

Introducing Psychopathology: Concepts, Paradigms and Practices

- 1) What is a defence mechanism?
 - a) Any form of martial arts
 - *b) A mechanism designed to reduce stress and conflict caused by specific experiences
 - c) A method for negotiating a stage of development
 - d) A mechanism designed to remove psychological barriers

- 2) What is the id?
 - a) Part of the psyche that controls impulses
 - b) Part of the psyche that reduces anxiety
 - *c) A description of innate instinctual needs
 - d) Part of the psyche that controls our morals

- 3) What is an ego defence mechanism?
 - a) Part of the ego state that prevents rational thinking
 - *b) Part of the unconscious that attempts to control unacceptable id influences
 - c) Part of the ego state designed to reduce barriers
 - d) Part of the ego state that aids development

- 4) Which broad ranging approach to understanding and treating mental health problems acknowledges the importance of the influence of a person's socio-economic situation, education and support structure?
 - *a) The recovery model
 - b) The reductionist model
 - c) The humanist model
 - d) The behavioural model

- 5) The behavioural approach to psychopathology is based on what?
 - *a) Learning principles
 - b) Observation of animal behaviour
 - c) Psychodynamic theory
 - d) Belief systems

- 6) Which of the following is not a central tenet of the cognitive model of psychopathology?
 - a) Acquiring irrational beliefs
 - b) Development of dysfunctional ways of thinking
 - c) Information processing biases

*d) Dysfunctional reaction formation

7) One of the concepts of the humanistic-existential approach is:

- *a) Unconditional positive regard
- b) Rationalism
- c) Transference
- d) Deviation from the statistical norm

8) One of the historical explanations of explaining psychopathology was:

- a) Poverty
- b) Having the plague
- *c) Demonic possession
- d) Death of a child

9) An example of classical conditioning is:

- a) Rat presses lever for delivery of food
- *b) Dog learns to salivate on hearing bell
- c) Pigeon pecks at key for food delivery
- d) Dogs learn helplessness from electric shocks

10) Operant conditioning:

- a) Represents learning using autobiographical memory
- *b) Represents learning of specific behaviour through reward and reinforcement
- c) Represents learning through pairing of stimulus and response
- d) Represents learning through using repetitive stimuli

11) Which of the following is not a key concept in the cognitive model of psychopathology?

- a) Irrational beliefs
- b) Biased processing of information
- c) Dysfunctional ways of thinking
- *d) Repressed emotions

12) Which one of the following would a client centred therapist use?

- *a) Empathy
- b) Desensitisation
- c) Racket system
- d) Ego states

13) The somatogenic hypothesis advocated that causes of psychological disorders were found in:

- a) Analysis of dreams
- *b) Physical or biological impairments
- c) Traumatic life events

d) Family dynamics

14) The medical model is based upon:

- *a) A reductionist approach
- b) An existential approach
- c) An experiential approach
- d) A holistic approach

15) According to the psychoanalytic approach, an attempt to integrate values learned from parents and society is called?

- a) The id
- b) Sublimation
- c) The oral stage
- d) The superego

16) Which of the following of Freud's ideas is still important to psychopathology today?

- a) Those thoughts are the basis for behaviour)
- b) Behaviour is learned from experience
- *c) Psychopathology has origins in early experience rather than being a manifestation of biological dysfunction
- d) Dream analysis

17) That stimulant effects of illegal drugs and alcohol may lead to dependency, can be explained by:

- a) Transferable conditioning
- b) Formation conditioning
- c) Reactionary conditioning
- *d) Operant conditioning

18) Which of the following were typical medical treatments provided in asylums?

- a) Drawing blood from the brain
- b) Hot baths
- c) Mercury pills
- *d) All of the above

19) Who is thought to be one of the first doctors to introduce more humane treatments for those suffering from psychological distress?

- a) Bicetre
- b) Gershone
- *c) Pinel
- d) Bebbington

20) Which of the following are not ways of defining psychopathology?

- a) Deviation from the statistical norm
- b) Distress and impairment
- *c) Measuring IQ
- d) Maladaptive behaviour

21) The Quaker movement in the UK is credited with the development of which treatment approach?

- a) The recovery model
- b) The token economy
- c) Assertive outreach
- *d) Moral treatment

22) In the twentieth century, the growing numbers of in-patients diagnosed with mental health problems led to untrained nurses resorting simply to restraint as the main form of intervention) This would often lead to deterioration in symptoms known as:

- a) Milieu syndrome
- *b) Social breakdown syndrome
- c) Social confrontation syndrome
- d) Social deterioration syndrome

23) Programmes based on operant reinforcement, where patients receive rewards for performing desired behaviours are known as:

- a) Milieu therapies
- b) Conditioning treatments
- *c) Token economies
- d) Desirable reinforcement

24) Which of the following is not considered to be criteria for good psychological health?

