitudinal study.
- b. case study.
- c. experimental study.
- d. correlational study.

77. Which statement about deviant behavior is TRUE?

- a. What is defined as deviant can change over time.
- b. What is considered deviant behavior is the same across all cultures.
- c. Deviant behavior is a precursor to psychologically abnormal behavior.
- d. People who engage in deviant behavior are always unaware that their behavior is deviant.

78. A researcher's expectations about a study can affect its outcome. The type of research design used specifically to address this problem is a(n):

- a. experiment.
- b. random-assignment design.
- c. matched control group design.
- d. masked design.

79. People in the Middle Ages might find that a flash mob is MOST similar to:

- a. mass madness.
- b. melancholia.
- c. trephination.
- d. general paresis.

80. A significant change in the type of care offered now compared to the era when Sigmund Freud was practicing is that:

- a. fewer patients are suffering from anxiety and depression.
- b. fewer patients receive outpatient treatment.
- c. people are more likely to receive treatment for problems in living.
- d. there are fewer specialized programs focused on treating only one type of problem.

81. The person who brought the reforms of moral therapy to the United States is:

- a. John Dix.
- b. Joseph Gall.
- c. William Tuke.
- d. Benjamin Rush.

82. If a researcher is unable to find many eligible participants for a study, he or she would MOST likely

chapter 1

consider using a(n):

- a. natural experiment.
- b. correlational study.
- c. epidemiological study.
- d. single-subject experiment.

83. Despite popular misconceptions, most people with psychological problems are not:

- a. dysfunctional.
- b. dangerous.
- c. distressed.
- d. deviant.

84. The degree to which events or characteristics vary with each other is described as:

- a. matching.
- b. correlation.
- c. multivariable.
- d. clinical significance.

85. The prevalence rate for a disorder will _____ the incidence rate.

- a. always be the same as
- b. always be higher than
- c. always be the same as or higher than
- d. always be lower than

86. Compared with physical disorders, insurance reimbursement for treatment of mental disorders prior to enactment of the Affordable Care Act was generally:

- a. nonexistent.
- b. lower.
- c. about the same.
- d. higher.

87. A therapist videoconferences a client to conduct a session. This is an example of what kind of care?

- a. managed care
- b. telemental health
- c. self-help, or group help
- d. community mental health

88. The MOST accurate summary of what has happened in the United States since the 1950s years to protect the rights of human research participants would be that:

- a. there has been important progress, but concerns remain.
- b. recent changes in legal and ethical regulation of human research have virtually eliminated potential

chapter 1

problems.

- c. the current situation is as bad as it has ever been.
- d. colleges and universities, but not governmental agencies, have made important progress in protecting human rights.

89. Seligman's study, in which he created learned helplessness in nonhuman animals and humans, is an example of a(n) _____ study.

- a. analogue
- b. case
- c. epidemiological
- d. single-subject

90. A community program works to lower the poverty rate. What kind of principle of mental health care is exhibited by this approach?

- a. prevention
- b. isolation
- c. spiritual guidance
- d. experimental treatments

91. The specialty that presently has the largest number of practitioners is:

- a. psychiatry.
- b. clinical social work.
- c. psychology.
- d. counseling.

92. Imagine that a longitudinal study found that children raised by people with schizophrenia are more likely to commit crimes later. This result tells us that:

- a. children of people with schizophrenia are at higher risk for criminal behavior.
- b. children of people with schizophrenia inherit a criminal gene.
- c. criminal behavior in children causes the parents to develop schizophrenia.
- d. people with schizophrenia teach their children to become criminals.

93. Who discovered the link between general paresis and syphilis?

- a. Benjamin Rush
- b. Emil Kraepelin
- c. Fritz Schaudinn
- d. Richard von Krafft-Ebing

94. Which is an example of a case study?

- a. a study involving use of a control group
- b. a long-term study of a clinical client

chapter 1

- c. a study of all the cases of a disorder in a community
 - d. the creation of a disorder in a group of lab rats
95. The prevalence of sexual dysfunction in older men seen at a clinic tells you the:
- a. total number of older men with sexual dysfunction at the clinic.
 - b. risk of a man developing sexual dysfunction.
 - c. number of new cases of sexual dysfunction over a period of time.
 - d. rate of sexual dysfunction in the community.
96. Which correlation coefficient is of the highest magnitude?
- a. +.04
 - b. −.85
 - c. +.62
 - d. −.01
97. Hippocrates attempted to treat mental disorders by:
- a. hypnotizing patients.
 - b. chaining patients to walls.
 - c. correcting underlying physical pathology.
 - d. encouraging patients to speak about past traumas.
98. Drugs that alleviate the symptoms of mental dysfunction by affecting the brain are called:
- a. psychedelics.
 - b. antineurotics.
 - c. psychotropics.
 - d. psychophysiologicals.
99. If stress levels and physical health are negatively correlated, which of the following can the researcher conclude?
- a. Stress causes people to have poor health.
 - b. As stress increases, health decreases.
 - c. Poor health causes people to experience stress.
 - d. Mental illness causes both stress and poor health.
100. Problems with marital, family, peer, work, school, or community relationships would be MOST similar to:
- a. the sorts of problems Freud treated.
 - b. milder problems in living.
 - c. problems treated in specialized treatment centers.
 - d. other problems treated with antipsychotics.

101. Researchers using a longitudinal study design observe:

chapter 1

- a. a single participant over the course of his or her lifetime.
- b. the same group of individuals on many occasions over a long period of time.
- c. two groups of demographically similar participants with the same condition over a long period of time.
- d. multiple groups of participants with the same condition at a single point in time, with each group being from a different age range.

102. Commonly accepted features of abnormality include deviance, distress, dysfunction, and:

- a. danger.
- b. damage.
- c. delusions.
- d. deference.

103. The function of the double-masked design is BEST described as guarding against:

- a. participant and experimenter expectancies.
- b. imitation therapies.
- c. subject bias.
- d. the Rosenthal effect.

104. A researcher is considering whether to gather online data from Facebook users without informing the users that their data are being used. In terms of research ethics, which question is the MOST relevant?