- a) An efficient perception of reality
- b) Good self esteem
- *c) Good personal hygiene
- d) The ability to exercise voluntary control over behaviour

25) In the UK, what approach is a way of working with groups of individuals in the community with severe mental health problems who do not effectively engage with mental health services?

- a) Community ordering
- b) ASBO
- c) Coercion treatment
- *d) Assertive outreach

26) Which of the following are not Freudian defence mechanisms?

- a) Sublimation
- *b) Canonisation
- c) Reaction formation
- d) Repression

27) The UK charitable organisation Rethink champions the rights of mental health service users) What is their flagship programme called?

- *a) Time to Change
- b) Time to Challenge
- c) Time to Try
- d) Time to Go

28) The attempts in the 1960s to offer a more structured hospital environment for patients were known as:

- *a) Milieu therapies
- b) Token economies
- c) Moral treatments
- d) Assertive outreach

29) In 1970s/80s Soviet Union, which of the following would not be considered as representative of psychopathology?

- a) Acts against the communist regime
- b) Reformist delusions
- c) Litigation mania
- *d) Having more than two children

30) What is the name of the 'culture-bound' panic disorder found in Latinos from the Caribbean?

- a) Seizisman
- b) Hwabyeong
- *c) Ataque de nervios
- d) Sangue dormido

31) What is the name of the method used to study psychopathology symptoms across different family members who may differ in the extent to which they are genetically related to each other?

- a) Twin studies
- b) Genetic linkage studies
- *c) Concordance studies
- d) Molecular genetics

32) Which of the following is not addressed by the medical model?

- a) Biochemical imbalances

- b) Genetic disorders
- c) Abnormal physical development
- *d) Biased information processing

33) Conflict is a major tenet of:

- *a) The psychodynamic model
- b) The cognitive model
- c) The behavioural model
- d) The medical model

34) Sigmund Freud was the pioneer of which of the following models of psychopathology?

- a) Behaviourist
- b) Cognitive
- *c) Psychodynamic
- d) Humanistic

35) According to Freud, which of the following is not a stage of development?

- a) Phallic stage
- b) Latency
- *c) Umbilical
- d) Genital

36) The acquisition of dog phobia can best be explained by the:

- *a) Behavioural model
- b) Psychodynamic model
- c) Humanistic model
- d) Medical model

37) Which of the following is not part of Beck's cognitive theories of depression?

- a) I am worthless
- b) Bad things always happen
- *c) I am ugly
- d) I am never going to achieve anything

38) Which one of these would not explain the development of dysfunctional thoughts?

- a) They are a product of childhood experiences
- b) They are a result of feelings of depression
- c) They are post-hoc constructions to help rationalise the way we feel
- *d) They are genetically hardwired

39) Which of the following are not aims of the humanist-existential approach to resolving psychological problems?

- a) Personal development
- *b) Meditation
- c) Insight
- d) Self-actualisation

40) Which of these is not considered a limitation of the cognitive approach of psychopathology?

- *a) The cognitive model can be measured scientifically
- b) Dysfunctional thoughts and beliefs are a symptom rather than cause of psychopathology
- c) Dysfunctional thoughts develop from behavioural and emotional symptoms of psychopathology
- d) Dysfunctional thoughts and beliefs are post hoc constructions that function to help the individual rationalise the way they feel

41) Which of the following is not used to define psychopathology?

- a) Deviation from the statistical norm
- *b) Deviation from the sexual norm
- c) Deviation from the social norm
- d) Maladaptive behaviour

42) In the vast majority of psychopathologies, a mental health problem develops because of an interaction between a genetic predisposition and our interactions with the environment) This is known as:

- *a) A diathesis-stress model
- b) Heritability
- c) Genetic linkage
- d) Molecular genetics

43) Rather than being considered as discrete entities, psychopathologies may now be considered as:

- *a) Dimensional
- b) Provisional
- c) Conditional
- d) Dysfunctional

44) Which brain area is considered to be a focus for memory processes?

- a) Parietal lobe
- b) Occipital lobe
- c) Frontal lobe
- *d) Temporal lobe

45) When did a coordinated government response to mental health issues begin?

- a) 17th century
- b) Middle Ages
- *c) 19th century
- d) Victorian era

46) Which of the following were historical explanations of psychopathology?

- a) Witchcraft
- *b) General paresis
- c) The plague
- d) Social class

47) What is the primary approach of the medical model?

- *a) Identify the biological causes of psychopathology
- b) Implement CBT across a range of disorders
- c) Explain learned behaviour through classical conditioning
- d) Explain learned behaviour through operant conditioning

48) Which of the following is an example of reaction formation?

- a) Aligning your thoughts with those of other people
- b) Lying to yourself and others
- *c) Doing or thinking the opposite of how you feel
- d) Being spontaneous

49) Which of the following is an example of regression?

- a) Making sure your thoughts and actions mirror each other
- b) Evoking a meditative state
- c) Focusing on dysfunctional beliefs
- *d) Moving back to an earlier developmental stage

50) Which of the following is an example of repression?

- a) Stopping yourself from behaving the way you want to
- *b) Suppressing bad memories or current thoughts that cause anxiety
- c) Suppressing your natural instincts
- d) Stopping others from behaving inappropriately

51) Which of the following is an example of denial?

- a) Denying wrong doing
- b) Denying your feelings
- *c) Denying that the source of anxiety exists
- d) Denying your ambitions

52) Which of the following is an example of projection?

- *a) Ascribing unwanted impulses to someone else

- b) Ascribing your emotions to someone else
- c) Ascribing your guilt to someone else
- d) Ascribing your physical impulses to someone else

53) Which of the following is an example of transference?

- a) Ascribing your physical influences to someone else
- b) Ascribing your guilt to someone else
- *c) Ascribing your emotions to someone else
- d) Ascribing unwanted impulses to someone else

54) Which of the following is an example of sublimation?

- a) Being a hedonist
- *b) Transforming impulses into something constructive
- c) Imposing your ideologies on others
- d) Transforming your thoughts into actions

55) Experiencing _____ is the third most common reason for consulting a doctor or GP in the UK)

- a) Anxiety
- b) Hallucinations
- *c) Depression
- d) Fatigue

56) Which one of these models of psychopathology would suggest that psychological disorders result from acquiring dysfunctional ways of thinking and acting?

- a) Medical model
- *b) Cognitive model
- c) Behavioural model
- d) Client centred model

57) Which of the following models would suggest that complex cognitive factors can be reduced to simple biological descriptors?

- a) Behavioural model
- b) Cognitive model
- c) Psychodynamic model
- *d) Medical model

58) Which of the following models has the implicit assumption of something not working properly?

- *a) Medical model
- b) Cognitive model
- c) Psychodynamic model
- d) Behavioural model

59) A survey of 1700 adults in the UK found that the respondents believed:

- a) People with mental health problems were dangerous
- b) Some people with mental health problems such as eating disorders and substance misuse were self-inflicted
- c) People with mental health problems were hard to talk to
- *d) All of the above

60) Psychoanalysis is an attempt to explain what?

- a) Normal psychological functioning
- *b) Normal and abnormal psychological functioning
- c) Abnormal psychological functioning
- d) Childhood ideation

61) Should diagnosis and treatment take place in the context that:

- a) Allows the sufferer to fully understand their symptoms
- b) Allows them to appreciate their own self-worth and social inclusion
- c) Allows them to discuss symptoms within their own frame of reference
- *d) All of the above

62) Which of the following are limitations to the psychodynamic theory of psychopathology?

- a) Central concepts are difficult to observe and measure
- b) Central concepts are hard to objectively define
- c) Difficult to conduct objective research
- *d) All of the above

63) Classical conditioning processes have been implicated in:

- a) The acquisition of PTSD
- b) The acquisition of paraphilias
- c) The acquisition of substance dependency
- *d) All of the above

64) Behaviour modification is an example of which of the following treatment methods?

- *a) Enable the individual to unlearn maladaptive behaviours and emotions
- b) Enable the individual to explore their childhood behaviours
- c) Enable the individual to analyse the behaviour of others
- d) Enable the individual to modify the behaviour of others

65) Which of the following could be considered limitations to the behavioural model?

- a) Psychopathologies could be acquired over many years, thus it would be important to trace reinforcement history
- b) Learning paradigms are not the most ideal conceptual framework for complex psychopathologies

- c) It does not consider the complex range of cognitive factors in psychopathology
- *d) All of the above

66) When talking of classification we tend to use words like 'crazy', 'madness' and 'insanity' regularly – as if we knew what we meant by those terms) However, we do tend to use these terms in which of the following different circumstances?

- a) When someone's behaviour deviates from expected norms
- b) When we are unclear about the reasons for someone's actions
- c) When behaviour seems to be irrational
- *d) All of the above

67) Throughout history, we have been willing to label behaviour as 'mad', 'crazy' or 'insane' if it appears unpredictable, irrational, harmful, or if it simply deviates from accepted contemporary social norms) Which of the following characters from history who have been labelled in such a way?