- a. Are Facebook postings considered "public behavior"?
- b. Are Facebook users a random sample of whatever population is being studied?
- c. Will Facebook users be able to sue if they think their rights are being violated?
- d. Will the potential benefits of the research outweigh the potential risks to Facebook users?

105. Which is NOT a merit of the correlational method?

- a. It can be replicated.
- b. It can be analyzed statistically.
- c. Its results can be generalized.
- d. It provides rich detail.

106. Ancient societies commonly treated abnormal behavior by:

- a. committing the affected persons to asylums.
- b. providing moral treatment.
- c. performing an exorcism.
- d. changing the diet.

107. Which event in the 1950s led to improvements in biological treatments for mental disorders?

- a. discovery of psychotropic medications
- b. development of advanced neurosurgical techniques

chapter 1

- c. development of standardized screening tests for mental illness
- d. improved understanding of the electrical system of the human body

108. Critics of managed care programs for mental health services state that these programs:

- a. promote long-term dependence on therapists.
- b. do not support drug therapy as a form of treatment.
- c. focus too heavily on psychogenic causes of abnormalities.
- d. favor treatments whose results are typically shorter lasting.

109. In which of these would aggressive behavior be seen as normal behavior?

- a. a society that values cooperation
- b. a culture that emphasizes competitiveness
- c. a family that has experienced a traumatic event
- d. a person who has exhibited this behavior since early childhood

110. Who was the individual considered to be the founder of the modern study of psychopathology?

- a. Hippocrates
- b. Johann Weyer
- c. Dorothea Dix
- d. Emil Kraepelin

111. According to Thomas Szasz's views, the deviations that some call mental illness are really:

- a. mental illness.
- b. problems in living.
- c. caused by one's early childhood experiences.
- d. eccentric behaviors with a biological cause.

112. Which individual would be MOST likely to be classified as exhibiting dysfunctional behavior?

- a. a person who experiences grief immediately after losing her job and then her house
- b. a person who is nervous about shopping alone for weeks after being attacked by a mugger
- c. a person who always washes his hands immediately after returning home from grocery shopping
- d. a person who engages in multiple checking rituals each day and consequently is unable to hold down a job

113. Which person would NOT be considered abnormal, despite the fact that the person's behavior is dysfunctional?

- a. someone who is too confused to drive safely
- b. someone who parties so much that he or she cannot go to class
- c. someone who goes on a hunger strike to protest social injustice
- d. someone who cannot stay alone for even one night

chapter 1

114. What is one reason why psychologists may use quasi-experimental designs?

- a. These designs have very small potential for experimenter bias.
- b. These designs allow researchers to eliminate all confounds.
- c. Psychologists have limited experience with other research designs.
- d. It would be unethical to manipulate certain variables in human participants.

115. Hospitalized patients with mental illness who show symptom improvement while taking medications are likely to be discharged. Studies have shown that many of these patients:

- a. fail to make lasting recoveries.
- b. ultimately become a danger to others.
- c. are rehospitalized in less than six months.
- d. commit suicide after years of inadequate treatment.

116. A person seeking help for a psychological abnormality is made to drink bitter herbal potions and then submit to a beating, in the hope that "evil spirits" will be driven from the person's body. This form of "therapy" is called:

- a. couvade.
- b. shaman.
- c. exorcism.
- d. trephination.

117. If a university had a first-year program designed to ease the transition from high school to college and to decrease the dropout rates, that program would have elements MOST similar to:

- a. mental health prevention programs.
- b. positive psychology programs.
- c. deinstitutionalization programs.
- d. outpatient therapy.

118. Which is NOT a characteristic of eccentrics noted by researchers in the field?

- a. a disinterest in others' opinions or company
- b. having a diagnosable mental illness
- c. being creative
- d. being a poor speller

119. Which approach was LEAST likely to be used by an ancient Greek physician to treat someone believed to be suffering from an imbalance of the humors?

- a. exercise
- b. lobotomy
- c. bloodletting
- d. a change in diet

chapter 1

120. If the correlation between severity of depression and age is $-.05$, it means that:

- a. older people have more severe depression.
- b. older people have less severe depression.
- c. younger people have almost no depression.
- d. there is no consistent relationship between age and severity of depression.

121. Which depressed person would be the LEAST likely to be diagnosed with a mental disorder because of the specific circumstances present in his or her life?

- a. someone whose mother was depressed
- b. someone whose community was recently destroyed by a hurricane
- c. someone who was experiencing a chemical brain imbalance
- d. someone who also had an alcohol use disorder

122. Which perspective was supported by the discovery that the symptoms of hysteria (e.g., mysterious paralysis) could be induced by hypnosis?

- a. Psychogenic
- b. Somatogenic
- c. Demonological
- d. Moral

123. Which statement BEST defines treatment?

- a. It is a procedure that cures an illness.
- b. It is any process that provides relief to a sufferer.
- c. It is a process that aids the person in developing functional coping skills.
- d. It is a procedure designed to change abnormal behavior into more normal behavior.

124. In the United States today, one is MOST likely to find a severely ill mental patient:

- a. in a mental hospital.
- b. on the street or in jail.
- c. receiving drug counseling in a shelter.
- d. in private therapy paid for by the state.

125. Research shows that danger to self or others is found in:

- a. all cases of abnormal functioning.
- b. most cases of abnormal functioning.
- c. some cases of abnormal functioning.
- d. no cases of abnormal functioning.

126. The stated and unstated rules for proper conduct that a society establishes are referred to as:

- a. norms.
- b. culture.

chapter 1

- c. morality.
- d. conventions.

127. Which statement BEST reflects the current care for people with less severe disturbances?
- a. Many are treated by generalists who specialize in a number of different types of disorders.
 - b. Private insurance companies are likely to cover outpatient treatment.
 - c. It is difficult to find treatment for someone experiencing a "problem in living."
 - d. Private psychotherapy is available only to the wealthy.

128. Jena is experiencing sadness, lack of energy, and low self-worth. The condition is chronic and severe. If her psychiatrist prescribed medication, it would likely be a(n):

- a. stimulant drug.
- b. antianxiety drug.
- c. antipsychotic drug.
- d. antidepressant drug.

129. To study the effects of child-rearing styles in children, a researcher matches a group of 10 children raised using one parenting style a group of 10 similar children who have been raised using a different parenting style. All children chosen have similar characteristics, including age, sex, and race. This study design is an example of a(n):

- a. experiment.
- b. double-masked design.
- c. correlational study.
- d. quasi-experimental study.

130. Correlation coefficients indicate the:

- a. magnitude and direction of the relationship between variables.
- b. cause-and-effect relationship between variables.
- c. internal and external validity between variables.
- d. significance and variability between variables.

131. A positive psychologist would MOST likely focus on:

- a. identifying the underlying biological cause of mental illness.
- b. teaching coping skills that can be used to manage stress.
- c. identifying the unconscious internal processes driving behavior.
- d. using biofeedback to control physiological responses to stressors.

132. A researcher spends 15 hours or more each day conducting experiments or doing library reading and recording observations on color-coded index cards. This person lives alone in the country but doesn't interfere with others' lives. The BEST description of the researcher's behavior is that it is:

- a. eccentric.

chapter 1

- b. abnormal.
- c. dangerous.
- d. dysfunctional.

133. A theorist who views therapists as teachers of more functional behavior and thought is MOST likely to view abnormality as a(n):

- a. illness.
- b. spiritual issue.
- c. a problem in living.
- d. developmental disorder.

134. If a participant's self-stimulation is observed, punished, observed again without punishment, and punished again, the design is a(n):

- a. multiple baseline.
- b. analogue.
- c. correlation.
- d. ABAB reversal.

135. Some mental health professionals are concerned about the increased availability of mental health information online. Which is NOT a reason for their concern?

- a. Not all of the information online is factual.
- b. Some sites promote unhealthy behaviors.
- c. These professionals are losing money as people turn to self-care.
- d. Numerous sites actively guide people away from seeking medical help.

136. The major advantage of a correlational study over a case study is that it:

- a. allows us to determine causation.
- b. is more individualized.
- c. has uniform procedures that can be easily replicated.
- d. requires fewer participants.

137. The idea that children from single-parent families show more depression than those from two-parent families is a(n):

- a. variable.
- b. experiment.
- c. correlation.
- d. hypothesis.

138. A researcher finds that individuals who report large numbers of "hassles" in their lives usually also report higher levels of stress. Those who report fewer hassles generally report lower levels of stress. The correlation between number of hassles and stress level is:

chapter 1

- a. positive.
- b. negative.
- c. curvilinear.
- d. nonexistent.

139. Hippocrates' contribution to the development of understanding mental illness was the view that such conditions were the result of:

- a. stress.
- b. natural causes.
- c. brain pathology.
- d. spiritual deviations.

140. A psychologist was interested in the effect of hunger on psychological disturbances. The psychologist deprived half of a group of healthy volunteers of food for one day and fed the other half normally. The next day, all participants took the MMPI-2. What was the independent variable?

- a. the level of food deprivation
- b. the MMPI-2
- c. the results on the MMPI-2
- d. the length of time the psychologist controlled food intake

141. Which of these was NOT one of Pinel's reforms at La Bicêtre?

- a. free movement around the hospital grounds
- b. sunny, airy rooms instead of dark dungeons
- c. support and advice given to the patients
- d. weekly feasts tailored to each patient's diet

142. The approach to therapy for mental illness in which a person pays a psychotherapist for services is called:

- a. sociological therapy.
- b. the medical approach.
- c. private psychotherapy.
- d. the community mental health approach.

143. A physician who offers psychotherapy is called a:

- a. psychiatrist.
- b. clinical psychologist.
- c. psychodiagnostician.
- d. psychoanalyst.

144. A psychologist focuses on optimism, wisdom, happiness, and interpersonal skills. This psychologist is MOST likely a:

- a. psychoanalyst.

chapter 1

- b. positive psychologist.
- c. community mental health worker.
- d. rehabilitation specialist.

145. After medical school, a psychiatrist receives three to four years of training in the treatment of abnormal mental functioning; this training is called a(n):

- a. residency.
- b. internship.
- c. practicum.
- d. community mental health tour.

146. In preparation for a study of the effectiveness of an antipsychotic drug, an assistant puts all drugs into capsules of the same color and codes them. The assistant will have no part in administering the drug. Neither the subjects nor the experimenter will know who receives which drug. This is an example of a:

- a. masked design.
- b. double-masked design.
- c. triple-masked design.
- d. quasi-experimental design.

147. The ancient operation in which a stone instrument was used to cut away a circular section of the skull is called:

- a. trephination.
- b. shaman.
- c. couvade.
- d. exorcism.

148. What was the driving idea behind the eugenic sterilization of the mentally ill?

- a. They could not provide a good environment for their children.
- b. They were mentally defective (that is, developmentally delayed).
- c. They reproduced at a rate higher than that of the general population.
- d. They should not be allowed to pass on their defective genes.

149. A therapist who has created a new psychotherapy approach initiates this treatment with a client. The therapist conducts a case study and publishes the results. Which factor is MOST likely to be present in this study?

- a. observer bias
- b. placebo effect
- c. lack of informed consent
- d. generalization

150. Arvind is feeling overwhelmed at work and has been having anxiety episodes for a few weeks. Acting on the advice of a friend, Arvind takes a vacation and subsequently feels less distress. Is this an example of

chapter 1

therapy?

- a. Yes, a person in distress took action and felt relief.
- b. Yes, a person sought relief, obtained advice, and acted upon that advice.
- c. No, there is no trained healer in this scenario.
- d. No, the sufferer felt some relief, but there is no mention of the episodes resolving the problem permanently.

151. In the fifteenth century, where would pilgrims in Europe who sought "psychic healing" have been MOST likely to go?

- a. La Bicêtre in Paris, France.
- b. Gheel, Belgium.
- c. Athens, Greece.
- d. Bethlehem Hospital in London, England.

152. Studies that are structured like experiments but that use groups that already exist instead of randomly assigning participants to control and experimental groups are called:

- a. matched designs.
- b. analogue experiments.
- c. correlational experiments.
- d. longitudinal studies.