- a) King George III
- b) Vincent Van Gogh
- c) Virginia Woolf
- *d) All of the above

68) Many ancient civilizations, such as those in Egypt, China, Babylon and Greece believed that those exhibiting symptoms of psychopathology were possessed by bad spirits this is known as:

- *a) Demonology
- b) Phrenology
- c) Possession
- d) Satanism

69) Historically, when someone exhibited symptoms typical of psychopathology, what type of trial was held to determine the individuals' sanity, and if the person was found to be insane, they were given the protection of the law (Neugebauer, 1979))

- *a) A lunacy trial
- b) A sanity trial
- c) A witchcraft trial
- d) A witch hunt

70) A common explanation of psychopathology in some less developed areas of the world – especially where witchcraft and voodoo are still important features of the local culture such as Haiti and some areas of Western Africa (Desrosiers & Fleurose, 2002) is known as which of the following?

- *a) Demonic possession
- b) Witchcraft
- c) Voodoo
- d) Satanism

71) Without proper treatment, the later stages of the sexually transmitted disease syphilis are characterise by which of the following

- a) The inability to coordinate muscle movements
- b) Paralysis
- c) Numbness
- *d) All of the above

72) The medical model of psychopathology that was fostered by the somatogenic hypothesis was an important development because it introduced scientific thinking into our attempts to understand psychopathology, and shifted explanations away from those associated with

- *a) Cultural and religious beliefs
- b) Politics
- c) Social norms
- d) All of the above

73) Which of the following is an organisation dedicated to changing the way in which society views people with mental health problems?

- a) Madness matters
- b) Think again
- *c) Rethink
- d) Mental health proud

74) Culture can produce 'culture-bound' symptoms of psychopathology which seem confined to specific cultures and can influence how stress, anxiety and depression manifest themselves) A state of psychological paralysis found in the Haitian community is known as:

- *a) Seizisman
- b) Paralyticesque
- c) Psychosiezure
- d) Siezurent

75) Chemicals which help neurones to communicate with each other are called:

- a) Genes
- b) Dopamines
- *c) Neurotransmitters
- d) Synaptic communicators

76) The medical model has given rise to a large body of scientific knowledge about psychopathology that is based on medicine, and this profession is known as psychiatry, and the primary approach of the medical model is to identify the biological causes of psychopathology and treat them with which of the following?

- *a) Medication or surgery

- b) Psychotherapy
- c) Placebos
- d) Hypnotherapy

77) There are many explanations of psychopathology that allude to biological causes, and these attempt to explain symptoms in terms of such factors as:

- a) Brain abnormalities
- b) Biochemical imbalances
- c) Genetic factors
- *d) All of the above

78) Which of the following is not considered to one of the many explanations of psychopathology that allude to biological causes?

- a) Chromosome disorders
- b) Congenital risk factors
- c) Abnormal physical development
- *d) Biased information processing

79) The “something is broken and needs to be fixed” view of psychopathology is problematic for a number of reasons:

- a) Rather than reflecting a dysfunction, psychopathology might just represent a more extreme form of normal behaviour
- b) By implying that psychopathology is caused by a normal process that is broken, imperfect or dysfunctional, the medical model may have an important influence on how we view people suffering from mental health problems)
- c) It can be stigmatising to be labelled as someone who is biological or psychologically imperfect
- *d) All of the above

80) Which brain structure is involved in the formation and storage of emotion-relevant stimuli and provides feedback to the thalamus that results in appropriate motor action?

- a) Hypothalamus
- *b) Amygdala
- c) Limbic system
- d) Corpus callosum

81) What is the name given to the study of heritable changes in gene expression caused by environmental influences?

- a) Genetic linkage analysis
- b) Molecular genetics
- *c) Epigenetics
- d) Heritability

82) Social effects of stigma include:

- a) Social exclusion
- b) Poor adherence to treatment
- c) Low self esteem
- *d) All of the above

83) A factor that Freud believed could cause psychopathology was how children negotiated various stages of development from infancy to maturity) He defined a number of important stages through which childhood development progressed, and each of these stages was named after which of the following?

- *a) A body area or erogenous zone
- b) A famous person
- c) His patients
- d) A bodily function

84) Freud labelled the first 18 months of life as the:

- *a) Oral stage
- b) Phallic stage
- c) Anal stage
- d) Latency stage

85) Psychoanalysis was arguably the first of the 'talking therapies' What percentage of modern practicing clinical psychologists identify themselves at least in part with a psychoanalytical or psychodynamic approach to psychopathology?