153. In an experimental study evaluating the effectiveness of an antidepressant medication, one group of participants receives a sugar pill instead of the true medication. This is an example of a:

- a. medication-withdrawal study.
- b. symptom-exacerbation study.
- c. multiple-baseline study.
- d. placebo study.

154. In an ABAB design study, a researcher is measuring the level of depression with and without the addition of an exercise program. What is the second B in the study?

- a. healthy eating habits
- b. exercise
- c. no exercise
- d. depression

155. An initial negative consequence of the somatogenic perspective on abnormality was that:

- a. physicians began "overdiagnosing" people with mental illness.
- b. individuals with mental illness were often treated in a medical hospital.
- c. researchers did not explore other possible causes and treatments for mental illness.
- d. people used the perspective as a foundation for eugenic sterilization.

chapter 1

156. A theorist who believes that psychological factors are the primary causes of abnormal functioning adheres to the _____ perspective.

- a. Hippocratic
- b. somatogenic
- c. psychogenic
- d. demonologic

157. Which was NOT a factor in the decline in the use of moral treatment and the rise in the use of custodial care in mental hospitals at the end of the twentieth century?

- a. the total lack of success of moral treatment
- b. funding and staffing shortages
- c. prejudice against poor immigrant patients in hospitals
- d. the assumption that all patients could be fully cured with moral treatment

158. In a scientific experiment, the variable that is manipulated or controlled by the experimenter is called the:

- a. confounding variable.
- b. alternative variable.
- c. dependent variable.
- d. independent variable.

159. In the first half of the 1900s, biological treatments for mental illness:

- a. largely failed.
- b. were highly successful.
- c. were not evaluated for effectiveness.
- d. frequently worsened patients' conditions.

160. If a person experienced anxiety or depression following a significant natural disaster, we would say that the person was:

- a. suffering from a mental illness.
- b. deviant but not dangerous.
- c. exhibiting a typical reaction.
- d. statistically deviant.

161. Studies that determine the incidence and prevalence of a disorder in a particular population are called:

- a. longitudinal studies.
- b. experimental studies.
- c. analogue studies.
- d. epidemiological studies.

162. Parity laws for insurance coverage of mental health treatment mandate that:

- a. coverage for mental and physical problems must be reimbursed equally.

chapter 1

- b. physicians and psychologists must have the same level of education.
- c. the number of sessions allowed for treatment of mental and physical treatment must be equal.
- d. all patients must have the same length of time for sessions.

163. Which development was part of the legacy of Dorothea Dix?

- a. Deinstitutionalization
- b. State mental hospitals
- c. Federal prisons
- d. Privatization of mental hospitals

164. A research study on a group of children with autism will compare treatment delivered by parents at home to treatment delivered by teachers at school. If the study finds that the treatment delivered at school is more effective, which item is the BEST example of a confounding variable?

- a. the treatment
- b. the children
- c. the diagnosis
- d. differences between the parents and teachers

165. In the early asylums, treatment for mental illness began with the intention to provide:

- a. harsh treatment.
- b. good care.
- c. religious therapies.
- d. psychogenic therapy.

166. A general understanding of the underlying nature, causes, and treatments of abnormal behavior is called:

- a. theoretical.
- b. nomothetic.
- c. idiographic.
- d. correlational.

167. A person who works in a mental hospital analyzing various treatment protocols to see how multicultural factors impact success rates is MOST likely to be a:

- a. clinical researcher.
- b. clinical psychologist.
- c. psychiatrist.
- d. psychiatric social worker.

168. Which statement is NOT a reason that correlational studies and experiments are preferred over case studies?

- a. Correlational studies and experiments offer rich details that make the results extremely interesting.
- b. They typically observe many individuals.

chapter 1

- c. They are more easily replicable.
- d. They use statistical tests to analyze results.

169. In many areas in the mid- and late 1500s, asylums such as Bethlehem Hospital in London became:

- a. shrines.
- b. tourist attractions.
- c. sheltered workshops.
- d. centers of moral treatment.

170. Which is an aspect of the experimental approach?

- a. use of confounding variables
- b. observation of people over a period of time
- c. a detailed interpretive description of a subject
- d. the manipulation of a variable by the researcher

171. Which statement describes a limitation of the case study?

- a. It does not provide a basis for generalization.
- b. It does not lead to an individualized approach.
- c. It does not enable the therapist to understand the whole patient.
- d. It does not allow the therapist to propose a course of treatment for a patient.

172. Surveys have found that 43 percent of people today believe that mental illness is caused by:

- a. sinful behavior.
- b. lack of willpower.
- c. lack of self-discipline.
- d. something people bring on themselves.

173. Which statement BEST reflects the impact of deinstitutionalization?

- a. Most people with severe disturbances are receiving treatment.
- b. Many people with severe disturbances are in jail or on the street.
- c. Care is now consistent, and there is no shuttling back and forth through different levels of care.
- d. Communities have been able to pick up the care of those with severe disturbances and provide effective treatment for almost all of them.

174. Which statement is the MOST accurate conclusion about the current state of abnormal psychology in the United States?

- a. There is no single definition of abnormality or theoretical understanding of mental illness causes.
- b. We do know what mental illness is, but we do not understand the best way to treat it.
- c. We have returned back to the demonology era.
- d. Today, we understand what causes mental illness and how best to treat it; we can also define it.

chapter 1

175. Physicians in the early 1900s tried all of the following medical (biological) treatments for mental illness, EXCEPT:

- a. tooth extraction.
- b. hydrotherapy.
- c. tonsillectomy.
- d. electroconvulsive therapy.

176. Which statement is NOT a reason that demonology dominated views of abnormality in Europe in the Middle Ages?

- a. The power of the clergy increased greatly.
- b. The Church rejected scientific forms of investigation.
- c. The Church controlled education.
- d. Overall health during this period was slowly improving.

177. St. Vitus' dance, characterized by people suddenly going into convulsions, jumping around, and dancing, was also known as:

- a. lycanthropy.
- b. melancholia.
- c. phlegmatism.
- d. tarantism.

178. Suicide prevention, substance abuse treatment, and eating disorder clinics are MOST similar to which kind of market?

- a. Whole Foods, a large market that offers many different types of foods
- b. Sweet Cupcakes, a store that specializes in only one type of food
- c. Corner Market, a mom-and-pop store that carries rather old-fashioned foods
- d. New York Deli, a high-end market that serves only the wealthy

179. If a person wants a career focused on detecting, assessing, and treating abnormal patterns of functioning, that person should consider becoming a clinical:

- a. practitioner.
- b. researcher.
- c. investigator.
- d. statistician.

180. A person who is having suicidal thoughts and can see no reason for living BEST fits which definition of abnormality?

- a. deviance
- b. distress
- c. danger
- d. dysfunction

chapter 1

181. Natural experiments are considered quasi-experiments because:

- a. there is no control group.
- b. these studies have low external validity.
- c. participants are not aware that they are under study.
- d. participants are selected by accident rather than based on the researcher's design.

182. According to Jerome Frank, all forms of therapy have three essential features: a sufferer who seeks relief, a trained and socially accepted healer, and a(n):

- a. clinical diagnosis.
- b. period of remission.
- c. acceptance of a higher power.
- d. series of contacts between the sufferer and the healer.

183. Just a few decades ago, a woman's love for racecar driving would have been considered abnormal. This statement illustrates that:

- a. abnormal thinking centers on fear.
- b. abnormality can be situational.
- c. everyone is a little eccentric.
- d. women are labeled as "abnormal" more frequently than are men.

184. An individual has a 9-to-5 job. However, this person seldom gets up early enough to be at work on time and expresses great distress over this behavior. This individual's behavior would be considered abnormal because it is:

- a. disturbed.
- b. deviant.
- c. dysfunctional.
- d. dangerous.

185. According to surveys, about what proportion of adults in the United States receive psychological therapy for milder problems of living, such as work-related problems?

- a. 1 in 10
- b. 2 in 10
- c. 4 in 10
- d. 6 in 10

186. For those who hold the somatogenic view of mental illness, the best treatment setting for those with mental disorders would be a:

- a. community center.
- b. spa and retreat center.
- c. counselor's office.
- d. hospital.

chapter 1

187. The principle of informed consent assumes that:

- a. there is compensation.
- b. the benefits outweigh the risks.
- c. the participant can understand the explanation.
- d. there are no risks in the study under consideration.

188. Psychoanalysis was developed as a form of:

- a. moral therapy.
- b. outpatient therapy.
- c. behavioral therapy.
- d. somatogenic therapy.

189. Case studies are useful for:

- a. forming general laws of behavior.
- b. studying unusual problems.
- c. conducting scientific experiments.
- d. eliminating observer bias.

190. "Why do we do natural experiments?" asks a student. "After all, each disaster that causes a natural experiment is unique." A good answer would be:

- a. They are an inexpensive ways to gather detailed individualized data on disaster survivors.
- b. They provide the least amount of experimenter's bias when studying the effects of disasters.
- c. The sheer volume has allowed researchers to identify patterns of reactions in those persons involved in disasters.
- d. The findings to date have been instrumental in helping prevent casualties from natural disasters.

191. A condition that people in the Middle Ages included in the general term *mass madness* was:

- a. leprosy.
- b. epilepsy.
- c. lycanthropy.
- d. melancholia.

192. Which is NOT a feature of correlational and experimental research designs that contributes to nomothetic insights?

- a. inclusion of many study participants
- b. uniform application of research procedures
- c. use of statistical tests to analyze the data collected
- d. publication of both positive and negative findings

193. A person who systematically gathers information so as to describe, predict, and explain abnormality is called a clinical:

chapter 1

- a. mentalist.
- b. legalist.
- c. scientist.
- d. practitioner.

Enter the appropriate word(s) to complete the statement.

194. The view that physical causes are at the root of mental illnesses is called the _____ perspective.
195. According to the _____ perspective, psychological causes are at the root of mental illness.
196. The _____ mental health approach has an emphasis on community care for people with severe psychological disturbances.
197. When a person experiences anxiety to the point of feeling misery, this represents the aspect of the definition of abnormality called _____.
198. The reduction in the number of people housed in mental hospitals in the last 40 years can be attributed to a trend called _____.
199. Studies that determine the incidence and prevalence of a disorder in a given population are called _____ studies.
200. In the definition of abnormality, behavior characterized as different from the norm is described as _____.
201. A major development in the treatment of the mentally ill was the introduction of _____ medications.
202. During the Middle Ages, a person who believed that he or she was possessed by wolves and other animals was said to be suffering from _____.
203. Sound research in abnormal psychology uses the _____ method.
204. _____ is the principle of correcting the social conditions that underlie psychological problems rather than waiting for psychological disorders to occur.
205. Clinical researchers form general, or _____, knowledge about the nature, causes, and treatments of abnormal behavior.
206. The study design in which a researcher meets several times with a single research participant and interviews, tests, and physically evaluates that person in order to develop a detailed description of the person's life and psychological problem is called a(n) _____.
207. The procedure that a priest or other powerful person might perform to drive evil spirits from a person is called _____.

chapter 1

208. If a participant does NOT know in which condition she is being tested, she is participating in a study with a(n) _____ design.
209. The dominant form of insurance for mental health services now consists of _____ care programs.
210. The direction of magnitude is expressed by the statistical term called the _____.
211. The type of study that is a research procedure in which a variable is manipulated and the manipulation's effect on another variable is observed is a(n) _____.
212. If a person considers attempting suicide, this represents the aspect of the definition of abnormality called _____.
213. When a person's feelings or behaviors interfere with his or her daily routines, this represents the aspect of the definition of abnormality called _____.
214. When a researcher studies the same individuals on many occasions over a period of time, the investigation is referred to as a(n) _____ study.
215. The stated and unstated rules that a society establishes to govern proper conduct are referred to as _____.
216. The treatment for mental illness espoused by French physician Philippe Pinel and English Quaker William Tuke was called _____ treatment by their contemporaries.
217. A tentative explanation or hunch that provides a basis for study is a(n) _____.
218. Hippocrates believed that abnormal behavior was caused by brain pathology that was a consequence of an imbalance in the four _____ of the body.
219. Symptom-exacerbation studies and medication-withdrawal studies may be used to evaluate antipsychotic drug treatments for patients with psychoses. Which ethical issues are involved in each of these studies? Given these concerns, should researchers be allowed to perform these types of studies? Why or why not?
220. What are important differences between case studies and single-subject experiments? Describe the advantages and disadvantages of each.
221. Assume that Benjamin Rush and Dorothea Dix suddenly appeared in the twenty-first century, approximately 50 years after the U.S. policy of deinstitutionalization began. What would they think about our treatment of those persons with mental illness who had been deinstitutionalized? Which suggestions might they make for changes in our policy of deinstitutionalization?
222. Which steps would a researcher take to analyze the collected data from a correlational study to determine whether a correlation exists, and whether the correlation is positive or negative? Include in your answer a description of each type of correlation: unrelated, positive, and negative.