- *a) 20%
- b) 30%
- c) 10%
- d) 15%

86) Psychoanalysis was the first approach to introduce a number of perspectives on psychopathology that are still important today, including which of the following?

- a) Psychopathology can have its origins in early experiences rather than being a manifestation of biological dysfunction
- b) The possibility that psychopathology may often represent the operation of 'defence mechanisms' that reflect attempts by the individual to suppress stressful thoughts and memories
- c) The notion and importance of the unconscious mind
- *d) All of the above

87) Psychoanalytic theory does have many shortcomings, and it is arguably no longer the explanation or treatment of choice for most psychological problems, nor is it a paradigm in which modern day evidence-based researchers attempt to

understand psychopathology) This is largely because the central concepts in psychoanalytic theory are:

- *a) Hard to objectively define and measure
- b) Not based on the medical model
- c) Based on animal research
- d) Based on sex drives

88) The brain is divided into two mirror-image hemispheres that are connected by a set of nerve fibres called the:

- a) Amygdala
- b) Hypothalamus
- *c) Corpus callosum
- d) Cerebral cortex

89) Which of the neurotransmitters has been particularly implicated in theories of psychotic symptoms and schizophrenia?

- a) GABA
- b) Serotonin
- c) Norepinephrine
- *d) Dopamine

90) Many psychopathologies are complex and symptoms are acquired gradually over many years so it would be almost impossible to trace the reinforcement history of such symptoms across time in an attempt to verify that reinforcement processes had shaped these psychopathologies) Which of the following is an example of such a disorder?

- a) Obsessive-compulsive disorder
- b) Substance dependence
- c) Somatoform disorders
- *d) All of the above

91) Perhaps the most widely adopted current psychological model of psychopathology is the:

- *a) Cognitive model
- b) Behavioural model
- c) Psychodynamic model
- d) Medical model

92) The cognitive model considers psychopathology to be the result of individuals acquiring:

- a) Irrational beliefs
- b) Developing dysfunctional ways of thinking
- c) Processing information in biased ways
- *d) All of the above

93) According to Albert Ellis, emotional distress (such as anxiety or depression) is caused primarily because people develop _____, by which they need to judge their behaviour)

- *a) A set of irrational beliefs
- b) Dysfunctional behaviours
- c) Negative automatic thoughts
- d) Unconscious defence mechanisms

94) Aaron Beck developed a highly successful cognitive therapy for depression based on the view that depressed individuals have developed unrealistic distortions in the way they perceive:

- a) Themselves
- b) The world
- c) Their future
- *d) All of the above

95) The view that dysfunctional ways of thinking generate and maintain symptoms of psychopathology has been applied across a broad range of psychological problems, including:

- a) Anxiety disorders
- b) Mood disorders
- c) Paranoid thinking in schizophrenia
- d) All of the above

96) As successful as the cognitive approach seems to have been in recent years, it too also has some limitations) For example, rather than being a cause of psychopathology, it has to be considered that dysfunctional thoughts and beliefs may themselves simply be just:

- *a) Another symptom of psychopathology
- b) Another outcome of psychopathology
- c) Another outcome of society
- d) All of the above

97) People not only acquire psychological conflicts and experience emotional distress, they also have the ability to acquire self-awareness, develop important values and a sense of meaning in life, and pursue freedom of choice) If these latter abilities are positively developed and encouraged, then conflict, emotional distress and psychopathology can often be resolved) This is the general approach adopted by humanistic and existential models of psychopathology, and the aim is to resolve psychological problems through:

- a) Insight
- b) Personal development
- c) Self-actualisation

*d) All of the above

98) In client centred therapy the therapist will use empathy to help them understand the client's feelings and unconditional positive regard, by which the therapist expresses:

- *a) Their willingness to totally accept the client for who he or she is
- b) Their willingness to change the client into who they wish to be
- c) Their willingness to totally accept the client's behaviour
- d) All of the above

99) In the area of intellectual disability, if an IQ score is significantly below the norm of 100 this is currently used as one criterion for diagnosing

- *a) Intellectual disability
- b) Depression
- c) Schizophrenia
- d) Autism

100) It is difficult to use cultural norms to define psychopathology because cultural factors seem to significantly affect how psychopathology manifests itself) Which of the following may be factors?

- a) Social and cultural factors will affect the vulnerability of an individual to causal factors
- b) Culture can produce 'culture-bound' symptoms of psychopathology which seem confined to specific cultures
- c) Culture can produce 'culture-bound' symptoms of psychopathology, which can influence how stress, anxiety and depression manifest themselves)
- *d) All of the above

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