chapter 1

223. Suppose a friend says to you, "I feel overwhelmed today, and I don't know why. You're taking abnormal psychology. What do you think?" If, after a conversation, your friend feels better about things, have you provided psychological therapy? Why or why not? Include the essential features of therapy in your answer.

224. Define and contrast the somatogenic and psychogenic perspectives regarding abnormal psychological functioning. Provide at least one example of evidence supporting each perspective.

225. Discuss the contributions of three individuals to the treatment of abnormal psychology. Include the time period and location where each lived. Also include how this person's contributions helped shaped current views and treatments for abnormal behavior.

226. Suppose a researcher found a strong positive correlation between college grade-point average (GPA) and self-esteem. Describe three possible and distinctly different causal explanations for this relationship.

227. Clinical psychologists, psychiatrists, and clinical researchers are mental health professionals who work in the area of psychological abnormality. Describe what each does and how they differ from one another.

228. According to your textbook, deinstitutionalization has resulted, in part, in large numbers of people with severe psychological disturbances either becoming homeless or ending up in jail or prison. Is deinstitutionalization an ethical and appropriate strategy for the treatment of mental illness that the United States should continue to follow? Back up your answer with specific examples.

229. Create a timeline on which you place five major events in the history of psychological abnormality. Briefly describe why each event is important to an understanding of abnormality.

230. What is demonology? How does demonology stand in the way of a more complete understanding of the causes and treatment of psychological abnormality?

231. Psychological abnormality may include deviance, distress, dysfunction, and danger. First, explain what these terms mean regarding psychological abnormality. Second, provide an example of a time when each aspect of abnormality would not be considered abnormal.

232. Which challenges might clinical scientists conducting research in abnormal psychology encounter? Briefly describe two challenges. Support your answers with examples of each.

233. Increasingly, people seeking treatment for mental health issues are insured by managed care programs. How are managed care programs changing how psychological services are provided? Discuss one advantage and one disadvantage of such programs.

Name _____ Class _____ Date _____
: _____ : _____ e: _____

chapter 1

Answer Key

1. c
2. a
3. c
4. d
5. b
6. d
7. d
8. b
9. a
10. c
11. a
12. d
13. a
14. d
15. a
16. c
17. b
18. a
19. a
20. a
21. a
22. d
23. d

Name _____ Class _____ Date _____

chapter 1

24. a

25. a

26. c

27. d

28. b

29. b

30. c

31. b

32. a

33. c

34. b

35. a

36. d

37. b

38. d

39. b

40. b

41. c

42. c

43. b

44. b

45. b

46. b

47. b

Name _____ Class _____ Date _____

chapter 1

48. c

49. c

50. b

51. c

52. d

53. c

54. c

55. a

56. a

57. d

58. c

59. c

60. c

61. b

62. a

63. b

64. d

65. b

66. b

67. d

68. c

69. a

70. b

71. c

Name _____ Class _____ Date _____

chapter 1

72. b

73. c

74. a

75. b

76. b

77. a

78. d

79. a

80. c

81. d

82. d

83. b

84. b

85. c

86. b

87. b

88. a

89. a

90. a

91. b

92. a

93. d

94. b

95. a

Name _____ Class _____ Date _____

chapter 1

96. b

97. c

98. c

99. b

100. b

101. b

102. a

103. a

104. a

105. d

106. c

107. a

108. d

109. b

110. b

111. b

112. d

113. c

114. d

115. a

116. c

117. a

118. b

119. b

Name _____ Class _____ Date _____

chapter 1

120. d

121. b

122. a

123. d

124. b

125. c

126. a

127. b

128. d

129. d

130. a

131. b

132. a

133. c

134. d

135. c

136. c

137. d

138. a

139. b

140. a

141. d

142. c

143. a

Name _____ Class _____ Date _____

chapter 1

144. b

145. a

146. b

147. a

148. d

149. a

150. c

151. b

152. a

153. d

154. b

155. d

156. c

157. a

158. d

159. a

160. c

161. d

162. a

163. b

164. d

165. b

166. b

167. a

Name _____ Class _____ Date _____

chapter 1

168. a

169. b

170. d

171. a

172. d

173. b

174. a

175. d

176. d

177. d

178. b

179. a

180. c

181. d

182. d

183. b

184. c

185. b

186. d

187. c

188. b

189. b

190. c

191. c

Name _____ Class _____ Date _____
: _____ : _____ e: _____

chapter 1

192. d

193. c

194. somatogenic

195. psychogenic

196. community

197. distress

198. deinstitutionalization

199. epidemiological

200. deviance

201. psychotropic

202. lycanthropy

203. scientific

204. Prevention

205. nomothetic

206. case study

207. exorcism

208. masked

209. managed

210. correlation coefficient

211. experiment

212. danger

213. dysfunction

214. longitudinal

215. norms

chapter 1

216. moral

217. hypothesis

218. humors

219. In symptom-exacerbation studies, individuals are given drugs designed to intensify symptoms, with the goal of learning more about the biology of the disorder. The ethical concern is that the participant can be in significant distress. In medication-withdrawal studies, researchers attempt to learn what happens when patients are taken off medications prematurely. During the study, the researchers halt medications for patients who have been symptom-free for a while. The ethical concern is that this intervention may cause recurrence of a previously controlled disorder or symptoms that are distressing and quite uncomfortable.

Student answers about whether researchers should be allowed to continue to perform these types of tests will vary. Those arguing "yes" may note that these studies are useful if no other research options exist that would provide this information. Other students may argue that it depends on the long-term risks to the participants. Short-term distress may be acceptable for global gains. Another consideration is the informed consent for these studies. If participants are fully aware of the risks and choose to continue, then this may be a valid research design.

220. A case study follows an individual, describing that person's life and problems as well as his or her history, symptoms, and treatment. In a case study, a clinician can follow the course of a treatment and offer new ideas or treatments to future clinicians. The benefits of case studies are that they can often show the value of new therapeutic techniques and give unusual problems focused attention that can be used to help others who show similar problems.

The limitations of case studies are that often the observers can be biased because they may have an interest in seeing the patient succeed or having their methods work. Case studies rely solely on subjective evidence, so they also lack internal validity. In addition, case studies have limited generalizability, and, because we often find that case studies have difficulty being applicable beyond the actual person of study, they rate low on external validity.

Single-subject experiments avoid many of the weaknesses of case studies because the researcher can directly manipulate the independent variable. This allows the researcher to draw conclusions about the cause of certain events.

Like case studies, single-subject experiments focus on a lone participant who is observed both before and after the manipulation of an independent variable. While the benefit of this type of experiment is clearly the amount of control exerted and the ability to establish a baseline, the limitations are many, one being that the findings may be highly specific to the individual. That is, the results may not be generalizable to broader populations.

221. Today, in the wake of deinstitutionalization, many atrocities continue to occur. Both Benjamin Rush and Dorothea Dix were advocates of moral treatment, so one could assume that they would be greatly disappointed by our lack of continued care for those who struggle.

Rush and Dix might make many suggestions for changes in our policy of deinstitutionalization. For example, we know that community mental health centers are helpful, but there are far too few of them to meet the needs

chapter 1

of those who struggle. They would likely advocate for more mental health centers to be constructed and that those centers be accessible to those persons who require them. Another change in policy would relate to transitional release. Rather than simply allowing hundreds of thousands of people to be immediately released, teaching individuals skills of survival and providing placement in transitional living facilities as well as employment might have helped prevent the homelessness and struggles the mentally ill in our country continue to face.

222. First, the researcher would plot the data for all participants on an x - y graph. Next, the researcher would draw the line of best fit. The direction (slope) of the line of fit indicates the type of correlation present.

If the line of fit slopes upward and to the right, it signifies a positive correlation. A positive correlation occurs between variables that increase or decrease together, such as study time and test grades. In a study of these variables, the researcher may find that as one variable (amount of time spent studying) goes up, the other (test grades) goes up. The principle also works in reverse: as study time goes down, test grades go down, for example.

If the line of fit slopes downward, it signifies a negative correlation. A negative correlation occurs between variables that are inversely related; that is, as one variable goes up, the other variable goes down. One example would be a study of shyness and friendships. In that study, the researcher might find that as one variable (shyness) increases, the second variable (number of friendships) decreases. Also, as the number of friendships increases, the amount of shyness decreases.

If the line of fit is mostly horizontal, the variables are considered unrelated. An example of this would be the relationship between, say, hairstyle and phases of the moon. There is no known weak or strong existing relationship between hairstyle and any phase of the moon.

223. According to the text, this interaction does not qualify as psychological therapy. Clinical theorist Jerome Frank stated that all therapy has three essential features. The first feature is a sufferer who seeks relief from the healer. The second feature of true therapy is that it must be administered by a trained, socially accepted healer who has expertise in what the individual struggles with. The third essential element of therapy is that there should be a series of contacts with the sufferer to produce changes.

Given the criteria set out by Jerome Frank, this encounter does not meet the criteria for therapy because a psychology student is not the same as a trained healer with expertise, and there was not a series of contacts to produce any changes. Although listening can sometimes bring great relief to those who struggle, there is a great difference between therapy and simply being a good friend.

224. The somatogenic perspective is the view that abnormal psychology has physical causes. An example would be syphilis and the mental symptoms such as delusions of grandeur that can be caused by this physical illness.

The psychogenic perspective suggests that the causes of abnormal functioning are psychological. Examples include hysterical disorders such as blindness or other body ailments that individuals may experience without a physical cause.

225. Answers can include any three of the following:

chapter 1

Hippocrates: 460–377 B.C. Greece. Referred to as the father of modern medicine, Hippocrates contributed the belief that illnesses had natural causes, and he saw abnormal behavior as arising from physical problems. This viewpoint encouraged searching for causes outside of evil forces, which also then supported lifestyle changes that could help prevent mental disorders.

Emil Kraepelin: 1856–1926. Germany. Kraepelin was a researcher who published a textbook in 1883 asserting that physical factors such as fatigue were responsible for mental dysfunction. He also developed the first modern system for classifying abnormal behavior using symptoms, as we do today.

Dorothea Dix: 1802–1887. Boston, Massachusetts. Dix was a schoolteacher who called for mental health treatment reform by speaking to both state legislatures and the U.S. Congress about the horrors she witnessed at asylums. Her campaign led to improved laws and funding, specifically to set up state hospitals to care for the mentally ill.

Philippe Pinel: 1745–1826. Paris, France. Pinel argued that the mentally ill should be treated with sympathy and kindness. After becoming chief physician at La Bicêtre, he unchained patients and renovated rooms to reflect his perspective. Pinel was instrumental in promoting the use of more humane approaches to treating mental illness.

Friedrich Anton Mesmer: 1734–1815. Paris, France. Mesmer was an Austrian physician who set up a clinic in Paris. He used hypnotism to heal those with hysterical disorders, showing that a person sometimes holds the keys for healing himself or herself. Mesmer's hypnotism paved the way for later psychoanalytic explanations using the unconscious.

Benjamin Rush: 1745–1813. Pennsylvania. Considered the father of American psychiatry, Rush developed humane treatment approaches to mental illness, even hiring sensitive attendants to work with patients he treated.

William Tuke: 1732–1819. England. Tuke founded a rural retreat for persons with mental illness, using methods of rest, talk, prayer, and work to assist healing. His moral treatment inspired others, such as Benjamin Rush, to treat patients humanely and with respect.

226. A researcher could come up with three possible and distinctly different causal explanations for the positive correlational relationship between college GPA and self-esteem. First, those students who have highly educated parents might have higher GPAs, so the higher GPA creates higher self-esteem, or positive view of the self. Second, school involvement might create higher investment in academics as well as increased socialization; the latter might increase a person's sense of self-worth and actually serve as the impetus driving both variables. Third, having higher self-esteem might lead individuals to study harder so as to create internal consistency, with a higher GPA being a result.

227. Clinical psychologists earn a doctorate in clinical psychology and provide counseling services to those who are mentally ill. Psychiatrists are physicians who have gone through medical school, earning either an MD or a DO, as well as specializing in treatment of the mentally ill. Psychiatrists can also provide counseling services, but they often prescribe medications when needed. Clinical researchers tackle the problems of psychological abnormality from the laboratory, attempting to explain and predict abnormal behavior but not working with clients directly unless studying an illness. Clinical researchers do not treat patients as both psychiatrists and clinical psychologists often do.

chapter 1

228. Deinstitutionalization in America was not conducted ethically or with an appropriate strategy. Patients who were residents of hospitals for years, with no knowledge of how the outside world operated and often no support structures when they left the hospitals, were simply released, only to become homeless and without care. The text states that hundreds of thousands of those persons with severe psychological disturbances are not receiving sufficient care, at least 100,000 are homeless, and another 135,000 reside in jails or prisons. This is not a strategy America should continue to follow. One thing we could do differently is to increase the numbers and accessibility of community health centers. The text states that too few community mental health programs are available to those who need them most.

229. The five major events in the history of abnormality in the order of their occurrence would be:

1. Demonology. The belief that evil spirits or dark forces created psychological dysfunction permeated the belief about mentally ill individuals and their treatment for years. Demonology led to some of the greatest atrocities committed against those who were mentally ill and may still be a factor in the stigma many feel against the mentally ill today. The textbook, for example, notes that 43 percent of people still believe that those with mental illness have brought it on themselves.
2. The Rise of Asylums. The unspeakably cruel ways in which the mentally ill have been treated should not be forgotten. The asylums began with good intentions but eventually became a source of national shame. Asylums reflect the ways in which we viewed those who struggled with mental illness.
3. Moral Treatment. Figures such as Tuke, Pinel, Rush, and Dix were essential to revolutionizing the way in which those who struggled with mental illness were treated, and represent a turning point in the history of how those with mental dysfunction were viewed and treated. Framing mental dysfunction as an illness to be treated set the stage for those, like Freud, to develop theories that viewed clients and their treatments with humanity.
4. The Advent of Psychotropic Medications. When individuals with mental dysfunctions were institutionalized, even with humane practices, there were many who could not be helped because the nature of their illness was so inherently biological. Psychotropic medication allowed many to function outside of an institutional setting who may not have had a chance of recovery otherwise. Psychotropic medications of the past also solidified the status of mental illness as a treatable and often biologically based illness.
5. Deinstitutionalization. Deinstitutionalization reflects both hope and the need for improvement. Although people were released from institutions, the care and support structure provided outside the institution after they left was sorely lacking, and that remains the case today. Many mentally ill individuals are still homeless or in prisons.

230. Demonology is the view that psychological dysfunction is caused by Satan's influence. In Europe during the Middle Ages, members of the clergy had great power, and their religious beliefs and explanations dominated education and culture. Because of its influence, the Church controlled how psychological phenomena were interpreted, and alternative scientific explanations were dismissed.

231. There are said to be four Ds of psychological abnormality.

The first element is deviance, which describes abnormal behavior, thoughts, and emotions that differ markedly from society's ideas about proper functioning. An example of deviance that would not be considered abnormal is a person who sleeps outside when camping. While sleeping outdoors is not the norm in our society, we make exception for this behavior under this specific circumstance.

The second element is distress. When an individual feels distress over symptom manifestation, we often consider this to be a marker of abnormality. An example of when distress would not be considered abnormal would be a situation in which a parent experiences distress because his or her child is serving in the military in a

chapter 1

war zone. The feelings of distress inherent in a daughter or son serving abroad would not be enough to label someone as abnormal in functioning.

The third element in psychological abnormality is dysfunction. Abnormal behavior tends to be considered dysfunctional when it interrupts the ability to function in daily living. An example of when dysfunction would not be considered abnormal would be if someone voluntarily engaged in a hunger strike out of protest. Often these individuals are considered heroic rather than dysfunctional.

The final element is danger, which is usually classified as an individual being a danger or threat to himself or herself or others. An example of when danger would not be considered abnormal could be during times of military service in combat. Individuals in combat are sometimes called on to harm others; also, in acts considered heroic, some soldiers sacrifice their own lives for the safety of their group.

232. Clinical scientists can encounter a number of challenges in the field:

- The rights of both human and animal subjects must be respected. This can limit the kinds of investigations that can be conducted. For example, the IRB can require changes in a proposed study, disapprove of a study altogether, or stop ongoing studies if necessary.
- Pinpointing the cause of abnormal behavior is difficult. First, human behavior often involves a variety of factors, which can complicate the process of isolating a specific cause. Additionally, a "pure" experiment may not always be an option. In many circumstances, researchers must contend with confounds and/or very limited sample sizes. For example, participants in natural experiments are selected by accidents of fate rather than by the investigators' design.
- Human self-awareness may influence the results of clinical investigations. Bias can occur on both the researcher's side and the participant's side. For example, participants may bias an experiment's result by trying to please or help the experimenter. Experimenter bias consists of expectations that are unintentionally transmitted to the participants in the study.

233. Insurance companies provide health care coverage through managed care programs by determining the nature, scope, and cost of the services received. Through these programs, insurance companies, rather than therapists or physicians, also determine the treatment course and progression. One advantage of managed care programs is that they can provide preventive care. A disadvantage is that they can limit choices of therapists, dictate how long treatment lasts, and specify which type of treatment a patient receives.